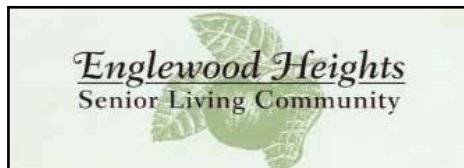


SENIOR REVIEW

Weekly Information and "Hot Sheet" Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

Yakima



10 UNCOMMON SOURCES OF INCOME IN RETIREMENT

To live out their retirement years in relative bliss, people traditionally count on multiple sources of income—investments, retirement funds, pension plans, and Social Security. For many, however, the recession sapped one or more of their income sources and derailed plans for post-work life, which now calls for a little money-making creativity. From renting out an empty bedroom to working a part-time job in retail, retirees are handling the setback with aplomb.

Here are 10 ways that retirees can earn a little extra cash or, say, get free housing:

1. Micro-gardening. Carving out a plot in your backyard to grow peppery mizuna greens or woody perennials may not make you millions, but it could supplement your income without taking over your schedule. When it comes to micro-gardening, the most time-consuming and energy-demanding thing to do is grow vegetables and then sell them at a farmers' market.

The less demanding—albeit less trendy—method is growing nursery stock and selling it to local garden centers. You can approach the garden centers before planting to see if there's demand for the product you want to grow. You can also offer to grow something unusual that their competitors won't be selling. The advantage of this arrangement is that you know there's a market for what you're going to grow in a year.

2. Work-camping. For adventurers who own RVs, work-camping (also called work-amping) can offset the costs of enjoying America on wheels. Paid work-campers typically exchange their labor for a free camping site and pay that's around minimum wage, and often work for private companies that operate public parks. Some "camp hosts" share responsibility for large campgrounds, while others host smaller campgrounds alone.

3. Tax preparation. Many short-term jobs that are good fits for retirees are related to financial services. Companies like H&R Block recruit for seasonal tax-prep positions and don't necessarily require experience. H&R Block, for one, requires applicants to pass an income-tax training course and exam, while individuals with previous experience may be able to test out of the course.

4. Crafts. When Morgan Hoth was a teacher, she spent the school year instructing students with learning disabilities and summers experimenting with arts and crafts—weaving rugs, then hauling them outside to spray with dye, for example. "By the time I had retired, I had been playing for 30 years," Hoth says. Today, the artist sells painted scarves and wraps made of stonewashed crepe. Perhaps the best-known website to sell items is Etsy.com. Etsy is an online marketplace for creative crafts makers and artists of all stripes.

5. Caregiving. While many Americans, particularly baby boomers, have taken on the role of caregiver without being paid, there are opportunities to earn a paycheck. Employers are looking for people who are certified nurses as well as people without any healthcare experience. Non-medical care positions could include home helpers who assist with light housekeeping or caregivers who help with personal care and hygiene.

6. Board work. There are nonprofit board member positions that are important to communities or causes, but they are generally volunteer positions. In the for-profit realm, board work can be highly lucrative for prominent corporate boards. Board members are generally compensated for their time. Some companies pay directors with stock options. Most board work won't replace a retired executive's previous full-time income, but it can keep retirees energized and engaged. Firms may look for directors with experience in the same industry, or may prefer an individual with specific skills—in marketing or logistics, for example. Board positions are often filled through networking.

7. Tutoring. The many subjects in which students need tutors include mathematics, standardized test preparation, foreign languages, and even health and nutrition. In-Home Tutoring Services and Sylvan Learning Center post openings on their websites. Expect to earn as much as \$20 an hour, although pay varies widely.

8. Caretaking. Care to spend your days living in the caretaker's cabin of a national

...more on page 2

Moses Lake



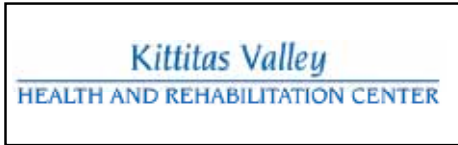
Tri-Cities/Walla Walla



Union Gap



Ellensburg



...continued from page 1

historic site? Or caring for a multimillion-dollar home in northern California? Some care taking positions are longer term and others last just a week or two and involve caring for pets when homeowners are on a vacation. These days, real estate investors are stuck with homes they can't sell and therefore need caretakers to keep out vandals who could, for example, strip out copper piping. Some assignments are simple housesitting arrangements, while others might require care taking of a small inn or motel—or even an island—and they generally include salary and benefits.



9. Fellowship. A program called Encore Fellowships places veteran for-profit workers in fellowships with nonprofit organizations that have a social mission. Working for six months or a year, the fellows get a \$25,000 stipend as they delve into social-purpose work and share their professional experience (in, say, marketing or financial management, or strategic planning).. Civic Ventures, the think tank that runs the program, plans to expand it to 100 fellows in five states by the end of this year.

10. Return temping. At the National Institutes of Health, retirees are given the opportunity to return for temporary work assignments as well as consulting or contract work. (They can even opt for part-time jobs or full-time positions.) NIH isn't alone; many universities offer similar gigs, and agriculture giant Monsanto has been bringing retirees back for temp jobs since the 1990s. If this kind of job appeals to you, explore the options with your past employer

SEMINARS/CLASSES/EVENTS/MEETINGS

SUNDAY

KENNEWICK: "Family Pancake Breakfast" the first Sunday of every month 8:30-11:30 am. A traditional home cooked breakfast served by volunteers! Also enjoy the sounds of Margie and Her SideKicks Band from 9:00-11:00 am. Pay at the door, Kennewick Senior Center, 500 S Auburn. (509) 585-4303. Sponsored by Kennewick Senior Center and The Manor At Canyon Lakes.

MONDAY

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-4303

PENDLETON, ORGEON: "First Aid Class" First Monday of each month (unless holiday then Second Monday) 1:00-5:00 pm or 5:00-10:00 pm. Please call for further information. Certification cards are valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Contact Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

TUESDAY

CHELAN: "Diabetes Education". Held the third Tuesday of each month, 6:30 pm at Columbia Valley Community Health, 317 E Johnson. The group is being held in the classrooms. Various topics/specialties are covered based on availability. Sponsored by Wenatchee Valley Medical Center. For questions call Shelley Wold, RD (509) 682-6198

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 for **Free!** send to: Dale@SeniorPages.com

This "SENIOR REVIEW" is a free service to and for the advertisers of Senior Pages throughout the Northwest. It is e-mailed to individuals and businesses in the senior industry on Monday of each week. If you have any announcements similar to those below please e-mail them by Friday of each week to dale@seniorpages.com

SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

CALENDAR

KENNEWICK: Free blood pressure test at the Kennewick Senior Center, 500 S. Auburn. A certified nurse from The Manor at Canyon Lakes is at the center from 9:00-10:00 am. No appointments required.

MOSES LAKE: "Diabetes Education" The group classes are held monthly the first and fourth Tuesday of every month. During the spring and summer they run from 4:00-6:00 pm. Each session is four weeks in length. One-on-one appointments are also held with our Diabetes Educator. Instructor team includes a certified diabetes educator and registered dietitian. Covered by most insurance plans, including Medicare and Medicaid. A diabetic education referral must be completed by your provider to take this class. Sponsored by Wenatchee Valley Medical Center. Call to register at (509) 765-5606

RICHLAND: Free hearing screenings and hearing aid checks and cleanings the third Tuesday of each month from 10:00-11:00 pm in the wellness room at the Richland Community Center, 500 Amon Park Dr. The free tests are courtesy of Columbia Basin Hearing & Balance Center. To schedule an appointment call (509) 942-7529

YAKIMA: "Diabetes Screenings" 8:00-10:00 am on Tuesdays at Memorial Hospital's Community Education Center on 2506 Nob Hill Blvd. in Yakima. No appointment necessary. For the most accurate results, do not eat or drink anything for 12 hours prior to the screening. Fee: \$5 (\$3 for Memorial Third Age members). For information and to register call (509) 249-5243

YAKIMA: "Sure-Start Diabetes Education" Three hour introduction course Tuesdays 9:00 am-Noon or 1:00-4:00 pm at Memorial Hospital's Community Education Building, 2506 Nob Hill Blvd. Registration required. Call (509) 249-5243

WEDNESDAY

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

KENNEWICK: "Casual Woodcarving" Have a love for woodcarving? Come meet with others that share the same passion. We have many figurines, ornaments and projects to choose from. Participants provide their own wood, tools, and supplies. Ongoing class at Kennewick Senior Center 1:00-3:00 pm. Fee: 50 cents. To register call (509) 585-4303

PENDLETON, OREGON: "CPR/AED Class" Every third Wednesday of the month. 1:00-5:00 pm or 6:00-10:00 pm. Our classes are all inclusive, Adult, Child and Infant CPR/AED. Certification cards valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Contact Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

RICHLAND: On the first Wednesday of each month, Healthy Ages, a program of Kadlec Medical Center, conducts a class devoted to sorting out Medicare questions. The class is tailored to meet the needs of those with retiree plans as their secondary insurance, and for those who need to find a Medigap or Medicare Advantage Plan. Class also includes information regarding Medicare Part D drug plans. 9:00 am-1:00 pm. and 1:00-3:00 pm. To register call Janet at Health Ages. (509) 942-2700

THURSDAY

KENNEWICK: "Free Hearing Screenings" Hearing care from our experienced Audiology Certified professionals. Sponsored by Columbia Basin Hearing & Balance Center. Call (509) 396-6950

RICHLAND: Free blood sugar and blood pressure testing on the third Thursday each month. A nurse from Richland Rehab & Eagle Assisted Living will be giving the free tests. The test takes just minutes and there is no need to fast prior to being tested. Blood sugar results are given immediately. No appointments are necessary. 1:00-1:30 pm.

SeniorPages.com

MAY 25-ELLENSBURG: "Kittitas Valley Coming of Age" Sponsored by Memorial Hospital's Third Age program. At Dry Creek Retirement & Assisted Living Community, 818 E Mountain View Ave. No charge. For information call (509) 925-8765

MAY 25-MOSES LAKE: "Healthcare Provider CPR Renewal" 7:30-9:30 am. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals such as physicians, nurses, nursing or medical assists, etc. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

MAY 25-YAKIMA: "Diabetes Screening" For most accurate results, do not eat or drink anything 8-12 hours prior to screening. Sponsored by Memorial Hospital's Third Age program at Center for Diabetes Prevention & Control, 2811 Tieton Drive. 8:00-10:00 pm. For information and prices call (509) 577-5015

MAY 25-MOSES LAKE: "Protecting Seniors: A Community Comes Together". 9:00 am-Noon. At Big Bend Community College. This conference is brought to you by the North Central Washington Elder Abuse Prevention Council. It is their mission to promote a greater understanding of elder abuse and provide a network to facilitate the care and protection of the vulnerable elderly. Brought to you in part by Aging & Adult Care of Central Washington. (509) 886-0700

MAY 26-ELLENSBURG: "Diabetes and Wellness Fair" 10:00 am-4:00 pm at the fairgrounds. For information contact Pam Dick, Kittitas Valley Community Hospital. (509) 933-8647. email: pdick@kvch.com

MAY 26-YAKIMA: "Power of Attorney/Living Wills" A sudden change in your heart health could necessitate change in your medical wishes. Discover your options today. Sponsor by Memorial Hospital's Third Age program. At Memorial Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd Floor. No charge. 8:00-9:00 am and 3:00-4:00 pm.

CALENDAR (continued)

MAY 26-KENNEWICK: "Preparing For Change" 6:00-7:00 PM. Being prepared can help dispel the confusion and chaos many families face when either you or a loved one's health changes. Are you prepared? Seminar topics include: How to determine whether long-term care insurance would be of benefit at this stage of life, advantages of pre-planning funeral arrangements, planning a secure financial future where to seek help and more. Professionals connected to care will present basic information to help you understand what is necessary to plan for a secure future. Register for a door prize and enjoy refreshments while you learn how to be prepared before changes happen. At the Wellness Center at Tri-Cities Cancer Center, 7350 W Deschutes Ave. To reserve your seat call (509) 737-3427

MAY 27-WENATCHEE: "BLS Renewal & Annual Clinical Skills Day" Annual Clinical Skills Day is designed to verify competency in specific hands-on skills. Topics include BLS update, WAIVE testing, Glucometer verification, and restraint release demonstration. Updates and skills will be offered three times each day. Fee: \$25. Sponsored by Central Washington Hospital, 1201 S Miller St, Room G-Gate House. Fee: \$60. For additional information call (509) 664-3475 or email: education@cwhs.com

MAY 28-MOSES LAKE: "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care providers, and other job-required card holders. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

MAY 29-PROSSER: "Sixth Annual DASH for the Kids" There's something for everyone in the family including a 5K walks/runs beginning at 9:00 am, 10, 20 and 50-mile bike rides beginning at 8:30 am and a fun run for the kids at 10:00 am. In addition, activities for the kids will include face painting, cookie decorating and other crafts. This is both a fundraiser for and a way to raise awareness of the Columbia Valley Youth Board and its parent organization. For more information contact: Stephanie Williams, Clear Source Marketing Solutions (509) 735-5096 www.makethedashcount.org

JUNE 5-MOSES

LAKE: "HIV/Bloodborne Pathogens Training" 2 Hour 8:00 am, 4 & 7 Hour-8:30 am. Training programs satisfy Washington State DOH requirements for job-related training. We offer 2, 4 and 7-hour training programs to meet the needs of your job. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

JUNE 7-ELLENSBURG: "Self-Management Diabetes Classes" Jump-start your understanding of diabetes by joining a Kittitas Valley Community Hospital Diabetes Self-Management Training Class. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. Pre-registration and physician referral required. Family members are welcome and encouraged to accompany you. Insurance billing provided. For questions and to register call (509) 962-7373

JUNE 8-9-YAKIMA: "Driver Refresher Class" Drivers 55 and over who complete this approved safe driving course may qualify for a discount on their auto insurance. No driving or written tests involved. At the Harmon Center. Call to register for this class. (509) 575-6166

JUNE 9-MOSES LAKE: "Healthcare Provider CPR Renewal" 3:00-5:00 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals, such as physicians, nurses, nursing or medical assistants, physical and occupational therapists, etc. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

JUNE 9-KENNEWICK: "Heartsaver First Aid" 4:00-7:00 pm. First Aid only. Fee: \$40.00 Sponsored by Kennewick General Hospital. To register call (509) 586-5119

JUNE 10-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

SENIOR REVIEW

Othello Historical Museum



CALENDAR (continued)

JUNE 10-KENNEWICK: "Basic Life Support for the Healthcare Provider" Course is intended for participants who must have a credential (a card) documenting successful completion of a course in Basic Life Support For The Healthcare Provider. Such credentials are typically required for people who provide health care to patients in wide variety of settings, both in-hospital and outside the hospital. 6:00-9:00 pm. Fee: \$50. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

JUNE 10-11-YAKIMA: "Getting There Safely" Driver's program sponsored by Memorial Hospital's Third Age program. 8:30 am-12:30 pm. Completion of this course entitles you to a reduction in auto insurance for those over 55. At Memorial Education Center. Fee: \$5. Registration required, space limited. (509) 575-8484

JUNE 10-11-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

JUNE 11-MOSES LAKE: "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care providers, and other job-required card holders. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

JUNE 15-PASCO: "Know the 10 Warning Signs of Dementia" Learn the difference between: normal aging, simple memory loss, Alzheimer's disease. 5:30-8:00 pm Speaker is Joel Loiacono, Executive Director Alzheimer's Assn.-Inland NW Chapter. At Farrelly Auditorium (4th Floor North, Wing), Lourdes Health Network, 520 N 4th. Dinner is included and seating is limited. Reservations required. Free. Call Amy at (509) 542-3062 or Debbi (509) 713-3390

JUNE 16-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-9:00 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of adult and child AED. Fee: \$35. Sponsored by Kennewick General Hospital. For registration information please call (509) 586-5119

JUNE 17-WENATCHEE: "BLS Renewal & Annual Clinical Skills Day" Annual Clinical Skills Day is designed to verify competency in specific hands-on skills. Topics include BLS update, WAIVE testing, Glucometer verification, and restraint release demonstration. Updates and skills will be offered three times each day. Fee: \$25. Sponsored by Central Washington Hospital, 1201 S Miller St, Room G-Gate House. Fee: \$60. For additional information call (509) 664-3475 or email: education@cwhs.com
JUNE 18-KENNEWICK: "Three Rivers Senior Life Show" 10:00 am-4:00 pm at Three Rivers Convention Center, 7016 W Grandridge Blvd. For information call (509) 737-3705.

JUNE 15-KENNEWICK: "Basic Life Support and Heartsaver Instructor Course" 2:00-5:00 pm. This instructor course was developed according to the guidelines of the American Heart Assn. for Basic Life Support and Heartsaver CPR instructors. Upon completion, the participant will be credentialed to teach all Basic Life Support courses the American Heart Assn. sponsors. This course consists of a self-study core instructor course and classroom instruction. Fee: \$275. Renewal course fee: \$60. For information call: (509) 586-5119

JUNE 17-WENATCHEE: "BLS Renewal & Annual Clinic Skills Day 2010" Designed to verify competency in specific hands-on skills. Skills Day topics includes: BLS update, WAIVE testing, Glucometer verification, and restraint release demonstrations. The BLS updates clinical skills are offered three times each day. Sponsored by Central Washington Hospital, 1201 S Miller St. Contact: Jan Fahl (509) 664-3475 e-mail: educaton@cwhs.com
JUNE 17-WENATCHEE: "BLS for Healthcare Providers 2010" Providers will give you the skills and knowledge

necessary to perform basic life support measures, both in and outside of a clinical setting. This is an online course with an in-person skills test. Fee: \$60. Sponsored by Central Washington Hospital, 1201 S Miller St. Contact: Jan Fahl (509) 664-3475 e-mail: educaton@cwhs.com

JUNE 22-KENNEWICK: "Introduction to Facebook & Twitter" In this class, students will find out more about the phenomenon of social networking using Facebook and Twitter. Update your status, share pictures, write on walls and tweet to friends all over the world. Mouse and keyboard experience required as well as basic knowledge of Windows. 1:00-4:00 pm at Kennewick Senior Center. For information call (509) 585-4303

JUNE 22-MOSES LAKE: "Healthcare Provider CPR Renewal" 3:00-5:00 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals, such as physicians, nurses, nursing or medical assistants, physical and occupational therapists, etc. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

JUNE 26-MOSES LAKE: "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care providers, and other job-required card holders. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

JUNE 29-ELLENSBURG: "Self-Management Diabetes Classes" Jump-start your understanding of diabetes by joining a Kittitas Valley Community Hospital Diabetes Self-Management Training Class. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. Pre-registration and physician referral required. Family members are welcome and encouraged to accompany you. Insurance billing provided. For questions and to register call (509) 962-7373

CALENDAR (continued)

JULY 7-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-9:00 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of adult and child AED. Fee: \$35. Sponsored by Kennewick General Hospital. For registration information please call (509) 586-5119

JULY 8-KENNEWICK: "Tiny Tot Olympics" 10:00-Noon. Sponsored by the Kennewick Senior Center. Children ages 2-6 will participate in non-competitive activities including basketball hoop shoot, dinosaur obstacle course, egg spoon run and much more. Plus gold medals for all, lunch, prizes and crafts too. . Fee: \$8 city resident or \$12. For more information call (509) 585-4293

JULY 9-YAKIMA: "Diabetes Education Is The Cornerstone of Diabetes Management" 9:00-5:00 pm. Comprehensive education course for those who have already taken the Sure Start introductory course. One day class. Presented by Memorial Hospital at the Community Education Building 2506 Nob Hill Blvd. Registration is required. Ca;; (509) 249-5243

JUNE 13-CLE ELUM: "Self-Management Diabetes Classes" Jump-start your understanding of diabetes by joining a Kittitas Valley Community Hospital Diabetes Self-Management Training Class. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. Pre-registration and physician referral required. Family members are welcome and encouraged to accompany you. Insurance billing provided. For questions and to register call (509) 962-7373

JULY 8-KENNEWICK: "Basic Life Support for the Healthcare Provider" Course is intended for participants who must have a credential (a card) documenting successful completion of a course in Basic Life Support For The Healthcare Provider. Such credentials are typically required for people who provide health care to patients in wide variety of settings, both in-hospital and outside the hospital. 6:00-9:00 pm. Fee: \$50. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

JULY 8-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

JULY 8-9-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

JULY 13-KENNEWICK: "Basic Life Support and Heartsaver Instructor Course" 2:00-5:00 pm. This instructor course was developed according to the guidelines of the American Heart Assn. for Basic Life Support and Heartsaver CPR instructors. Upon completion, the participant will be credentialed to teach all Basic Life Support courses the American Heart Assn. sponsors. This course consists of a self-study core instructor course and classroom instruction. Fee: \$275. Renewal course fee: \$60. For information call: (509) 586-5119

JULY 14-KENNEWICK: "Heartsaver First Aid" 4:00-7:00 pm. First Aid only. Fee: \$40.00 Sponsored by Kennewick General Hospital. To register call (509) 586-5119

JULY 15-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

JULY 17-KENNEWICK: "Mauna Loa Hawaiian Luau" 4:00-8:00 pm. Presented by The Manor at Canyon Lakes, 2802 W 35th Ave as a fundraiser for the Edith Bishel Center for the Blind and Visually Impaired. Take the challenge and sponsor your favorite co-worker with a human hamster race in the ball. Feast served at 5:00 pm. Entertainments is Onie Rendell and her Hawaiian keiki (children) dancers. Casual Hawaiian aloha attire and a commitment to help others please. Tickets on sale now at the Manor at Canyon Lakes. Call (509) 735-0699

Miss Tri-Cities visits the Senior Pages booth during the Tri-Cities Multi-Cultural Fair for Seniors and Their Families



Send Us Photos of Your Events!

SUPPORT GROUPS

CASHMERE

RN/LPN: Would you like to join a team that is making a difference? Family owned Cashmere Convalescent Center is looking for a motivated Registered Nurse or Licensed Practical Nurse for a Full Time evening position, Monday-Friday. Experience the difference by applying at Cashmere Convalescent Center. New grads welcome. Competitive wage and benefits. Contact: Erik (509) 782-1251

COLLEGE PLACE

ALZHEIMER'S SUPPORT GROUP: Do you have a loved one with Alzheimer's Disease or related dementia? Whether you are a caregiver, family member, or close friend, this disease is hard to understand and even harder to accept. It can make a world of difference knowing that other people understand the struggles you go through every day...you are not alone! You are invited to attend our group the third Thursday of each month at 10:00 am in our Ice Cream Parlor at Eagle Springs Memory Care Community, 20 SE Larch Ave. Contact: (509) 525-6335

ELLENSBURG

BEREAVEMENT SUPPORT: Conducted by Hospice Friends (509) 962-7379

BEREAVEMENT SUPPORT: Kittitas Valley Community Hospital offers compassionate guidance and support for those grieving after the loss of a loved one. Please call the Hospice Department to make an appointment. (509) 962-7438

CANCER SURVIVOR SUPPORT GROUP: Guest speakers discuss cancer prevention, detection and treatment, as well as cancer research and the results of clinical trials. Second Monday of the month at Kittitas Valley Community Hospital Conference Rooms A & B. Contact Karen Schock (509) 962-2844

DIABETES SUPPORT GROUP: Meets on the third Tuesday of each month at 6:30 pm at Kittitas Valley Community Hospital, 103 S Chestnut. Contact: Mary Jo Morrissey and Judy Heesacker (509) 962-7374

SHIBA HELPLINE FOR KITTITAS

COUNTY: Statewide Health Insurance Benefits Advisors. Volunteers trained by the Wash. State Office of the Insurance Commissioner to help people of all ages with health insurance related concerns and questions. Free, confidential and unbiased information. New volunteers are always welcome to be trained to serve in Kittitas County. Sponsored by RSVP of Kittitas County. (509) 962-4311

KENNEWICK

ALZHEIMER'S SUPPORT GROUP: Third Thursday of each month. (Light meals served) 5:30-7:00 pm at Callaway Gardens. Men only Support Group 4th Monday of the Month 12:30 pm. Lunch provided. Both are held at 5505 W Skagit Ct in Kennewick. Sponsored by The Neurological Resource Center. To confirm times call (509) 783-5433

BETTER BREATHERS SUPPORT

GROUP: This group is for people who have breathing disorders. Education focuses on improved quality of life. Family members are encouraged to attend. 2nd Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. Contact: (509) 737-3418. www.tccancer.org

BREAST CANCER SUPPORT GROUP:

First and 3rd Friday of each month from 9:00-11:00 am and Second and Fourth Tuesday of each month from 6:30-8:00 pm at Tri-Cities Cancer Center. Contact: (509) 737-3418 or visit www.tccancer.org

DIABETES SUPPORT GROUP: Provides continuous educational support to help individuals manage their disease more effectively. Monthly meetings offer the latest information on diabetes self-care, nutrition and an opportunity to talk to others with diabetes. For information call (509) 962-7373

CAREGIVER SUPPORT GROUP:

Third Monday of each month at Manor at Canyon Lakes, East Wing, 2802 W 35th at 2:00 pm. Sponsored by The Neurological Resource Center. To confirm times call (509) 943-8455

GENERAL CANCER SUPPORT GROUP:

2nd and 4th Tuesday of each month at Tri-Cities Cancer Center from 3:00-4:30 pm. Contact: (509) 737-3418 or visit www.tccancer.org

MEN'S CANCER SUPPORT GROUP: The primary focus of this group is on prostate cancer, however, men with all types of cancer are welcome. Third Thursday of each month at Tri-Cities Cancer Center from 6:30-8:00 pm. Contact: (509) 737-3418 or visit www.tccancer.org

RICHLAND

"CAN SURVIVE" SUPPORT GROUP: This group focuses on all kinds of cancer and is for patients, family and caregivers. First and Third Thursday of each month 12:00-1:00 pm. Meets at Cathedral of Joy, 1153 Gage Blvd.. For information call (509) 627-1109

DIABETES SUPPORT GROUP:

A free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. Topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about the management of this chronic disease. The group meets every 3rd Wednesday of every month from 5:00-6:00 pm. To make a reservation and get location information call (509) 942-2620

MULTIPLE SCLEROSIS SUPPORT

GROUP: First Tuesday of each month. Co-sponsored by the MS Society and The Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. Contact 29509 943-8455 to confirm time.

NEUROLOGICAL SUPPORT GROUPS:

The Neurological Resource Center associated with Kadlec Medical Center provides emotional support, education, information and referrals for people with neurological disorders, their families, caregivers, and the community. It sponsors a variety of support groups including Alzheimer's. A lending library is also available. They are located at 712 Swift Blvd., Suite 1. For information call (509) 943-8455 or e-mail tnrc@kadlecmed.org



What do people think of the Hot Sheet?

SUPPORT GROUPS (continued)

STROKE SUPPORT GROUP: third Wednesday of each month, 2:00-3:00 pm at The Neurological Resource Center, 712 Swift Blvd., Suite 1. Call to confirm times

CAREGIVER SUPPORT GROUP: Third Tuesday of each month at The Neurological Resource Center, 712 Swift Blvd., Suite 1. To confirm times call (509) 943-8455

DIABETES SUPPORT GROUP: The diabetes Support Group is a free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. The topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about management of this chronic disease. Programs feature medical professional guest

WALLA WALLA

ALZHEIMER'S SUPPORT GROUP: Meets second and fourth Tuesday each month at 1:30 pm. Professionally led support group for caregivers of people with Alzheimer's. Sponsored by Walla Walla General Hospital Free. To register call (509) 522-2424

GRIEF SUPPORT GROUP: March 26-Ma 28, 6:00-7:30 pm, Walla Walla Community Hospice, 1067 E Isaacs, (509) 525-5561. info@wwhospice.org

MS SUPPORT GROUP: Second Tuesday of each month at 11:00 am at Trinity Lutheran Church, 109 S Roosevelt St. Contact: Candy S (509)_ 527-3340 or Gail S. (509) 529-7699

WENATCHEE

MS SUPPORT GROUP: Second Wednesday of each month at 6:30 pm at Wenatchee Valley Medical Center, Conference Room. Contact: Jessica J. (509) 669-4067

YAKIMA

ALZHEIMER'S SUPPORT GROUP: Alzheimer's Association Dementia Support Group meets on the second Thursday of the month at 3:30 pm. Located at Living Care, 215 N 40th Ave in the activity center.

BEREAVEMENT SUPPORT GROUP: Meets at Memorial Home Care office (1019 S 40th Ave) from 5:30-6:30 pm on the first and third Monday of each month. For information call (509) 574-3600

CARDIAC PATIENT SUPPORT: Meets on the first Wednesday of each month from 12:00-1:00 pm at 16th Avenue Station (1470 N 16th Ave) For specific dates and times call (509) 574-3300, ext 3022

DIABETES DIALOG SUPPORT

GROUPS: Participants take opportunity to share common concerns. Screenings the second and fourth Tuesday of month in Diabetes and Wound Care in Yakima Valley Memorial Hospital basement. For information and to register call (509) 249-5243

MEMORY CARE SUPPORT GROUP: Held every third Thursday at 6:30-8:30 pm at Highgate Senior Living, 5605 W Chestnut Ave. (509) 972-4141 Fee: Free

VACANCIES

HERMISTON

PRIVATE APARTMENTS WITH KITCHENETTES close to services, parks and shopping. *Hermiston Terrace* is a community designed for senior adults who may need some assistance with personal care to complement their independent lifestyle. For a tour and/or information visit 980 West Highland Ave or call (541) 567-3141

COMFORTABLE UNITS: Openings now available in Hermiston's only complete nursing and rehabilitation center. Lovely units feature 24-hour nursing care, three meals per day, planned activities, therapy and assistance with daily living. Contact Curt Noyes at *Regency Hermiston Nursing and Rehabilitation*, (541-567-8337

BEAUTIFUL TWO-BEDROOM apartment is now available for rent at *Sun Terrace Assisted Living*. Call Robyn for a tour of this wonderful assisted living community! (5641) 564-2595

KENNEWICK

SUBSIDIZED HOUSING-KENNEWICK: 1-bdrm, utilities included near shopping & senior center. *Desert Villa*, 635 S Auburn, Kennewick. 509-586-4927

NEW SENIOR APARTMENTS: *Edison Terrace West*, 520 N Edison. One-Bedroom Independent Living Apartments for Seniors 62+, HUD subsidized, rent based on Income. Building has elevator plus other amenities. For a tour contact: Jacque (509) 736-0800

INCOME QUALIFIED APARTMENTS-TRI-CITIES: Studio and one-bedrooms if one person does not make over \$21,650 and two people \$24,650. Come in and apply. The *Manor at Canyon Lakes* has some apartments for Qualified Seniors available. For an appointment call 509-586-5633

PENDLETON

BEAUTIFUL APARTMENTS FOR SENIORS OVER 62. 50-Unit complex on one level featuring studio and one-bedroom apartments. All units furnished with stove, refrigerator and air conditioner. All utilities included. HUD subsidized. Contact Penny Wicklander at *Oregon Trail Manor*, 2430 SW Perkins Ave. or call (541) 276-6910



VACANCIES (continued)

STUDIO AND ONE BEDROOM

apartments featuring retirement living. Each apartment features an individual climate control system, wall-to-wall carpeting, private bathroom and kitchenette plus many other amenities. For a brochure or tour call *Sun Ridge Retirement Community*, 3294 SW Nye or call (541) 276-2145

RICHLAND

PRIVATE STUDIO APARTMENTS-

RICHLAND: Two private studio apartments available at *Eagle Assisted Living* offering many amenities and 24 hour staffing. Call Laurie at 509-946-2717

TWO STUDIO APARTMENTS

AVAILABLE: *Quail Hollow Alzheimer's/ Dementia Facility* has 24 hour staffing, quality meals, nursing oversight and a phenomenal activity program that brings quality of life to those who live here. Contact: Phyllis Green (509) 943-5353 for more information.

ONE & TWO BEDROOM UNITS:

Schedule a personal tour of *Wynwood of Columbia Edgewater* to view our special assisted living facility. We now have several units available. Contact: Christina Renz (509) 946-4600 crenz@brookdaleliving.com

WALLA WALLA

ONE & TWO BEDROOM UNITS in perfect rural setting in two different but connecting facilities. *Mike Foye Apartments* are connected to the *Garden Court Apartments* by a second floor walkway. Catholic Housing Communities manages, preserves, and maintains these affordable rentals for lower-income seniors and persons with mobility impairments. Communities are staffed with property managers, maintenance, social service coordinators and part-time nurses. Mike Foye offers HUD Project-based Section 8 subsidized units. Each apartment is equipped with a complete kitchen, wall to wall carpet, window coverings and air conditioning. Contact: (509) 529-4706

DELUXE 2-BEDROOM COTTAGE

available now at *Park Plaza*, 1400 Dalles Military Rd. Contact: (509) 525-6513

DELUXE 1-BEDROOM Apartment available in Walla Walla. Now available at *Quail Run Retirement Community*, stop by for a complimentary lunch and tour. Contact: Kathleen or Jane at 509-529-2180

ONE BEDROOM APARTMENT: Now available at *Wheatland Village*. Stop by for a complimentary tour and meal in our restaurant. Voted Best of the Best, 2010, 2009, 2008, 2007, 2006, by readers of the Walla Walla Union Bulletin. Contact: Mary Wollmuth Marketing Director at 888-373-6046 or visit www.wheatlandvillage.com

YAKIMA

ONE BEDROOM AND STUDIO apartments now available at Charbonneau, a Holiday Retirement Community. a complete facility with meals, housekeeping, cable TV and more available. For additional information and a free tour contact Tom & Monica Judy at (509) 734-4331

COMPLIMENTARY LUNCH: *Crescent Place Retirement Apartments* 505 N 40th invite you to stop by for a tour and enjoy a complimentary lunch. Contact: Linda Weiler, Manager. 509-833-8414. One-bedroom now available.

1 & 2 BEDROOM SUITES: *Rexford Manor* (Park Meadows) has openings. Ground floor patio suites available; full kitchen, washer & dryer in every suite. Call for a tour and complimentary lunch. 1010 N 34th Ave. Contact: Colleen Collins, (509) 248-7768 or e-mail: colleenjim1@msn.com



VOLUNTEERS NEEDED

BENTON CITY

Lower Valley Hospice is opening its second thrift store in Benton City, following in the footsteps of their Prosser shop. The shops are volunteer-operated and clothing donated, proceeds go to extend hospice care, bereavement counseling and in-home care for children with complex medical conditions. Store number is (509) 588-3930. To volunteer call 1-800-474-6008 and ask for Jennifer.

ELLENSBURG

Kittitas Valley Community Hospital Volunteer Department Patient Assistance Program. A program for uninsured and low income patients. Located in the KVCH Community Health Library, 603 S Chestnut. Monday & Wednesday 1:00-3:00 pm, Friday 1:00-2:00 pm. Contact (509) 933-7565

The *Ellensburg Meals on Wheels* program is looking for a regular volunteer to deliver meals on Tuesday and Thursdays from 11:00 am to Noon in the Ellensburg area. If interested call Audrey Lyman at (509) 933-3333 or (509) 929-0692

Retired and Senior Volunteer Program of Kittitas County – RSVP. Engaging volunteers 55 and older in community service. 707 N Pearl St., Suite 1. (509) 962-4311. www.rsvp-wa.org

RICHLAND

Anyone over the age of 18 can volunteer at *Kadlec Medical Center*. You can become a member of the Auxiliary or work under the direction of the Volunteer Coordinator and Unit Managers in specific areas, including education and rehabilitation. All volunteers undergo orientation and take a TB test before they begin service. For information contact Meg Fallows, volunteer coordinator at (509) 946-4611, Ext. 4666

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VOLUNTEERS NEEDED (continued)

Kadlec's Music Program is another way to volunteer at the Medical Center. Over 20 musical volunteers play a baby grand piano in the main lobby or walk the halls laying their instruments. The musicians range from age 10 to over 70. Volunteers provide music throughout the week which can be heard not only in the Lobby, but also in the Critical Care Waiting Area. For information call Meg Fallows, Volunteer coordinator at (509) 946-4611, Ex. 4666

KENNEWICK

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

PROSSER

The *American Red Cross* is looking for a blood draw chairperson in Prosser. Chairperson would be responsible for running and organizing the blood draw. Duties include opening the doors, securing volunteers and putting up posters announcing the blood draw. Training will be provided. All potential volunteers must have a background check. If you would like more information please call Sirena at (509) 574-1933

UNION GAP

Union Gap Senior Center needs kitchen aide and bingo caller volunteers. Kitchen Aide responsibilities include helping to make lunches, serve lunches and help; with kitchen cleanup. Volunteers needed Mondays and Fridays to help relieve regular volunteers. Contact Sirena at (509) 574-1933

WALLA WALLA The *Volunteer Connection* is the community resource center for volunteers and a coordination center for community agencies and organizations that need volunteers. They have the ability to offer training and technical support to non-profit agencies on the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. To find out more call (509) 527-3775

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

Walla Walla Community Hospice is looking for volunteers. If you are interested contact Cathy Mehn, cathy@wwhospice.org or call (509) 525-5561

WENATCHEE

Wenatchee Valley Senior Activity Center has opportunities at the front desk and Crafters Corner. Other volunteers help out with special events. We have a vast number of volunteer opportunities available for our members to choose from depending on their interests, talents and skills. Senior Activity Center members have a lifetime of talents to share. If you would like to become an active WVSAC volunteer call our Volunteer Coordinator at (509) 662-7036

Central Washington Hospital has many volunteer opportunities in the Hospital, Gift Shop, Guild House reception desk, Assist the chaplain with patients' spiritual needs, Hospice Volunteers visiting end of life patients in-home or nursing home, or Mended Hearts program visiting patients recovering from heart procedures. To pick up your application the Volunteer Services office is open Monday through Friday from 8:00 am-4:30pm or call (509) 662-1511 ext. 2663.

YAKIMA

Harman Center, 101 N 65th, needs volunteers in their Health Care room where they provide foot care services. Duties include receptionists and volunteers to change water. Contact: Traci Bennett at (509) 576-6348. Other volunteer jobs include kitchen help, coffee bar, greeters, and computer room. Most shifts are three to four hours Monday-Saturday. Please contact Volunteer Coordinator Jane Davis. (509) 575-6230

RSVP of Yakima County is looking for a diverse group of individuals to serve as volunteer community educators. This group of volunteers will present to professional and community groups on the topic of senior fall prevention. If you are concerned about the health of older adults in our community and the ability of seniors to age in their own homes, then this is a great opportunity to help the fastest growing segment of our population. For more information contact Sirena (509) 574-1933

Central Washington Disability Resources is looking for reading and mathematics tutors to work with adults with significant learning disabilities. Tutors will help YVCC students with disabilities study for their GED exam and comprehend basic skills classes in math and reading. Contact: Patty Jordan, (509) 962-9620 or email patty@mycwdr.org

If you are interested in our Logo Sponsor program for your Hot Sheet listings. Please Call Dale at 509 979-6882



exceptional community healthcare

VOLUNTEERS NEEDED (continued)

Foster Grandparent Program: Volunteers spend time helping struggling youth. They're a model, mentor and a friend. Serving at one of many local organizations, including faith-based groups, Head Start Centers, schools and other youth facilities. They help children learn to read, provide tutoring, love, comfort and guide kids. Must be at least 55 years old and willing to serve 20 hours per week. For more information please call Megan Turner at (509) 965-7100

The **Foster Grandparent Program of Yakima and Kittitas Counties** needs volunteers willing to assist youth (infant-18 years of age) in their community. Our volunteers choose which site and age group they would like to serve. Activities depend on the site and age group they choose. All volunteers work one-on-one or in small groups with the youth who need the most assistance. All potential volunteers must be at least 60 years of age and pass a physical wellness exam. They also need to complete a volunteer application and have a criminal background check done before volunteering. For more information please contact Megan Turner/RSVP of Yakima county (509) 965-7100, 1-800-246-2962 or mturner@cfcsyakima.org

Gleaning Volunteers Needed! Harvest Against Hunger and Northwest Harvest of Yakima are looking to increase the amounts of local produce for the food banks in our area by having volunteers gathering fruit left in orchards/fields after harvest (gleaning). Farmers and growers throughout the valley are generously offering gleaning opportunities. Please consider whether you or your group might be interested in becoming a part of this project. Contact Jacklyn King or Lisa Hall at (509) 6956

Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children There are a variety of volunteer opportunities available. For more information contact www.northwestwishes.org. To sign-up and receive application materials email Volunteer Manager Jeni Miller at volunteer@northwestwishes.org

Memorial Hospice and Transitions Program needs compassionate volunteers to join its' team. Volunteers will assist patients and families living with terminal illness. Volunteers will have the opportunity to share time while supporting families in a variety of ways: caregiver relief, companionship, light meal preparation, light house and yard work, medication deliveries, leisure activities and bereavement support. Hospice/Transitions training is required and conducted by Memorial's staff. For more information call Dotties Hildebrand at (509) 574-3655

Sun Terrace Assisted Living in Hermiston, Oregon would love to speak to you if you are interested in volunteering your time with the wonderful people who live in our community. Please contact Robyn at (541) 567-8424

Wellness House is in need of both scheduled and on-call receptionist volunteers. Volunteers would answer phones, greet clients, telephone group members and be willing to assist with other tasks as needed. Computer skills would be a plus. Hours needed are Thursdays from 10:00 am-1:00 pm Training will be provided. Contact Lydia Warehime (509) 248-2668

Yakima Seventh Day Adventist Food Bank is in need of drivers to pick up food donations at already established food sites. Drivers are needed Tuesdays, Thursdays, Fridays and every other Sundays at approx 8:00 am. Must have a valid driver's license and insurance. Gas reimbursed Contact Sirena (509) 574-1933

Yakima Valley Trolleys is in need of volunteers. We need trolley motormen (we will train), ticket sellers, museum docents, historical actors, woodworkers, machinists electricians, groundskeepers and community advocates. Motormen must be at least 21 years old and have a valid driver's license. All positions are well suited to retirees. Our main times of need are weekends from Memorial Day to Labor Day, but some of the positions can be done on weekdays and through the winter. Potential volunteers can email us at yakimavalleytrolleys@hotmail.com or call Ken Johnsen (425) 432-8444. You can learn more about the trolleys by looking at our website, www.yakimavalleytrolleys.org

The Respite Adult Day Center is looking for enthusiastic, caring, responsible individuals to be volunteer program aides. Volunteers would provide one-on-one assistance with elderly clients who have moderate cognitive or physical deficits. Volunteers will assist with serving snacks, serving lunch, exercises, walks, games, crafts, music, dancing and sharing hobbies. Training will be provided Volunteers are needed Tuesdays or Thursdays 10:00-2:00 pm. For more information on this opportunity contact Sirena (509) 574-1933, RSVP of Yakima County

The Senior Companion Program is in need of low-income elders age 60 and older to provide loving care and support to other seniors who are isolated in their living setting in all parts of the Yakima Valley. Volunteers will need to undergo a background check as well as numerous hours of pre-service training. Qualified volunteers receive a stipend, mileage and meal reimbursements and insurance. Interested individuals are asked to call Jael Torres, Area Coordinator at (509) 965-7100 for more information.



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VOLUNTEERS NEEDED (continued)

Volunteer Chore Services is looking for volunteers to help provide basic in-home assistance to low-income elders and adults with disabilities to enable them to continue living safely, independently and with dignity in their own homes. Volunteers help build wheelchair ramps, provide transportation to doctor's appointments, grocery shopping and other such errands and also to provide light housekeeping. Volunteers must complete a background check. Contact: Sirena at (509) 574-1933

SHIBA (Statewide Health Insurance Benefit Advisors) is looking for volunteers to educate consumers about their rights and options regarding prescription drug access, health insurance and access to health care, so they can make informed decisions. Hours are flexible and can be done from home. Volunteers should be interested in helping people; doing some public presentations; have basic computer skills; be interested in health care; have patience, compassion and enjoys a challenge. Training will be provided. For more information call Donna (509) 574-1934

Volunteer Chore Services is looking for volunteers to help provide basic in-home assistance to low-income elders and adults with disabilities to enable them to continue living safely, independently and with dignity in their own homes. Volunteers help build wheelchair ramps, provide transportation to doctor's appointments, grocery shopping and other such errands, and also to provide light housekeeping. All potential volunteers must complete a criminal background check. Contact Sirena (509) 574-1933

Volunteer Tutors Needed: The Southeast Community Center Tutoring Program is currently seeking adult volunteer tutors for youth in grades K-12. Tutors will provide homework assistance and basic tutorials. Training is provided. The Tutoring Program is open from 3:00-5:00

Wellness House again needs your help in securing volunteers. What we need are cancer survivors who are a year or more out of treatment to mentor newly diagnosed people with a like cancer. Secondly, one of the cancer centers needs volunteers to work in the infusion area. Volunteer duties include, but not limited to, taking blankets, pillows, juice, cookies, etc. to patients. The main purpose of volunteers is to provide comfort and support to the patients. Anyone interested should contact Eunice at (509) 575-6686 or email Eunice@wellness-house.org

Yakima Greenway Foundation is looking for Goodwill Ambassadors to be courtesy cart drivers. Volunteers will assist with questions, give out water and clean-up litter along Greenway path. Volunteers are needed starting May 3 and running towards the end of September. Need to have a current valid driver's license; be at least 18 years of age, be sociable, and enjoy meeting and working with the public. All potential volunteers must have a criminal background check. For more information contact Sirena at (509) 574-1933

Yakima Neighborhood Health Services is looking for volunteers for their "Reach Out and Read" program. Volunteers will promote early childhood development through literacy and demonstrate to parents how to read to their children. Volunteers can work anytime Monday-Friday 8:00am-6:00pm. For information contact Sirena (509) 574-1933

Yakima Valley Partners Habitat for Humanity is looking for volunteers to do general office duties such as filing and answering phones once a week. All potential volunteers need to have a background check. For more information please contact Sirena Phillips, RSVP of Yakima County, (509) 574-1933

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FREE EVENT!

May 26th



FREE EVENT

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- Healthy Family Cooking Demonstrations
 - Make it Fast-Make it Fiber-ful
- Kids Wellness Activities w/Bounce House
- Health Screenings by Northwest Wellness
 - Bone Density – requires bare feet; \$25
 - Glucose – 8 hour fasting required; **FREE**
 - Lipid Profile (Total Cholesterol, HDL, TC/HDL Ratio, LDL and Triglycerides) –12 hour fasting required; \$30



INFORMATION:

MARY JO MORRISSEY
509-962-7433
mjmorrissey@kvch.com

www.kvch.com

Payment for Health Screens: Visa or MasterCard; cash/checks made payable to Northwest Wellness. Medicare will not reimburse because Northwest Wellness is not a primary provider. Results will be sent directly to you.

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