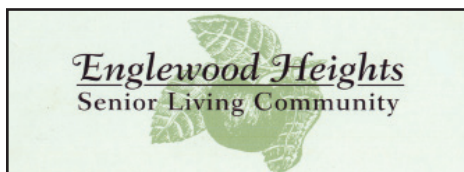


SENIOR REVIEW

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

Please click on our sponsors below and view their websites.

Yakima



SeniorPages.com

Exercises for Seniors

There are four basic types of senior exercises recommended by the National Institute of Health. These include stretching, balance, strengthening and endurance exercises. Each of these types of workouts provides many health benefits for older adults and seniors. As we age we begin to feel the effects in our body. The bones are getting weaker, our joints begin to ache and the metabolism seems to be at a stand still. With all of these new aches and pains exercising may be the last thing on your mind. After all, who wants to move more when even getting out of a chair sometimes feels like a struggle.



Although you may not feel like getting up and moving around the fact is this is the one thing that can help improve the bone and muscle loss, speed up our metabolism and in general provide lots of health benefits for aging adults.

Senior Stretching Exercises

One of the easiest ways to start a workout routine is to introduce some daily stretching. This type of workout helps keep the muscles healthy and loose. Your muscles will begin to tighten which can increase your chances of injury. So keep your muscles loosened up by stretching.

In addition to keeping your muscles prepared, senior stretching exercises also help with increased flexibility, better range of motion, improved circulation, good posture and helps relieve stress. So you can see that stretching helps you beyond just conditioning the muscles. Your stretching routine does not have to be standing up. If you are concerned with balance try doing some seated senior exercises that will stretch your muscles and provide you with all the health benefits.

Balance Exercises for Seniors

This is another form of workouts recommended by the NIH for seniors. Maintaining your balance will help reduce the risk ...more on page 10

SeniorPages.com

Union Gap



Ellensburg



Tri-Cities/Walla Walla



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.

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

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, OREGON: "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

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

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

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)

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) 585-4303

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

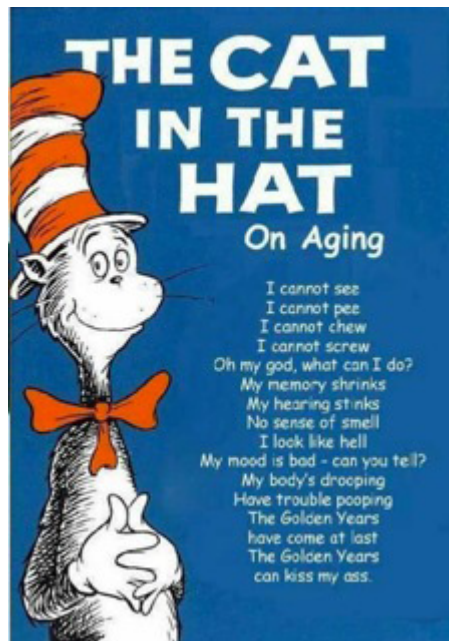
RICHLAND: On the first Wednesday of each month, Healthy Ages, a program of Kadlec Medical Center, conducts a class devoted to sorting out Medicare questions. The class is tailored to meet the needs of those with retiree plans as their secondary

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 Tax Assistance" Each Thursday February 4 - April 15 from 12:30 pm-3:30 pm at the Kennewick Senior Center by appointment only. Call the center at (509) 585-4303 to schedule your appointment. Walk-ins accepted only if time and availability permits. Sponsored by AARP, IRS, Tax Aid and the Kennewick Senior Center.

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.



CALENDAR

MARCH 30-YAKIMA: "Coming of Age/Living Longer: Tips to Become the Healthy Person you Want to Be" 6:00-8:00 pm at the Harman Center, 65th & Summitview. No charge. Sponsored by Yakima Memorial Hospital's Third Age. (509) 577-5015

MARCH 30-YAKIMA: "Diabetes Screening" For most accurate results do not eat or drink anything 8-12 hours prior to screening. At Center for Diabetes Prevention & Control, 2811 Tieton Dr. 8:00-10:00 pm. Fee: \$3. Sponsored by Yakima Memorial Hospital's Third Age; programs designed for the health and lifestyles of seniors. For information call (509) 577-5015

MARCH 30-YAKIMA: "Heart Healthy Eating Part II" 12:15 pm. Presented by Theresa Roberts, RD, CD. This class will be a continuation of part I (March 16) to include understanding label facts and foods/products marketed as 'functional' (ie omega 3 fats, phytonutrients, plant stanols/sterols, prebiotics, probiotics, antioxidants, etc.) Sponsored by Yakima Regional Hospital in the Medical Office Building. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

MARCH 31-KENNEWICK: "Food For Life Nutrition and Cooking Series" Number three in a four-part nutrition and cooking classed sponsored by The Cancer Project. This free class series is aimed at educating participants about ways to boost their immune system through healthy eating choices. Classes will feature information on how foods fight cancer, ways to incorporate more high-fiber, low fat food into your diet, alternatives to dairy and meat, and healthy dishes that include immune-enhancing nutrients and help maintain a healthy weight. Cooking demonstrations, educational videos and food tasting. Open to anyone interested in cancer prevention

CALENDAR (continued)

and health eating. 3:00-6:00 pm in the Wellness Center at the Tri-Cities Cancer Center located at 7350 W Deschutes Ave. Seating is limited. Please call (509) 737-3420 to reserve your seat.

APRIL 1-YAKIMA: "From The Heart". 1:00 pm. Cardiac disease, cardiac risk factors, lifestyle changes, and cardiac rehabilitation all covered. To be held at the Harman Center. Presented by Scott Sullivan and Rene' Moultray. Sponsored by Yakima Memorial Hospital's Third Age program. For information call (509) 249-5243

APRIL 6-KENNEWICK: "Basic Life Support and Heartsaver Instructor Course" 2:00-5:00 pm. This instructor course was developed according to 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 (includes course materials) Renewal course Fee: \$60 (No materials) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

APRIL 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

APRIL 7-KENNEWICK: "Food For Life Nutrition and Cooking Series" Number four in a four-part nutrition and cooking classed sponsored by The Cancer Project. This free class series is aimed at educating participants about ways to boost their immune system through healthy eating choices. Classes will feature information on how foods fight cancer, ways to incorporate more high-fiber, low fat food into your diet, alternatives to dairy and meat, and healthy dishes that include immune-enhancing nutrients and help maintain a healthy weight. Cooking demonstrations, educational videos and food tasting. Open to

anyone interested in cancer prevention and health eating. 3:00-6:00 pm in the Wellness Center at the Tri-Cities Cancer Center located at 7350 W Deschutes Ave. Seating is limited. Please call (509) 737-3420 to reserve your seat.

APRIL 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

APRIL 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

APRIL 9-YAKIMA: "Take Charge Diabetes Education" 9:00 am-5:00 pm. Comprehensive education course for those who have already taken the Sure Start introductory course. Held at Memorial Hospital's Community Education Building, 2506 Nob Hill Blvd. Registration is required. Call (509) 249-5243

APRIL 10-CLE ELUM: "Free Document Shred Day at the Police Department" 9:00 am- 3:00 pm. Free to residents - no businesses please. Sponsored by RSVP of Kittitas County. (509) 962-4311



Tannehill State Park

CALENDAR (continued)

APRIL 10-KENNEWICK: "Open House" 10:00 am-Noon. Have you seen or heard about the new and improved look of the Kennewick Senior Center? We have new restrooms, new seating area, new hallway storage and new paint on the walls. Come see all our wonderful improvements. Light refreshments provided. (509) 585-4303

APRIL 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

APRIL 15-16-KENNEWICK: "AARP Driver Safety Course" The nation's first and largest classroom refresher course for motorists age 50 and older. Washington State law requires that insurance companies offer a discount to course graduates. Pre-registration and payment required. Fee is \$12 for AARP members or \$14 at the Kennewick Senior Center. To register call (509) 585-4303

APRIL 22-KENNEWICK: "Heartsaver CPR for the Layperson" 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. 6:00-9:00 pm. Fee: \$35. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

APRIL 21-ELLENSBURG: "Eye Care and Diabetes" The Kittitas Valley Community Hospital Education and Support Group provides continuous educational support to help individuals manage their disease more effectively.

The group's monthly meetings offer the latest information on diabetes self-care, nutrition, and an opportunity to talk to others living with diabetes. To register please call (509) 962-7433

APRIL 24-ELLENSBURG: "Free Document Shred Day at Super 1 Foods Parking Lot" 9:00 am-3:00 pm. Free to residents - no businesses please. Sponsored by RSVP of Kittitas County.

APRIL 24-KENNEWICK: "Makin' Bank Kids Yard Sale" Granparents, do your grandkids have too many toys? Is it time to downsize? Box up toys, stuffed animals, books, sporting equipment, etc. and bring them to the Kennewick Senior Center for the 1st Annual Makin' Bank Kid's Yard Sale. 10:00 am-1:00 pm. Only \$15 per table to sell and it is free to shop! Suggested ages are 5-18 years and must be accompanied by an adult! Register by calling the Recreation Office at (509) 585-4293 or the Kennewick Senior Center at (509) 585-4303. Advanced registration and payment required.

APRIL 27-ELLENSBURG: "Volunteer Appreciation Drop In" 4:00-6:00 pm. Spaghetti Dinner to honor volunteers 50 and older who serve with RSVP, KVC Hospital, Adult Activity Center and Royal Vista. Registered volunteers should call (509) 962-7472 to reply to their invitations. For additional information call Carol Findley, RSVP Director Kittitas County. (509) 962-4311

APRIL 29-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

MAY 1-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

MAY 12-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

MAY 13-KENNEWICK: "17th Annual High Tea Social" 1:30-3:00 pm. Come dressed in your finest attire and partake in a variety of delicious delicacies, delectable desserts and other mouth watering goodies sure to delight your taste buds. Plus sip tea until your heart's content while watching entertainment and enjoying the ambience of an old tradition. Register by calling the Kennewick Senior Center (509) 585-4303

MAY 13-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers



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CALENDAR (continued)

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

MAY 13-14-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

MAY 16-KENNEWICK: "Basic Life Support and Heartsaver Instructor Course" 2:00-5:00 pm. This instructor course was developed according to 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 (includes course materials) Renewal course Fee: \$60 (No materials) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

MAY 19-ELLENSBURG: "Mediterranean Diet: can it help me control my diabetes?" The Kittitas Valley Community Hospital Educator and Support Group provides continuous educational support to help individuals manage their disease more effectively. The group's monthly meetings offer the latest information on diabetes self-care, nutrition, and an opportunity to talk to others living with diabetes. To register please call (509) 962-7433

MAY 16-KENNEWICK: "Heartsaver CPR for the Layperson" 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. 6:00-9:00 pm. Fee: \$35. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

MAY 20-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

MAY 20-21-KENNEWICK: "AARP Driver Safety Course" The nation's first and largest classroom refresher course for motorists age 50 and older. Washington State law requires that insurance companies offer a discount to course graduates. Pre-registration and payment required. Fee is \$12 for AARP members or \$14 at the Kennewick Senior Center. To register call (509) 585-4303

MAY 21-RICHLAND: "10th Annual Multi-Cultural Fair for Seniors and Their Families!" 11:00 am-2:00 pm at Bethel Church, 600 Shockley Rd. Free admission, free refreshments, free entertainment, door prizes! Lots of information on senior services, singers, dancers, musicians and more. For information call Laurie Ruzicka (509) 946-2717

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

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.

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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

DIABETIES 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

SUPPORT GROUPS (continued)

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 z9509 943-8455 to confirm time.

NEUROLOGICAL SUPPORT GROUPS: Te 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

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

EMPLOYMENT

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 day shift position. Experience the difference by applying at the Cashmere Convalescent Center. Night and evening work also available. New grads welcome. Competitive wages and benefits. For more information call Erika at (509) 782-1251

ELLENSBURG

NAC/NAR: Caregiver Position Available. Experience not necessary, will train. NAC/NAR not required but preferred. Full Health Benefits available! Part and full time shifts available. *Dry Creek Assisted Living!* 818 E Mtn. View Ave. Contact: (509) 925-1220

CAREGIVER: *Hearthstone Cottage* is seeking responsible caregiver to assist residents in all areas of daily care. Will train. Must be upbeat and have positive attitude. Call (509) 925-3099 or apply in person at 802 Mountain View Ave

MEDICAL RN/LPN-: Full or part time. To apply contact *Total Care*, 307 S 12th, Suite 18, Yakima or call 509-248-7846

KENNEWICK

RN's/LPN's: Full and part time available. Work with a professional & dedicated nursing staff. New grads welcome. *Canyon Lakes Restorative & Rehabilitation Center*, 2702 S Ely. Contact: 509-582-5900

RN: Full time admissions team. Mon-Fri. variable hours. Are you an independent thinker have great assessment skills and love one-on-one with patients and families? Come join Hospice at The Chaplaincy! Contact: Kitty (509) 783-7416 for more info or e-mail resume: kathleenb@tricitiechaplaincy.org

EMPLOYMENT (continued)

NURSE: Full time nurse for days and PT nurse, shifts vary. Free online educational opportunities, vacation and sick pay, 401-k and our fantastic work environment. Apply at *Eagle Health Care*, 1745 Pike Ave or complete our online application. 509-946-8095.

HOME CARE PROVIDERS: Contact *Home Care Services of Kennewick* at 8656 W Gage Blvd, #301 or call 509-735-7840

RN'S: Put the passion back in your work. Join us at Hospice providing one-on-one care. Contact: Kitty, *The Chaplaincy*, 2108 E Entiat, 509-783-7416. andeap@tricityschaplaincy.org

CERTIFIED NURSING ASSISTANTS/ NURSES: Accepting applications for CNA's to work evening shift. *Life Care Center of Kennewick*, 1508 W 7th Ave. 509-586-9185

FT & PT CAREGIVERS: All shifts available. Full and part time positions. Apply at *The Manor at Canyon Lakes*, 2702 W 35th Ave. 509-582-5900

CNA-NAR: Needed immediately, FT/PT, all shifts. Apply at Total Care, 3160 Clearwater, Ste J. (509) 763-3600. www.tc-homecare.com

HOME CARE AIDES: We are looking for the best of the best. Do you want to go home at the end of the day knowing you made a difference in the life of a family? If so, you may meet the qualifications to be a *Visiting Angels Caregiver*. We are looking for home care aides with several years of experience in home care or another caring field. Call for an interview: 509-582-7800

MOSES LAKE

LICENSED NURSES: *Summer Wood Alzheimer's Special Care Center* is currently accepting applications for a part-time or on-call LPN. Flexible shifts in a state-of-the-art memory care

facility. Please stop by and visit us at 830 NW Sunburst Court. Ask for Elizabeth or call (509) 764-1900

OTHELLO

OT: Wanted! *Mountain Land Rehabilitation* needs OT in Othello, Pasco and Pullman. Please contact Bobby for more info! (801) 859-9211 or e-mail Bobby@mirehab.com

PASCO

RN/LPN: Ft & PT Swing Shifts now available. New grads welcome. Also PT on call weekend position. MDS Nurse position available. Exp required. FT Night & evening shifts available for NAC's. *Avalon Healthcare*, 2004 N 22nd Ave. Call (509) 547-8811

CAREGIVERS: We are looking for the best of the best. Do you want to go home at the end of the day knowing you made a difference in the life of a family? If so, you may meet our qualifications. Contact: *Visiting Angels* 509-582-7800

QUINCY

LPN: Applications for an LPN to work in our *SageView Family Care Clinic* are now being accepted. A rare opportunity for a smiling, caring healthcare professional. Competitive wages based on experience. Pick up an application at Quincy Valley Medical Center or visit our website at www.quincyhospital.org to print an application.

CNA: Applications are being accepted for our hospital. Part-time or per diem positions to care for our acute or swing bed residents, varied shifts, could work into full-time. Our wage scale and differentials are competitive with other area healthcare facilities. Pick up an application at *Quincy Valley Medical Center* or visit our website at www.quincyhospital.org to print an application.

RICHLAND

CAREGIVERS: Looking for caring, experienced preferred caregivers to join our team. PT/FT Day/Eve/NOC. We offer benefits, 401K and PTO. Apply at *Brookdale Senior Living*, 1629 George Washington Way.

CAREGIVERS: Looking for reliable, flexible & compassionate caregivers. Immediate openings. Six mo. Exp required. Apply Mon-Fri by calling 509-946-4089 or apply online at www.athome-care.com

FULL TIME NURSE: *Quail Hollow Alzheimer's/Dementia Facility* seeks full-time RN to oversee health services. Must be compassionate, willing to go the extra mile and committed to quality care. Confidential inquiries welcome to Leigh Anne Sayer at (509) 943-5353. Pick up an application at 221 Torbett St. Resumes to: admin@quailhollowmcc.com

RN/LPN: *Life Care Centers of America*. Opportunity for quality oriented RN. Competitive pay and benefits. Contact: Sharon Ingham at 509-943-1117 or fax 509-943-5140. 44 Goethals Drive, Richland. www.LCCA.com

SELAH

NAC/NAR: Full-time, part-time day and graveyard shifts at *Riverview Manor*. Flexible schedules with some weekends required, some weekends required, excellent wage and benefit package. Apply 1 person at 555 E Goodlander Rd.



"MY DOCTOR SAYS I NEED MORE GOOD CHOLESTEROL. I THINK THIS SAUSAGE IS AS GOOD AS IT GETS!"

...continued from page 1

of falls and injury. U.S. Hospitals admit over 300,000 people with broken hips. Of these most are due to falling. So keeping your balance can keep you out of the hospital.

When doing balancing workouts be sure to have a chair available to hold onto. With each move use one hand to steady yourself. Then begin to let go of the chair and try to hold for a few seconds. Always keep the chair next to you so if you need it you will be able to hold onto it for balance. Try doing different moves several times a week to build leg strength and improve balance.

Senior Strength Training Exercises

Often when people think of strength training they think body builders. Since many of us are not trying to bulk up and compete, this is one type of workout that many people, seniors included, skip over. Strengthening exercises is not about building big muscles but rather about toning and strengthening the muscles.

There are several benefits for seniors for this type of workout such as faster healing from injuries, reduced risk of falling due to increased strength in the legs and body and a healthier state of mind. Additional benefits for aging adults include increase range of activities due to better flexibility and strength. It also improves heart conditions, increases bone mineral density, lowers blood pressure and cholesterol and reduces risk of diabetes just to name a few.

The list of benefits is longer but you get the general idea. Seniors who include strength training will see many health benefits.

By including this type of workout in your weekly routine you too can see the health benefits. You can start out slow by just using your own body weight. Then as you feel more comfortable add a small dumbbell weight to the exercises.

Senior Endurance Exercises

The last type of routine recommended by the NIH for seniors is endurance workouts. These are basically aerobic exercises that get the blood pumping and the heart beating. This doesn't mean you have to do a marathon or even running. One of the best endurance workouts for any age can be a simple brisk walk.

Start out slow especially if you have a sedentary lifestyle. You can begin with a 5 minute march in your living room. Be sure to swing your arms to help get the blood flowing and your heart rate up. Then as you become more conditioned add more minutes and increase the intensity slightly. Keep doing this until you have worked up to at least a 20 minute aerobic workout for a minimum of 3 times a week.

As with the other senior exercises, aerobics also offers tons of health benefits. These include reducing risk of obesity, increased endurance, improved immune system and more energy. Additionally it helps keep your mind sharp and you are more alert. It also reduces the risk of several medical conditions like diabetes, heart disease and high blood pressure which are just a few of many health benefits.

Although there is no exact guideline, you should see your doctor first before starting workout routines, it is recommended for older adults.



EMPLOYMENT (continued)

Selah Convalescent is accepting apps. Are you looking for long-term employment with competitive wages and great benefits? Come and join our team. Apply in person at 203 W. Naches Ave. (509) 697-8503 or email resume to: sci@fairpoint.net

SUNNYSIDE

MEDICAL RN/RN: *Lower Valley Hospice and Palliative Care.* Send resume to LVHPC, Attn: Debra Roe-Johnson, 3920 Outlook Rd, Sunnyside, WA 98944, fax to: 509-837-1992 or e-mail to: droe@lowervalleyhospice.com

WAPATO

RN/LPN: Evening med position available. Full or Part time. Apply at *Emerald Care*, 209 N Ahtanum. As for Rochelle Lee, Asst. DNS

WENATCHEE

CERTIFIED NURSES AIDE: Roses are red, violets are blue, do you think our patients would fall in love with you? If you are a Certified Nurses Aide with a loving heart and a generous nature, we would like to talk to you. Knowledge and experience with Medicare patients preferred. Ask about the \$1,000 incentive bonus. Benefits include health insurance, 401k and vacations. Apply at *Colonial Vista Care*, 625 Okanogan, or send resume to: ColonialcareDNS@frontiergmt.com

LONG TERM CARE NURSES: We are expanding our Medicare skilled unit and need experience Long Term Care Nurses with knowledge of Medicare, rehab, excellent documentation and critical thinking. Good team players/team builders.

Must interact with nursing, therapy and other interdisciplinary team members. Benefits include paid employee health insurance, 401k, and vacations. Apply at *Colonial Vista Care*, 625 Okanogan or send resume to ColonialcareDNS@frontiergmt.com

YAKIMA

RN/LPN: *Garden Village.* A part of Yakima Valley Memorial Hospital's family of services, Garden Village is currently seeking dedicated individuals to fill openings on all shifts. We are a skilled nursing facility specializing in post hospitalization of critical and rehabilitative residents. Apply at Garden Village, Attn: Cynthia Sanchez, 206 S 10th Ave.

BOOKKEEPER: *Living Care Retirement Community* is looking for a bookkeeper. Primary responsibilities would include resident accounts collections, preparation of checks for deposit and accounts payable - knowledge of Medicare and Medicaid is desirable. Contact: Living Care Retirement Community (509) 965-5260

NURSING NACS: *Good Samaritan Health Care Center* has position open for reliable caring NACs. Apply in person at GSHCC 702 N 16th Ave.

NAR/NAC: *Highgate Senior Living* now accepting applications. Great team, benefits and monthly bonus program. Apply in person at 5605 W Chestnut Ave.

HOME CARE: *Home Care Services* is accepting applications for Home Care Providers in Yakima, Sunnyside, Wapato, Toppenish and Ellensburg to assist seniors and disabled to live independently in their homes. Contact:

5110 Tieton Dr, Suite 350, Glenwood Square (509) 453-8946.

NURSING: *Landmark Care Center.* Currently have FT & PT. Apply at 710 N 39th Ave. (509) 248-4102. Contact: Cecelia Sunday or apply in person at 710 N 39th Ave.

NURSING RN/LPN: Join our winning team and receive competitive wages, benefits & 401k retirement. Apply at *Living Care Retirement*, 3801 Summitview Ave or Email resume to [kjacoboy@livingcarecenters.com](mailto:kjacoby@livingcarecenters.com) or contact: Katie Jacoby at 509-965-5239

NAC/NAR/CAREGIVERS: 2-24 hours per day. Experience preferred. Apply in person. *Rescare Home Care* (Formerly *T.L.C. In-Home Care*), 3405-B W Nob Hill

RN/LPN: Full or part time. To apply contact *Total Care*, 307 S 12th, Suite 18, Yakima or call (509) 248-7846

NACs/NARs: Experienced, Delegated. Full or part time needed for Yakima and Lower Valley. In home one-on-one care. *Total Care*, 307 S 12th, Suite 18, Yakima or call (509) 248-7846

NURSES: *Willow Springs Care* is seeking compassionate nurses to join or dedicated team. Competitive wages & benefits. Email resume: Ljeffery@willowsprigs-care.com or apply in person at 4007 Tieton Dr. (509) 966-4500

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exceptional community healthcare

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: Jacques (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

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

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

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.

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

Please call Dale Swant if you are interested in advertising in the

SENIOR REVIEW

888.575.9711

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

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.

VOLUNTEERS NEEDED (continued)

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

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

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

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

**Link your website
to the SENIOR
REVIEW
\$7.00 per week**

VOLUNTEERS NEEDED (continued)

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.

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 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

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

Senior Pages, the #1 Directory of Senior Services...And it's FREE!

Look for the 2010 editions of the Senior Pages for your area! It's the most complete directory for 55+ Seniors that live, work, and retire here. You can find all the services, care, retirement facilities and medical resources you need for an active, mature life. Pick up your free copy at your local senior center, retirement facility, medical clinic or senior service business today! If you can't find one in your area give us a call, send us an email, or you can download our entire directories at www.seniorpages.com

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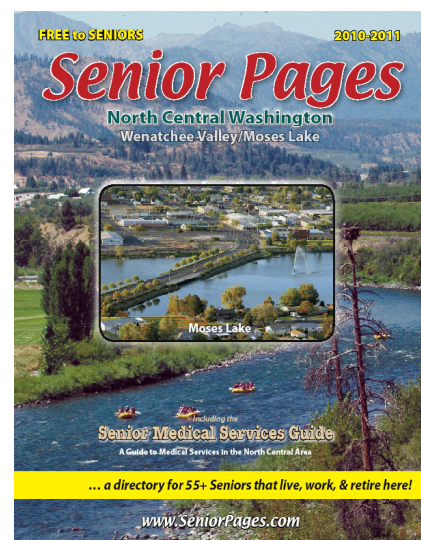
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5 pm – 6 pm: Light Meal
 6 pm – 8 pm: Presentation

March 16 – April 21

6 pm – 8 pm: Presentations

April 27

5 pm – 6 pm: Resource Fair
 6 pm – 8 pm: Presentation

Location:

Harman Center • 65th & Summitview, Yakima

March

- 9** Diabetes: The Treatable Epidemic
- 16** Vision & Hearing: Care for Seniors
- 23** Straight Talk About Surviving Cancer
- 30** Living Longer: Tips to Become the Healthy Person You Want to Be

April

- 6** Elder Law: Effective Advanced Planning Q&A
- 13** Getting Older Doesn't Have to Hurt
- 20** A Good Night's Sleep—It's More Important Than You Think
- 27** Take Care of Your Heart

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