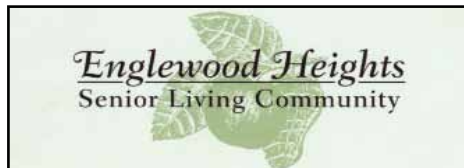


SENIOR REVIEW

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

Please click on our sponsors below and view their websites.

Yakima



Protecting Seniors From Identity Theft

The telephone is a powerful tool for scammers that prey on senior citizens. While many senior citizens don't use email or browse the internet, they all use the telephone. Identity thieves call elderly people and pretend to represent charities, police associations, AARP and well-known companies. Unfortunately, many senior citizens believe that these phone calls are coming from a trusted source. A rule of thumb for the elderly is never give personal or financial information in response to an incoming telephone call. If they want to donate to a charity or order a product, they should call the organization or company directly.

Scammers also use snail mail to seek information from the elderly. Like the phone calls, the mail appears to come from trusted sources, such as the victim's bank, charitable organizations or well known companies. The scam mail contains authentic looking logos and registered trade marks. The big red flag is that snail mail scams always use PO Box addresses and they don't include a working telephone number. Once again, elderly people need to beware of incoming solicitations.

Some scammers prefer to visit their victims in person. They take one of two approaches. Some prefer to frighten the victim into giving valuable information by telling them something bad will happen if they don't. Others present themselves as kind and helpful strangers who are trying to protect the victim from financial harm or who have something the victim wants for an unbeatable price. Like incoming phone calls and snail mail, people who show up at the door should be classified as incoming solicitations. Personal and financial information should always be withheld in these cases.

Prime Targets for Identity Fraud

Senior citizens are especially vulnerable to identity theft because they are more trusting, many of them are lonely and they are less aware of the ever increasing variety of scams.



...more on page 2

Union Gap



Ellensburg



Tri-Cities/Walla Walla



Moses Lake



...continued from page 1

Fifty years ago, crime rates were much lower than they are now. True, there were con artists but there weren't nearly as many of them as there are now. When they were young, senior citizens didn't need to be constantly on their guard and they were more trusting of people they met. Many of them don't realize how times have changed and this increases their risk of identity theft.

Identity Thieves Prey on the Lonely

Many senior citizens are lonely. Their children have busy schedules and don't visit very often. This leaves these elderly people vulnerable to scams perpetrated by criminals who seem friendly and kind. Someone who spends time talking to a lonely elderly person establishes a rapport and gains that person's trust. Once the criminal has gained the victim's trust, he cons the victim into giving personal and financial information. The lonely senior citizen then becomes a victim of identity theft.

Scammers are always coming up with new ways to get information to commit identity theft. Identity theft wasn't very common twenty years ago but now it is one of the fastest growing crimes in the United States. Keeping up with criminal trends is not something senior citizens tend to do. This makes them more vulnerable to identity theft. They are caught unaware by scams they never envisioned during their lifetime.

Protect Seniors from Identity Theft

People with loved ones who are elderly should take the time to talk to them about their risk for identity theft. Above all else, advise them to beware of communications that were initiated by someone else (incoming solicitations). Tell them to contact companies directly from the phone book so they don't become victims of identity theft.

Wenatchee Senior Center



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**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, 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

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

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) 585-4303

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.

KENNEWICK: "Free Hearing Screenings" Hearing care from our experienced AudigyCertified 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.

CALENDAR

MAY 4-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 4-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 5-YAKIMA: "Health Insurance Counseling" SHIBA offers answers to your questions about insurance including supplemental health insurance, Medicare and long-term care. By appointment only at Harman Center, 65th & Summitview. No charge. Sponsored by Memorial Hospital's Third Age Program. (509) 575-8484

MAY 6-YAKIMA: "Harmon Center 6th Anniversary" 11:00 am-1:00 pm. Come to the Bar BQ and celebrate the anniversary. 101 N 65th Ave.

MAY 8-KENNEWICK: "Skin Cancer Screening". 9:00-Noon. According to the American Academy of Dermatology over 1 million new cases of skin cancer will be diagnosed in the US this year. Fortunately, most skin cancers, including melanoma, can be cured if detected early. Tri-Cities Cancer Center will hold a free skin cancer screening that is open to the public and free of charge. Appointments are necessary by call (509) 737-3420.

MAY 8-YAKIMA: "Bluegrass Benefit Concert". 4:00-9:00 pm For Cottage in the Meadow, a Home for Hospice Care. Sponsored by Memorial Hospital's Third Age program. At Four Square Church, 700 N 40th Ave. No charge, donations accepted.

MAY 10-11-MOSES LAKE: "ACLS Provider Course" Advanced Cardiac Life Support Full Provider Course. This course is for those taking ACLS for the first time expired card holder, or renewing card holders who prefer complete review. Sponsored by Samaritan Healthcare. To register contact: Martha Wong (509) 793-9691

MAY 11-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 11-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 11-YAKIMA: "Hospice and Transitions Volunteer Training". Four evening series. 6:00-9:00 pm. At Memorial Home Care, 1019 S 40th Ave. Registration required. (509) 574-3655

MAY 11-KENNEWICK: "Computer Basics" 1:00-4:00 pm. Looking to buy a computer? Have one but aren't quite sure how to use it, or what it is capable of? Students will get acquainted with the computer, keyboard, mouse and explore the many applications that are standard with Windows. Acquire the knowledge you need and refine the skills you already have. No experience necessary. Fee: \$22.50 city discount or \$33.75. Sponsored by Kennewick Senior Center. One day only and preregistration and payment are required. To register call (509) 585-4303

MAY 11-12-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

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 12-YAKIMA: "Medication Education". MEDS is your personal consultation with a licensed pharmacist to get comprehensive information on all of the medications you are currently taking. Sponsored by Memorial Hospital's Third Age program. By appointment only. No charge. (509) 575-8484

MAY 12-MOSES LAKE: "ACLS Renewal Course" 8:00-4:30 pm This class is intended for current Advanced Cardiac Life Support card holders (card cannot be expired) who are comfortable with their skills. To register by phone or for more information contact Martha Wong at (509) 793-9691. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd.

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 ambiance 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 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-YAKIMA: "Hospice and Transitions Volunteer Training". Four evening series. 6:00-9:00 pm. At Memorial Home Care, 1019 S 40th Ave. Registration required. (509) 574-3655

CALENDAR (continued)

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 Kenewick General Hospital. To register call (509) 586-5119

MAY 13-14-WENATCHEE: "ACLS Provider 2010" The American Heart Assn. ACLS Provider Course provides the knowledge and skills necessary to perform as a member of an advanced cardiac life support team based on American Heart Assn. standards. Registrants must be competent at identifying cardiac dysrhythmias, have solid knowledge of cardiac pharmacology, and be able to demonstrate one-rescuer BLS skills. Course fee includes ACLS Provider textbook and card. To be held at Wenatchee Convention Center, 121 N Wenatchee Ave., Gala Room. Fee: \$270. Sponsored by Central Washington Hospital, 1201 S Miller St. Fee: \$60. For additional information call (509) 664-3475 or email: education@cwhs.com

MAY 15-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 Educator Center at (509) 793-9690

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 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 18-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 18-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 18-YAKIMA: "Hospice and Transitions Volunteer Training". Four evening series. 6:00-9:00 pm. At Memorial Home Care, 1019 S 40th Ave. Registration required. (509) 574-3655

MAY 18-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

MAY 18-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: education@cwhs.com

MAY 18-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 19-YAKIMA: "Making Yakima a Safe Place to Grow Old" Third annual conference. Keynote presenter is Paul Greenwood of the San Diego County District Attorney's Office. Other speakers include Kevin Miller of the US Secret Service as well as several local experts who will be sharing their unique perspective and knowledge. For additional information contact Stacy Kellog, (509) 453-0480

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



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CALENDAR (continued)

MAY 19-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

MAY 19-YAKIMA: "Elder Abuse Conference". A variety of issues that relate to seniors. At Clarion Hotel, 1507 N 1st St. 9:00 am-4:00 pm. Sponored by Memorial Hospital's Third Age program. Fee: \$15. Registration required: (509) 453-0480

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-MOSES LAKE: "Healthcare Provider CPR" 8:00 am-Noon. This course is intended for healthcare providers and allied professionals such as physicians, nurses, nursing, medical assistants, etc. Sponsored by Smaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more informaton please contact the Educaton Center at (509) 793-9690

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 ocpanies 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 20-YAKIMA: "Hospice and Transitions Volunteer Training". Four evening series. 6:00-9:00 pm. At Memorial Home Care, 1019 S 40th Ave. Registration required. (509) 574-3655

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 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 Smaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more informaton please contact the Educaton 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: "Protectng 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 Wahsington. (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. Sponosre 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.

MAY 27-WENATCHEE: "BLS Renewwal & 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 Smaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more informaton please contact the Educaton Center at (509) 793-9690

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 Smaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more informaton please contact the Educaton Center at (509) 793-9690



"I'm on a fixed income. The only time I go to a fast food restaurant is if I'm low on salt, sugar or condiments."

CALENDAR (continued)

JUNE 7-ELLENSBURG: "Self-Management Diabetes Classes" Jump-start your understanding of diabetes by joining a Kittias 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

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 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,



Water Douser standing in front of the Waterville Museum

CALENDAR (continued)

WAIVE testing, Glucometer verification, and retrain 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: "Introducton 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 requied 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 Smaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more informaton please contact the Educaton 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 Smaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more informaton please contact the Educaton Center at (509) 793-9690

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 thourgh 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 he results of clinical trials. Second Monday of the month ant 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 o 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

WHAT AN OPPORTUNITY?

You can send us your events seminars, annoucements, employment opening, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW/HOT SHEET

Free! send to:

Dale@SeniorPages.com

SUPPORT GROUPS (continued)

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 z9509 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

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-May 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



Sunset at the Gorge

SUPPORT GROUPS (continued)

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

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



exceptional community healthcare

VACANCIES (continued)

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



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Kennewick, WA 99336
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VOLUNTEERS NEEDED (continued)

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.

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 in 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



Senior News

SENIORREVIEW

SeniorPages.com

VOLUNTEERS NEEDED (continued)

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.

rHarman 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

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 Dottie 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

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

VOLUNTEERS NEEDED (continued)

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.

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

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

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 box office or online at
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May 2010

4, 11, 18, 25
 TUESDAYS

KITTITAS VALLEY COMING OF AGE
 Dry Creek Retirement & Assisted Living Community,
 878 E. Mountain View Ave., Ellensburg
NO CHARGE. For information call 809-928-8748

4, 11, 18, 25
 TUESDAYS

DIABETES SCREENING
 For most accurate results, do not eat or drink anything 8-12 hours
 prior to screening.
 Center for Diabetes Prevention & Control 2511 Tilton Drive, Yaldra
THIRD AGE MEMBER PRICE: \$3 - 8 - 10 a.m.

5
 WEDNESDAY

HEALTH INSURANCE COUNSELING
 SHBA offers answer to your questions about insurance including
 supplemental health insurance, Medicare and long-term care.
 Norman Center, 48th & Summitview
NO CHARGE - By appointment only (809) 878-8484

8
 SATURDAY

BLUEGRASS BENEFIT CONCERT
 For Cottage in the Meadow, a Home for Hospice Care.
 Four Square Church, 700 N 40th Avenue
NO CHARGE, Donations accepted 4 - 9 p.m.

11, 13, 18, 20
 TUESDAY / THURSDAY

HOSPICE AND TRANSITIONS VOLUNTEER TRAINING
 Memorial Home Care 1019 S. 40th Avenue
 Four evening Series - 6 - 9 p.m.
NO CHARGE - Registration required (809) 874-3488

12
 WEDNESDAY

MEDICATION EDUCATION
 MEDS is your personal consultation with a licensed
 pharmacist to get comprehensive information on all
 of the medication you are currently taking.
NO CHARGE - By appointment only (809) 878-8484

19
 WEDNESDAY

ELDER ABUSE CONFERENCE
 A variety of issues that relate to seniors.
 Clifton Hotel, 1807 N. 1st Street, Yaldra
\$15 - Registration required (809) 463-0480
 9 a.m. - 4 p.m.

26
 WEDNESDAY

POWER OF ATTORNEY / LIVING WILLS
 A sudden change in your heart health could necessitate change in
 your medical wishes. Discover your options today.
 Memorial Rehabilitation & Wellness Center
 406 S. 30th Avenue, 2nd floor.
NO CHARGE - 8 - 9 a.m. and 3 - 4 p.m.

JUNE 10 & 11
 THURSDAY & FRIDAY

LIMITED SPACE AVAILABLE
GETTING THERE SAFELY: Completion of this course entitles you
 to a reduction in auto insurance for those over 55.
 Memorial Education Center 8:30 a.m. - 12:30 p.m.
\$5 - Registration required (809) 878-8484

To join Memorial Third Age, or to see an up-to-date list of benefits and special
 limited offers, visit memorialthirdage.org/membership. Questions? Call (809) 877-8013.