

# SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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### Post Falls



### Coeur d' Alene



### Southern Idaho



## Taking Early Retirement May Retire Memory, Too

The two economists call their paper "Mental Retirement," and their argument has intrigued behavioral researchers. Data from the United States, England and 11 other European countries suggest that the earlier people retire, the more quickly their memories decline.

The implication, the economists and others say, is that there really seems to be something to the "use it or lose it" notion — if people want to preserve their memories and reasoning abilities, they may have to keep active.



"It's incredibly interesting and exciting," said Laura L. Carstensen, director of the Center on Longevity at [Stanford University](#). "It suggests that work actually provides an important component of the environment that keeps people functioning optimally."

While not everyone is convinced by the new study, published recently in The Journal of Economic Perspectives, a number of leading researchers say the study is, at least, a tantalizing bit of evidence for a hypothesis that is widely believed but surprisingly difficult to demonstrate.

Researchers repeatedly find that retired people as a group tend to do less well on cognitive tests than people who are still working. But, they note, that could be because people whose memories and thinking skills are declining may be more likely to retire than people whose cognitive skills remain sharp.

And research has failed to support the premise that mastering things like memory exercises, crossword puzzles and games like Sudoku carry over into real life, improving overall functioning.

"If you do crossword puzzles, you get better at crossword puzzles," said Lisa Berkman, director of the Center for Population and Development Studies at ...more on page 8

## NEWS NOTES

The Hayden Senior Center needs help. Hayden's senior population has grown by leaps and bounds, and the current senior center cannot meet the size needs of its membership without expanding. Fundraising efforts and grants will provide the means for this soon-to-occur expansion.

Rather than do a health expo where businesses are asked to donate for booth space and other expenses, the center is asking for support with their *Gourmet Cookbook Project*. Purchasing copies of their "Gourmet Cookbook" will go a long ways to help. The books may be used for gift-giving while donating much needed funds to the center. You may pre-order multiple copies for business gifts or copies for yourself.

The cookbook includes over 750 recipes. For pricing contact the senior center at (208) 689-3557

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## SEMINARS/CLASSES/EVENTS/MEETINGS

### TUESDAYS

**MOSCOW:** Second Tuesday of the month Blood Pressure Checks at Friendly Neighbors Senior Center of Moscow, 1912 E Third St. (208) 882-1562 [friendly.neighbors@yahoo.com](mailto:friendly.neighbors@yahoo.com)

### WEDNESDAYS

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

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

### THURSDAYS

**COEUR D'ALENE:** "Free Class on Joint Replacement". Plan now to return to an active life after joint replacement surgery. 6:00-7:00 pm the last Thursday of each month at Ivy Court, 2200 Ironwood Place. For information call: (208) 667-6486

**COEUR D'ALENE:** "Mix N Mingle" for CareNet members. A non-formal meeting the second Thursday of the month in addition to the monthly CareNet meetings. A chance to visit and get to know each other. At Bardenay's, 1710 W Riverstone Dr, 4:30-6:30 pm or until ???

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

**COEUR D'ALENE:** "Free Monthly Wellness Clinic" The third Thursday of each month from 10:00-12:00 Loyalton of Coeur d'Alene Senior Living, 205 E Anton Ave sponsors this special event. Participants include Ivy Court Nursing & Rehab, Crest home Health, Home Helpers, Priority Footwear, Auburn Crest Hospice, LaCross Health & Rehab, Mobility Equipment and Loyalton of Coeur d'Alene. For additional information call (208) 667-6490

**SANDPOINT:** "Powerful Tools For Caregivers" Learning to take care of yourself makes you a healthier caregiver! Meets once weekly for six weeks, Oct 7-Nov. 11, 5:00-7:00 pm (Dinner provided) Panhandle Health District, 1020 Michigan. Designed for all non-paid caregivers. Free of charge! Registration is mandatory and limited, call (208) 666-2996

### SATURDAYS

**COEUR D'ALENE:** "Joint Replacement Education" Plan now to return to an active life. Free class the last Thursday of each month, 6:00-7:00 pm at Ivy Court, 2200 Ironwood Place. Contact: (208) 667-6486

**SANDPOINT:** First Aid/CPR classes are offered on the third Saturday of each month (excluding holidays) from 8:45 am until 3:00 pm. CPR-only classes begin at 12:30 pm. For additional information call Deven Fredericks in the Education Department of Bonner General Hospital at (208) 263-1441, ext. 1491



## CALENDAR

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

**DECEMBER 5-COEUR D'ALENE:** "Sunday Brunch" 8:00 am-1:00 pm. Farmer's breakfast and pancakes too!, baked potato bar. Sponsored by Sylvan House Assisted Living to be held at Lake City Senior Center, 1916 N Lakewood. Price: \$6.50, all proceeds benefit Lake City Senior Center. For questions please call Jessica Logan (208) 667-4628

**DECEMBER 7-MOSCOW:** "Basic Life Support for Healthcare Providers" 2:00-6:00 pm. The American Heart Association BLS for Healthcare Providers Course covers core material such as adult and pediatric CR (including two-rescuer scenarios and use of the bag mask), foreign-body airway obstruction, and automated external defibrillation. Sponsored by Gritman Medical Center, in the 3rd Floor Classroom. Fee: \$55. Preregistration required. August (208) 883-2232. [education@gritman.org](mailto:education@gritman.org)

**DECEMBER 8-LEWISTON:** "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. Follow-up period of 18 months after quitting smoking. Topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington welcome. Limited space (208) 750-7360

**DECEMBER 7-MOSCOW:** "Diabetes Class" 4:00-5:00 pm. Learn about menu planning and portion control at a free class. Designed for people who live with diabetes, this class is part of a monthly series that occurs on the First Tuesday of each month. Hosted by the Gritman Nutrition and Diabetes Education Department, classes take place in the Gritman Conference Center, 700 S Main St. Preregistration not required. Nancy Kure (208) 883-6341 [nancy.kure@gritman.org](mailto:nancy.kure@gritman.org)

**DECEMBER 8-MOSCOW:** "Dementia Seminars Series" 9:30-11:30 am. Various discussion topics related to Dementia. Free of charge and all are welcome. No registration necessary. Certificates of attendance are available upon request. Sponsored by Gritman Medical Center, in the 1st Floor Classroom. Fee: Free. Contact: (208) 883-6483. [education@gritman.org](mailto:education@gritman.org)

**DECEMBER 8-MOSCOW:** "Heartsaver AED & CPR" 5:30-8:30 pm. Course teaches CPR, AED use, relief of choking in adults and children, and infant CPR and relief of choking, and use of barrier devices for all ages. Certification care valid for tow years will be provided upon completion of the course. Sponsored by Gritman Medical Center, in the 3rd Floor Classroom. Fee: \$35. Preregistration required. Contact August (208) 883-2232. [education@gritman.org](mailto:education@gritman.org)

**DECEMBER 9-COEUR D'ALENE:** "Open House Celebration" Crest Home Health invites you to join them for refreshments, hors d'oeuvres and fun at their new location at 700 Ironwood Drive, Suite 210.

**DECEMBER 9-COEUR D'ALENE:** "Enhancing Residential Care: Staff & Family Relationships" 5:30-7:30 pm. Joel Loiacono is the speaker from the Alzheimer's Assn., Inland Northwest Chapter Executive Director. Dinner is included, RSVP requested. To be held at Legends Park Assisted Living, 1820 N Legends Parkway (208) 666-9900 ( Across the street from the KROC Center.) Limited seating. For reservations call the Alzheimer's Assn. (208) 666-2996

**DECEMBER 11-COEUR D'ALENE:** "Lake City Senior Center's Christmas Party" 12:00-3:00 pm. Free event for seniors in the community and our senior center activity groups. Food, entertainment, Santa, raffle, gifts... To be held at the the center at 1916 Lakewood Drive. Seating is limited to 150. For reservations call (208) 667-4628 [www.lakecityseniorcenter.org](http://www.lakecityseniorcenter.org)

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## CALENDAR (continued)

### DECEMBER 11-MOSCOW:

"Heartsaver First Aid" 9:00 am-4:00 pm. Course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Includes General zPrinciples, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR, AED use, and relief of choking in adults and children, and infant CPR and relief of choking as well as the use of barrier devices for all ages are also included. Certification card valid for two years. Sponsored by Gritman Medical Center, in the 3rd Floor Classroom. Fee: \$60. Preregistration required. Contact August (208) 883-2232. [education@gritman.org](mailto:education@gritman.org)

**DECEMBER 15-LEWISTON:** "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited for reservations call (208) 750-7360

**DECEMBER 18-SANDPOINT:** :Community CPR. Sponsored by Bonner General Hospital, 520 N Third Ave., in the Classroom. For information call: (208) 263-1441

**DECEMBER 20-MOSCOW:** "Basic Life Support for Healthcare Providers-Renewal" 7:00 am-11:00 am. This is a renewal class only. Participants are required to have a current certification and need to be proficient in their skill level. Sponsored by Gritman Medical Center, in the 3rd Floor Classroom. Fee: \$30. Preregistration required. Contact August (208) 883-2232. [education@gritman.org](mailto:education@gritman.org)

**JANUARY 4-MOSCOW:** "Diabetes Class" 4:00-5:00 pm. Learn about menu planning and portion control at a free class. Designed for people who live with diabetes, this class is part of a monthly series that occurs on the First Tuesday of each month. Hosted by the Gritman Nutrition and Diabetes Education Department, classes take place in the Gritman Conference Center, 700 S Main St. Preregistration not required. Nancy Kure (208) 883-6341 [nancy.kure@gritman.org](mailto:nancy.kure@gritman.org)

**JANUARY 5-LEWISTON:** "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited call (208) 750-7360

**JANUARY 11-SANDPOINT:** "Challenging Behaviors" 2:00-4:00 pm. Speaker: Brian Casey, M.Ed. Support Group Facilitator. Sponsored by the Alzheimer's Association to be held at Valley Vista Care Center, 220 S Division. Free and open to the public. Certificates of Attendance available for all professionals. For questions call the Alzheimer's Assn. (208) 666-2996 or Brian Casey, Sandpoint Support Group Facilitator, (208) 265-4514, ext. 615

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

**JANUARY 19-MOSCOW:** "Dementia Seminars Series" 9:30-11:30 am. Various discussion topics related to Dementia. Free of charge and all are welcome. No registration necessary. Certificates of attendance are available upon request. Sponsored by Gritman Medical Center, in the 1st Floor Classroom. Fee: Free. Contact: (208) 883-6483. [education@gritman.org](mailto:education@gritman.org)



## CALENDAR (continued)

**JANUARY 19-LEWISTON:** "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited for reservations call (208) 750-7360

**JANUARY 25-POST FALLS:** "Calling All Veterans" You are invited to a special presentation focused on veteran's issues and benefits. Care and Recovery Services. "Navigating the Health Care Highway" A Panel of experts to answer your questions. 2:00-4:00 pm at Garden Plaza of Post Falls, 545 N Garden Plaza court. Seating is limited. RSVP to (208) 773-3701 or (208) 769-9560. Transportation provided by Garden Plaza of Post Falls upon request (208) 773-3701

**JANUARY 25-POST FALLS:** "Activities: Making Them Meaningful" 6:30 pm. Designed for family and professional caregivers. Dinner included, reservations requested. To be held at Life Care of Post Falls 460 N Garden Plaza Court. Free and open to the public. Certificates of Attendance available for professionals. To reserve our seat call the Alzheimer's Association (208) 666-2996

**JANUARY 26-LEWISTON:** "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. Follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. Carbon monoxide breath test done weekly. Facilitated by certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes free to Idaho residents. Medicare recipients from WA welcome. Limited Space (208) 750-7360

**FEBRUARY 1-MOSCOW:** "Diabetes Class" 4:00-5:00 pm. Learn about menu planning and portion control at a free class. For people who live with diabetes, this class is part of a monthly series that occurs on the First Tuesday of each month. Hosted by the Gritman Nutrition and Diabetes Education Department, Gritman Conference Center, 700 S Main St. (208) 883-6341 [nancy.kure@gritman.org](mailto:nancy.kure@gritman.org)

**FEBRUARY 10-COEUR D'ALENE:** "Understanding Memory Loss" Presented by The Alzheimer's Association. 4:00-6:00 pm at the Lake City Senior Center, 1916 N Lakewood Drive. Dinner buffet included compliments of the 4 Seasons. Free and open to the public. Certificates of Attendance available for professionals. Reserve your seat (208) 666-2996

**FEBRUARY 19-MOSCOW:** "AARP Driving Program" 8:30 am-5:30 pm. This program is an 8-hour classroom refresher course focused for the experienced motorists age 50 and older but open to all licensed drivers. This program, developed by AARP in 1979, is the first and most recognized, comprehensive, nationwide course created especially for older drivers. Explores age-related changes that typically influence driving ability and attitudes, as well as the impact of medications when driving and their effects when mixed with alcohol prior to driving. Preregistration required. Fee \$12 AARP members, \$14 for non (pay at the door) Sponsored by Gritman Medical Center. Contact: (208) 883-2232. [education@gritman.org](mailto:education@gritman.org)

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### VOLUNTEERS NEEDED

#### BONNERS FERRY

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

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

#### CLARKSTON

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

#### COEUR D'ALENE

Have you considered becoming a volunteer ombudsman? Ombudsmen are advocates for residents of long-term care facilities. The primary goal is to advocate for residents' rights, quality of life and quality of care. Vulnerable elders need the voices of caring individuals to speak for them. Responsibilities include: Visiting with residents and acquainting them with the ombudsman program. Receiving, investigating and referring complaints made by or on behalf of residents., following up on concerns or complaints. Or more information about the program, the Sandpoint training, or future trainings in Coeur d'Alene, please contact Jan Noyes, Volunteer Ombudsman Coordinator, Area Agency on Aging of North Idaho, 2120 Lakewood Drive, Suite B, Coeur d'Alene, ID 83814. (208) 667-3179. [jnoyes@aaani.org](mailto:jnoyes@aaani.org)

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

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

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

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

#### HAYDEN

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

#### POST FALLS

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

#### SANDPOINT

**Bonner General Hospital Auxiliary** volunteers assist in various areas throughout the hospital, providing those special "extras" that make a difference in the lives of our patients. The auxiliary asks members to provide 25 hours of volunteer service annually. A wonderful way to make new friends, contribute to the good work of the medical community. Stop by the information desk in the hospital lobby and pick up an application.

**Sandpoint, ID Valley Vista Care Services** would welcome a committed, consistent, caring volunteer interested in indoor/outdoor walks, reading and friendly visiting with residents. Small and large group activities that offer a wide range of possibilities and life enrichment. Please call Selene at 208-265-4514 for more information.

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"IT'S LONG JOINS FOR YOU, SANTA — IT'S HELP THE AGED WEEK!"

### SUPPORT GROUPS

#### BONNERS FERRY

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

#### CLARKSTON

**BEREAVEMENT SUPPORT GROUP:** Coordinated through Home Health & Hospice. Sponsored by Tri-State Hospital, 1221 Highland Drive. Meetings held in the conference room. For information call (509) 758-2568

#### BREAST CANCER SUPPORT

**GROUP:** Meets the first Wednesday of every month 7:00-9:00 pm. Contact Linda Malcom from Owl Home Medical (208) 743-7766

**MS SUPPORT GROUP:** Meets the Third Tuesday of every month from 7:00-9:30 pm at the Tri-State Hospital, 1221 Highland Drive. Meetings held in the conference room. For information contact Ivan Ulmer (208) 743-2854 or Louise Lavoi (509) 758-2832

#### COEUR D'ALENE

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

**ALZHEIMER'S SUPPORT GROUP** for Caregivers of those with Dementia, Alzheimer's and any related disorder. Third Tuesday of every month 11:00 am-12:30 pm at The Lake Bakery conference Room, NW Corner of 7th St & Front St. Designed Specifically for families with Early Onset Dementia. Facilitator: Stephanie Godinez (208) 765-4343

#### ALZHEIMER'S SUPPORT GROUP

for Caregivers of those with Dementia, Alzheimer's and any related disorder. Fourth Monday of every month, 5:30 pm (dinner included. Traditional Support Group, Free respite available by Creekside Inn. To be held at Creekside Inn, 240 E Kathleen. (208) 665-2444 Facilitators: Stephanie Godinez and/or Julie Tastad

#### MAN TO MAN: PROSTATE CANCER

**SUPPORT GROUP:** Meets first Thursday of every month, 7-9 pm, Kootenai Medical Center classrooms, 20032 Lincoln Way, Coeur d'Alene. (208) 765-5020 or (208) 666-3828

#### NORTH IDAHO CANCER SUPPORT

**GROUP:** For anyone touched by cancer at 1:00-2:00 pm Wednesdays, Lake City Community Church, 6000 Ramsey Rd, Coeur d'Alene. Contact: (208) 772-5495

#### ALZHEIMER'S & DEMENTIA

**SUPPORT GROUP:** For caregivers of those with Dementia, Alzheimer's and any related disorder. Held third Saturday of every month 1:30-3:30 pm at Kootenai Medical Center main building, main floor classrooms. Traditional Support Group. Facilitator: Arlene Sleight. (208) 772-2542

#### ALZHEIMER'S & DEMENTIA

**SUPPORT GROUP:** For caregivers of those with Dementia, Alzheimer's and any related disorder. Held third 4th Monday of every month at Creekside Inn, 240 E Kathleen (across from the fairgrounds), 5:30 pm (dinner included) Traditional Support Group. Facilitators: Stephanie Godinez and Julie Tastad

#### KELLOGG

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

#### LEWISTON

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

#### MOSCOW

**BLIND AND DIABETIC SUPPORT GROUP:** Weekly meeting 10:30-11:30 with Clara Dockter at the Friendly Neighbors Senior Center of Moscow, 1912 Center, 412 E 3rd St. (208) 882-1562 [friendly.neighbors@yahoo.com](mailto:friendly.neighbors@yahoo.com)

#### DEMENTIA SEMINAR SERIES:

Various discussion topics related to Dementia, December 8 and January 19, 9:30-11:30 am. Free of charge and all are welcome, no registraton necessary. Sponsored by Gritman Medical Center, in the 1st Floor Classroom. Fee: Free. Contact: (208) 883-6483. [education@gritman.org](mailto:education@gritman.org)

#### POST FALLS

**ALZHEIMER'S SUPPORT GROUP:** For caregivers of those with Dementia, Alzheimer's and any related disorder. First Wednesday of every month at 12:00 noon. Lunch and location hosted by Guardian Angel Homes, 1070 E Mullan Ave., Post Falls. (208) 777-7797. Facilitators: Kent Moline (208) 691-6996, MSW and Jennifer Baus

#### MULTIPLE SCLEROSIS SUPPORT

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



### SUPPORT GROUPS (continued)

#### SANDPOINT

##### **ALZHEIMER'S SUPPORT GROUP:**

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

##### **DIABETES SUPPORT GROUP:**

Monthly support group features guest speakers who discuss various aspects of diabetes and self-management. Groups meet at Bonner General Hospital, usually the first Monday of each month at 10:00 am. Call (208) 255-3671 for more information.

##### **GRIEF SUPPORT GROUP:**

Meets twice a month to share stories, feelings, in an understanding, caring environment. Application is required, but attendance is flexible. Members frequently find solace and comfort in the recognition that there are others going through similar experiences. Contact Bonner Community Hospice at Bonner General Hospital, call Kathryn Cook at (208) 265-1185. Bereavement services free to residents of Bonner or Boundary counties.

##### **HOSPICE ADULT GRIEF GROUP:**

December 2. Sponsored by Bonner General Hospital in the Brown House. For information call (208) 265-1185

##### **PARKINSON'S SUPPORT GROUP:**

In the conference room at Bonner General Hospital the second Monday of the month. Call (208) 265-1185



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Harvard. "If you do Sudoku, you get better at Sudoku. You get better at one narrow task. But you don't get better at cognitive behavior in life."

The study was possible, explains one of its authors, Robert Willis, a professor of economics at the [University of Michigan](#), because the National Institute on Aging began a large study in the United States nearly 20 years ago. Called the [Health and Retirement Study](#), it surveys more than 22,000 Americans over age 50 every two years, and administers memory tests.

That led European countries to start their own surveys, using similar questions so the data would be comparable among countries. Now, Dr. Willis said, Japan and South Korea have begun administering the survey to their populations. China is planning to start doing a survey next year. And India and several countries in Latin America are starting preliminary work on their own surveys.

"This is a new approach that is only possible because of the development of comparable data sets around the world." Dr. Willis said.

The memory test looks at how well people can recall a list of 10 nouns immediately and 10 minutes after they heard them. A perfect score is 20, meaning all 10 were recalled each time. Those tests were chosen for the surveys because memory generally declines with age, and this decline is associated with diminished ability to think and reason.

People in the United States did best, with an average score of 11. Those in Denmark and England were close behind, with scores just above 10. In Italy, the average score was around 7, in France it was 8, and in Spain it was a little more than 6.

Examining the data from the various countries, Dr. Willis and his colleague Susann Rohwedder, associate director of the RAND Center for the Study of Aging in Santa Monica, Calif., noticed that there are large differences in the ages at which people retire.

In the United States, England and Denmark, where people retire later, 65 to 70 percent of men were still working when they were in their early 60s. In France and Italy, the figure is 10 to 20 percent, and in Spain it is 38 percent.

Economic incentives produce the large differences in retirement age, Dr. Rohwedder and Dr. Willis report. Countries with earlier retirement ages have tax policies, pension, disability and other measures that encourage people to leave the work force at younger ages.

The researchers find a straight-line relationship between the percentage of people in a country who are working at age 60 to 64 and their performance on memory tests. The longer people in a country keep working, the better, as a group, they do on the tests when they are in their early 60s.

The study cannot point to what aspect of work might help people retain their memories. Nor does it reveal whether different kinds of work might be associated with different effects on memory tests. And, as Dr. Berkman notes, it has nothing to say about the consequences of staying

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a physically demanding job that might lead to disabilities. “There has to be an out for people who face physical disabilities if they continue,” she said.

And of course not all work is mentally stimulating. But, Dr. Willis said, work has other aspects that might be operating.

“There is evidence that social skills and personality skills — getting up in the morning, dealing with people, knowing the value of being prompt and trustworthy — are also important,” he said. “They go hand in hand with the work environment.”

But Hugh Hendrie, an emeritus psychology professor at Indiana University School of Medicine, is not convinced by the paper’s conclusions.

“It’s a nice approach, a very good study,” he said. But, he said, there are many differences among countries besides retirement ages. The correlations do not prove causation. They also, he added, do not prove that there is a clinical significance to the changes in scores on memory tests.

All true, said Richard Suzman, associate director for behavioral and social research at the National Institute on Aging.

Nonetheless, he said, “it’s a strong finding; it’s a big effect.”

If work does help maintain cognitive functioning, it will be important to find out what aspect of work is doing that, Dr. Suzman said. “Is it the social engagement and interaction or the cognitive component of work, or is it the aerobic component of work?” he asked. “Or is it the absence of what happens when you retire, which could be increased TV watching?”

“It’s quite convincing, but it’s not the complete story,” Dr. Suzman said. “This is an opening shot. But it’s got to be followed up.”



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