

SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

Post Falls



Coeur d' Alene



WHY THE RETIREMENT AGE IS INCREASING

Many countries are contemplating or are already in the process of raising the retirement age for their national pension systems, including the United States. However, in many places, this is simply a reversal of earlier declines in the retirement age. Many governments relaxed retirement-age rules in the 1970s and 1980s, and are now restoring retirement ages to their former levels.

The average global [retirement age](#) was 64.3 for men in 1949, but gradually fell to a low of 62.5 in 1993, according to an Organization for Economic Co-operation and Development analysis of retirement ages in 30 countries with national [retirement plans](#). Now the age at which private-sector workers with a full career can first draw retirement benefits from the main national pension scheme without any reductions is 63. Legislation already in place will increase the average retirement age to 64.6 by 2050. "Earlier pension ages mean higher taxes and contributions to pay for benefits. Voters in some countries may simply have a greater preference for leisure time over work on average," says Edward Whitehouse, co-author of the report. "In some cases, lower pension ages have been introduced or maintained in the mistaken belief that getting older workers out of jobs means more jobs for younger workers."

Life expectancy, however, increased continuously over the past few decades. The period of time that seniors live after reaching retirement age grew from 13.4 years for men in 1958 to 18.5 in 2010. The OECD



...more on page 8

Sandpoint



Southern Idaho



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



SEMINARS/CLASSES/EVENTS/MEETINGS

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

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

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

WEDNESDAYS

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

SANDPOINT: Healthcare Provider CPR classes are ideal for dental hygienists, family practice nurses and CNAs. Held every third Wednesday of the month at the Brown House basement from 8:00 am-10:00 am for Bonner General Hospital staff as well as community healthcare providers. There is an exam prior to attending. Fee: \$25 For complete details contact Bonner General Hospital (208) 263-1441 or Deven Fredericks (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: "Mended Hearts" 3:30-4:30 pm. For those interested in learning more about cardiac or pulmonary disease. Meets on the third Thursday of each month. Sponsored by Kootenai Medical Center. Call (208) 666-2897

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

COEUR D'ALENE: "Free Monthly Wellness Clinic" The third Thursday of each month from 10:00-12:00 Loyaltion 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 Loyaltion of Coeur d'Alene. For additional information call (208) 667-6490

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

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

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 offered the third Saturday of each month (excluding holidays) 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

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. Contact: Nancy Kure (208) 883-6341 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 addiction, 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 11-COEUR D'ALENE: "Healthy Weighs" 12:00-1:00 pm. Health Weighs is a 10-week weigh management program designed to help participants improve their quality of life. The goal of the program is lifetime maintenance. Free information session to learn more about the program call (208) 666-3326 Sponsored by Kootenai Health.

JANUARY 11-MOSCOW: "Basic Life Support for New Providers" The American Heart Assn. BLS for Healthcare Providers covers core material such as adult and pediatric CPR (including two-rescuer scenarios and use of the bag mask), foreign-body airway obstruction, and automated external defibrillation. A certification card valid for two years will be provided upon successful completion of the course. Sponsored by Gritman Medical Center, in the 3rd Floor Classroom. Fee: \$55. Preregistration required. Contact August (208) 883-2232. education@gritman.org

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-MOSCOW: "Heartsaver AED & CPR" 5:30-8:30 pm. The Heartsaver AED 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. Sponsored by Gritman Medical Center, in the 3rd Floor Classroom. Fee: \$35. Preregistration required. Contact August (208) 883-2232. education@gritman.org

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 addiction, 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. For reservations: (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. (208) 883-6483. education@gritman.org

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 addiction, 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 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 20-COEUR D'ALENE: "Mended Hearts" 3:30-4:30 pm. For those interested in learning more about cardiac or pulmonary disease. Meets on the third Thursday of each month. Sponsored by Kootenai Medical Center. For additional information call (208) 666-2897

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. Call the Alzheimer's Association (208) 666-2996



CALENDAR (continued)

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. Topics include 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. Facilitator: Certified tobacco specialist trained at the Mayo Clinic. Sponsor: St. Joseph Regional Med Center, 415 6th St. Classes free to ID residents. Medicare recipients from WA welcome. (208) 750-7360

JANUARY 27-COEUR D'ALENE: "Advanced Cardiac Life Support-Prep Course (ACLS) 8:00 am-3:30 pm. Sponsored by Kootenai Medical Center. Call (208) 666-2033

JANUARY 29-MOSCOW: "Heartsaver First aid w/CPR" 9:00 am-4:00 pm. Course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR, AED use, and relief of choking. A certain card valid for two years will be provided. Sponsored by Gritman Medical Center, in the 3rd Floor Classroom. Fee: \$60. Preregistration required. (208) 883-2232. education@gritman.org

JANUARY 31-MOSCOW: "Basic Life Support Renewal for Healthcare Providers: 7:00-11:00 am. The American Heart Assn. strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Sponsored by Gritman Medical Center, in the 3rd Floor Classroom. Fee: \$30. Preregistration required. (208) 883-2232. education@gritman.org

FEBRUARY 1-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. Contact: Nancy Kure (208) 883-6341 nancy.kure@gritman.org

FEBRUARY 1-MOSCOW: "Basic Life Support for New Providers" The American Heart Assn. BLS for Healthcare Providers covers core material such as adult and pediatric CPR (including two-rescuer scenarios and use of the bag mask), foreign-body airway obstruction, and automated external defibrillation. A certification card valid for two years will be provided upon successful completion of the course. Sponsored by Gritman Medical Center, in the 3rd Floor Classroom. Fee: \$55. Preregistration required. Contact August (208) 883-2232. education@gritman.org

FEBRUARY 2-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. (208) 750-7360

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 to the public. Certificates of Attendance available for professionals. Call (208) 666-2996

FEBRUARY 9-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 include 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 weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Free to ID residents. Medicare recipients from WA welcome. (208) 750-7360

FEBRUARY 16-LEWISTON: "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. 18 month follow-up after quitting smoking. Topics include 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 weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsor: St. Joseph Regional Medical Center, 415 6th St. Classes free to ID residents. Medicare recipients from WA welcome. (208) 750-7360

FEBRUARY 19-MOSCOW: "AARP Driving Program" 8:30 am-5:30 pm. 8-hour classroom refresher course for the experienced motorists age 50 and older but open to all licensed drivers. 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. Sponsor: Gritman Medical Center. (208) 883-2232. education@gritman.org



Luther Park at Sandpoint

CALENDAR (continued)

FEBRUARY 23-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. (208) 750-7360

MARCH 3-COEUR D'ALENE: "The Role of Palliative Care In Advanced Illness" 6:30-8:30 pm. For family and professional dementia caregivers. Speaker: Dr. James Shaw, Medical Director, Providence Center for Faith & Healing Sacred Heart Hospital-Spokane. to be held at Heritage Place, 702 W Walnut Ave. (208) 664-2680. Free and open to the public, no reservations necessary. For questions call the Alzheimer's Assn. (208) 666-2996

VOLUNTEERS NEEDED

BONNERS FERRY

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

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

CLARKSTON

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

COEUR D'ALENE

Have you considered becoming a volunteer ombudsmen? Ombudsmen are advocates for residents of long-term care facilities. 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, acquainting them with the ombudsman program. Receiving, investigating, referring complaints made by or on behalf of residents., following up on concerns/complaints. 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

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

Elder Help of North Idaho is looking for leaders for several volunteer groups: Home Repairs, Firewood, Fundraising, Event Coordination, Client Services, Marketing and Public Relations and Volunteer Coordinator. Contact Tom Lucas, VP at (208) 661-8870 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

HAYDEN

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

POST FALLS

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

SANDPOINT

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

Sandpoint, ID Valley Vista Care Services would welcome a committed, consistent and caring volunteer interested in indoor/ outdoor walks, reading and friendly visiting with residents. We also have scheduled small and large group activities that offer a wide range of possibilities and life enrichment. Please call 208-265-4514

WHAT AN OPPORTUNITY! You can send your events, seminars, announcements, employment openings, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW, Free!
send to: Dale@SeniorPages.com

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 conference room. For information contact Ivan Ulmer (208) 743-2854 or Louise Lavoie (509) 758-2832

COEUR D'ALENE

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

ALZHEIMER'S SUPPORT GROUP

for Caregivers of those with Dementia, Alzheimer's and any related disorder. 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 for families with Early Onset Dementia. 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. Contact: (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) 7723-5495

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 Third St. (208) 882-1562 friendly_neighbors@yahoo.com

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

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

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.

SANDPOINT

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

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

GRIEF SUPPORT GROUP: Meets twice each month to share stories and feelings and support one another in an understanding and caring environment. An application is required, but attendance is flexible. Group members frequently find solace and comfort in the recognition that there are others going through similar experiences. Contact Bonner Community Hospice at Bonner General Hospital, call Kathryn Cook at (208) 265-1185. All bereavement services are free to residents of Bonner or Boundary counties.

HOSPICE ADULT GRIEF GROUP:

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

PARKINSON'S SUPPORT GROUP: In the conference room at Bonner General Hospital the second Monday of the month. For information call (208) 265-1185