

SENIOR REVIEW

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

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Post Falls



Coeur d' Alene



Southern Idaho



Spokane Valley



Memory Games for Seniors

Forgetfulness is a part of old age and it is a sad fact. Statistics report show around 75% of senior people are concerned about their memory-related problems. Lapse of memory is not a disease and it could be reduced to a certain extent by engaging in brain exercises and memory games. The only solution to this problem is to constantly play memory-related games, which would help to keep your brain fit. Seniors, like kids, would love to play games. Some of the popular games that many senior citizens play even today are card games, bingo, Scrabble and Uno.

An elderly adult who has a memory problem could improve his memory by challenging his mind with puzzles, reading, crossword and other games. If you have grandchildren at home, take time out to play games with them. This would not only keep you mentally fit but also would be a good stress buster.

It would be a wise idea to pursue one of the hobbies that require concentration. For instance, a game of chess or solving a puzzle would mean racking your brain. This would enable you to retain your memory and enhance mental capabilities. Studies show that a cup of coffee would revive the memory of the people who have crossed 65 years of age. There are also reports to prove the memory of a senior adult would be the best in the morning and it wanes by evening.

One of the memory games a senior could play is crossword puzzle. You can either play it solely or else you could ask one of your friends or your spouse to join you. The first and foremost thing you need to do while playing crossword is to fill the crossword, using the clues given. You can always use a dictionary. The crossword puzzle is one of the memory games that young and the old love to play. This game would not only enhance your vocabulary but also keeps you mentally alert.

The seniors of a residential area should meet at least once a week or once in two weeks for a small tea party or a lunch get together. One of the party games seniors could play is the "I am going on a trip...". In this game, several senior adults sit in a circle. One of them should begin the game by saying, "I am going on a trip to some place, for instance, California, and in my holdall I am taking a pair of pants and a shirt." The second person would say, "I am going on a trip to California and in my holdall I am taking a pair of pants and a shirt, and a.... (Fill in the blank.)". Continue the game till it comes back to the first person. He has to tell the original line plus items added in the holdall. This game is fun and helps the seniors to improve their memory.



You could ask the senior to take a look at one of their favorite rooms, for instance, their bedroom for a minute. Ask him to leave the room. You can switch the articles in the room and also remove a few items

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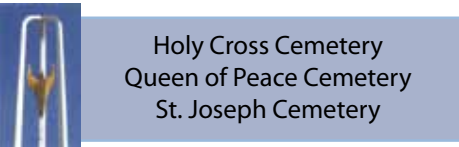
Spokane Valley



Liberty Lake



Spokane



...continued from page 1

from the shelves or dressing table. Ask the senior to come inside again and ask him to find out what is missing or which items have been switched. It would take some time for them to find out the missing and the switched items. But it is a fun game to improve one's memory.

The other games that help to improve the long-term and the short-term memory of seniors are checkers, chess and monopoly. As one grows old one should take up various activities along with his senior friends. There are many activities for senior citizens revitalize their memory and also to have fun.

Memory games for the senior citizens would help them to improve their memory, also alleviate loneliness and to an extent reduce their health problems. Many brain-related health problems such as Alzheimer's and dementia and anxiety could be controlled or reduced with memory games.

SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAY & THURSDAYS

SPOKANE: "Free Osteoporosis Screenings", 9:00 am-Noon at Deaconess Medical Center, 800 West 5th Ave., Main lobby, Volunteer Office

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 ???

MONDAY & WEDNESDAYS:

SPOKANE: "Walking Group" Physical activity can improve your mood and your health. Limited health screening offered monthly. All levels of fitness welcome. Meet every Monday and Wednesday. 12:00-1:00 pm at Downtown YMCA, 507 N Howard. Free and open to the public. To register call (509) 232-8138

SPOKANE: "Balance and Agility I" This class is designed for those who need additional help with balance and control and also help improving the way they walk. Includes 7 classes April 29-June 10, Thursdays, 1:00-2:00 pm. Sponsored by Southside Senior Activity and Community Center. Fee: \$30 for members, \$36 non-members. For additional information call (509) 535-0803

TUESDAYS & FRIDAYS

SPOKANE VALLEY: Free Osteoporosis Screenings, 9:00 am-Noon at Valley Hospital and Medical Center, 12606 E Missions Ave, Outpatient Lobby

SPOKANE: "Balance and Agility II" This class is designed for those who want to enhance the way they respond to balance and increase strength and agility. Includes 7 classes. April 29-June 10, Thursdays, 2:00-3:00 pm. Sponsored by Southside Senior Activity and Community Center. Fee: \$30 for members, \$36 non-members. For additional information call (509) 535-0803

WEDNESDAYS:

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 in the Education Department 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



Spokane



Independent Senior Living



Deaconess MEDICAL CENTER



Comfort Keepers



At Home Care



Riverpoint PHARMACY



Northwest Health Systems Pharmacy and Medical Supply
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Rockwood Retirement Communities
Rockwood South Hill • Rockwood at Hawthorne



Community Cremation Service



Hillyard Plaza Apartments
Section 8 Program Available



GENTIVA® home health



ROCKWOOD

SEMINARS/CLASSES/ EVENTS/MEETINGS (continued)

FRIDAYS

SPOKANE: "Body Strength and Conditioning" A fun and challenging workout that will improve strength, agility, balance and overall performance. Cardiovascular and weight management benefits can also be experienced. Bring a set of hand weights and if you have a mat and/or resistance bands then bring those also. Limited number of mats available. Includes 7 classes. April 30-June 11, Fridays, 11:45 am-12:45 pm. Sponsored by Southside Senior Activity and Community Center, 3151 E 27th Ave. Fee: \$30 members, \$36 non-members. For additional information call (509) 535-0803

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

SUNDAYS

SPOKANE: "Sunday Game Day" Join us at Sinto Senior Activity Center for our Sunday Game day at 1:30 pm. Games of your choice. Singles of all ages welcome. Cost is \$2.00 and includes all the coffee you can drink, prizes are given. (509) 327-2861

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

CALENDAR

MAY 17-SPOKANE: "Advanced Diabetes" 9:00 am-2:30 pm by A Burton, RN, CDE. Review diabetes basics, different types of insulin, carbohydrate counting, hypoglycemia treatment/recognition, insulin pumps, continuous glucose monitoring and exercise. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

MAY 18-SPOKANE: "Senior Circle New Member Meeting: Deaconess Medical Center Classroom "A", 3rd Floor. Meet Joey Frost, your Senior Circle advisor and find out about all the exciting things your Greater Spokane Deaconess Chapter has to offer. Light refreshments provided. Registration requested. (509) 473-3767

MAY 20-SPOKANE: "Oral Medication for Diabetics/Medication Safety & Aging" 12:00-1:15 pm. Dr. Juan Bala of Inland Family Medicine and Keri Dobbin a pharmacist at Deaconess Medical Center will be conducting these presentations. Free to Senior Circle members. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767

MAY 21-SPOKANE: "Lessons and Gifts of Dementia" 1:30-6:30 pm by Joyce Tucker, LICSW. Discuss specific behavioral, environmental and medication strategies to improve quality of life and safety as well as preserve dignity and freedom. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 21-SANDPOINT: "Caring for the Caregiver" 2:00-4:00 pm at Life Care Center of Sandpoint, 1125 N Division. Speaker is Patty Bullick, MSW, LCSW, Riverwood Counseling, LLC. Free and open to the public. For information contact the Alzheimer's Assn. (208) 666-2996

MAY 21-HAYDEN LAKE: "2nd Annual \$1 Million Shootout ElderHelp/NIAHU Charity Golf Tournament" 7:00 am check in, 8:00 am Shotgun Start at Avondale Golf Club, 10745 Avondale Loop Rd.

SeniorPages.com

Spokane

CALENDAR (continued)



MAY 21-SPOKANE: "Heartsaver CPR and First Aid" 8:00 am-12 Noon. Course covers Adult CPR, Child CPR (over age 1), AED and Choking and is perfect for worksites, safety personnel, caregivers, school staff and staff working in a medical setting but do not provide direct patient care. Participants must pass a skills test for certification that is valid for two years. At St. Luke's Rehabilitation Institute, 711 S Cowley St. Fee: \$45. To register go to www.cherspokane.org or call (509) 232-8138

MAY 22-SPOKANE: "Stroke Check-Free Screening" 8:00 am-2:00 pm You will participate in screenings that will show you if you are at an increased risk for having a stroke. Screenings include: total cholesterol test, blood pressure, blood glucose, body mass index, body fat percentage and a stroke risk assessment. A full lipid panel cholesterol test is available for \$20. Screenings are by appointment only. At St. Luke's Rehabilitation Institute, 711 S Cowley. To register go to www.cherspokane.org or call (509) 232-8138

MAY 22-SPOKANE: "Renewal First Aid and CPR" 4:00-9:00 pm by Gary Beers. Renew your cards. Learn new ECC Standards and POLST form. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 22-SPOKANE: "Stroke Screening" St. Luke's Rehabilitation Institute and Community Health Education and Resources will offer free stroke screenings at St. Luke's 711 S. Cowley St from 8:00 am-2:00 pm. Screenings will include a check of blood pressure, total cholesterol, blood glucose, body fat and carotid artery assessment. Full lipid panels will be available for \$20 per person. Appointments are required. To register visit www.cherspokane.org or call (509) 232-8138

MAY 24-SPOKANE: "Cleaning Green" 4:00-9:00 pm by Sherri Sly. Using ordinary items to clean almost anything. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

MAY 24-SPOKANE: "Alternative Therapies in Diabetes Treatments" 6:00-7:30 pm. Are you interested in or already using herbal or dietary supplements for your health? Come and learn about the most popular complementary therapies including herbal and dietary supplements commonly used by people with diabetes. Join us to learn the facts on these supplements, any potential adverse effects and drug interactions that could occur and what reliable resources there are for information to evaluate any health claims. At Deaconess Health and Education Center, 800 W 5th. Free. To register visit www.cherspokane.org.

MAY 24-28-SPOKANE: "Internet Basics" 8:30-10:30 am, M/W/F. Access the internet with the use of *Internet Explorer*. Learn to use and understand internet terminology as you explore the internet by use of the browser. Discover new places, and how you can use the save, copy and print features of the computer to send this information to others. (Computer Kindergarten required.) Sponsored by Southside Senior Activity and Community Center, 3151 E 27th Ave. Fee: \$75 members, \$90 non-members. For additional information call (509) 535-0803

MAY 25-SPOKANE: "Psychology of HIV" 4:00-9:00 pm by Kayleen Islam-Zwart, PhD. Living with HIV, associated mental health problems and impairments. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

MAY 26-SPOKANE: "Injury Fall Prevention" 11:30-12:30 pm. Tom Ulvin the Injury Fall Prevention Coordinator is presenting a talk on fall prevention. Great presentation for seniors, their caretakers and family members. At Deaconess Medical Center. Free to Senior Circle members. Lunch is provided. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767

MAY 26-SPOKANE: "Memory Screening" 10:00 am-2:00 pm at Northwest Neurological, PLLC, 507 S Washington, Suite 101. Fee: Free. For information contact Jackie Chalmers, Northwest Neurological (509) 458-7720

Spokane



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CALENDAR (continued)

MAY 26-SPOKANE: "What You Need To Know About Credit Cards Today" 10:15-11:45. Doreen Kelsey, an STCU expert on credit card reform, will let you know about the latest changes and the pitfalls you need to avoid, etc. This is an interactive seminar, so come with your questions. If you sign up by May 19 for this free seminar, you will be given a ticket to the lunch that follows this presentation. If you do not sign up in advance you can still attend but you will not get a meal ticket. Sponsor by Corbin Senior Center. To reserve your spot call Christa at (509) 327-1584, ext. 10.

MAY 26-SPOKANE: "Injury Fall Prevention" 11:30-12:30 pm. Tom Ulvin the Injury Fall Prevention Coordinator is presenting a talk on fall prevention. Great presentation for seniors, their caretakers and family members. Lunch will be served. To be held at Deaconess Health & Education Center. Free to Senior Circle members. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767

MAY 26-POST FALLS: "CareNet Meeting" Meeting to take place at Garden Plaza of Post Falls. 12:30 pm. Guest speakers this month will be Cheryl Carriere and Dale Druckrey of Pinnacle Relocation Services. Please RSVP by May 21st to: cicone2@adelphia.net

MAY 27-COEUR D'ALENE: 11th Annual Area Agency on Aging Annual Conference. "Caregivers Building Skills & Improving Lives" at Coeur d'Alene Resort. Contact Pearl Bruno Bouchard (208) 667-3179, Ext 228

MAY 27-SPOKANE: "Boundaries in Caregiving" 8:00 am-1:00 pm by Kelly Moore. Learn to set limits, and developing boundaries, personally and professionally. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

MAY 27-COEUR D'ALENE: "Aging Well: Caregivers Building Skills & Improving Lives: 7:30-5:00 pm at the CDA Resort. Featuring William Matteson, Ph.D. on Assessment & Misdiagnosis for professionals. Also, Matrix training workshops for professional caregivers - meets required Competency Standards. Lunch and snacks included. Sponsored by the Area Agency on Aging of North Idaho. (800) 786-5536, ext. 220

MAY 27-SPOKANE: Senior Living Networking Committee" scheduled to meet at Manor Care 2:00-4:00 pm. For additional information contact Pam Pierson (509) 5361 or email Pamelap50@qwest.net

MAY 31-SPOKANE: "Catholic Cemeteries Memorial Day Masses" To be held at Queen of Peace Cemetery at 10:00 am, St. Joseph Cemetery 10:00 am, Holy Cross Cemetery at 10:00 am. Knights of Columbus Color Corps at all Masses. Please bring chairs. In case of inclement weather, Mass will be held at St. Joseph Church, 4521 N Arden Rd, Spokane Valley, Holy Cross Chapel, or the Immaculate Heart Retreat Center chapel

MAY 29-30-SPOKANE: "Remembering Roy Rogers and Other Western Heroes" A special Memorial Weekend at Heritage Funeral Home, 508 N Government Way. 9:00 am-5:00 pm all three days. Displays and events include: Western Artifacts and Memorabilia, Entertainment each day at 2:00 pm in the Heritage Chapel, Performance by the Rockin' B Ranch, Veterans Display, Aerospace Display, Tree of Remembrance, Antique & Classic Car Display, Refreshments in the reception room and a Band Concert Sunday at 6:00 pm at the Cross of Inspiration, Greenwood Memorial Terrace.

MAY 31-SPOKANE: "Washington State Veterans Cemetery Dedication at Medical Lake" 10:30 am. Governor Chris Gregoire and First Mike will be in attendance, as well as US Department of Veterans Affairs Director of State Cemetery Grants Frank K. Salvias, Sr. and WDVA director John E Lee. First internments are expected to take place beginning June 7 with the initial capacity for 10,700 and ultimate capacity of 70,000. For additional information call the Washington State Department of Veterans Affairs, 1-800-562-0132

JUNE 1-SPOKANE: "Cerebral Palsey" Everything you wanted to know and more. 12:00-5:00 pm. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

*Please forward a copy of the
SENIOR REVIEW
 to others in the Senior Industry.*

CALENDAR (continued)

JUNE 2-SPOKANE: "Dealing With Stress" 4:00-9:00 pm. Taught by Sherri Sly. Learn how to deal with stress, multiple priorities and fatigue. Discuss how this can lead to neglect and abuse of the client. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

JUNE 2-SPOKANE: "Resident Care Provider Symposium" 1:00 am-3:15 pm. Workshop is specifically designed to meet the learning needs of those working in Adult Family Homes and Assisted Living settings. You can receive 4 continuing ed hours. Hosted by Family Home Care. Fee: \$20 To register (509) 475-7093 or 755-4951

JUNE 3-SPOKANE: "Beyond the Basics of Autism" 9:00 am-2:30 pm. Taught by NW Autism Assn. Expands on the language and communication difficulties individuals with Autism face and the expression of problematic behaviors. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

JUNE 4-SPOKANE: "My Way or the Highway" 8:00 am-1:00 pm. Taught by Kelly Moore. Conflict resolution and communication skills. Practice what you learn. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

JUNE 4-SPOKANE: "Music, Art & Jazz" 5:00-8:00 pm at DeLeon's, 825 W. Riverside. Get the dad or grad in your life seasonings-plus tips from Sergio DeLeon himself to make tasty carne asada! Sponsored by Hospice of Spokane

JUNE 8-SANDPOINT: "Driving & Dementia" 2:00-4:00 pm at The Bridge Assisted Living, 1123 N Division. Speaker is Joel Loiacono, MPA, Alzheimer's Assn. Executive Director. Free and open to the public. Two free CEUs available for all professionals. For information contact the Alzheimer's Assn. (208) 666-2996

JUNE 8-SPOKANE: "Neurological Disorders & Responses" By Ryan Oelrich, Epilepsy Foundation NW & Ed Kennedy, Spina Bifida Foundation. Review new & alternative treatments, current research and effects for seizures. Giving independence while caring for people with spinal bifida. Sponsored by Aging & Long Term Care of Eastern WA at the Jim Snider Room, 1222 N Post. For information call (509) 458-2509

JUNE 9-COEUR D'ALENE: "Maintain Your Brain" 6:30 pm at Bestland Independent Senior Living, 606 Best Ave. Free and open to the public. Certificates of attendance available for all professionals Sponsored by the Alzheimer's Association. For information call (208) 666-2996

JUNE 11-SPOKANE: "Alzheimer's Disease, What It Is/What It Is Not" 1:30-6:30 pm. By Joyce Tucker. Symptoms and stages of dementia. Features videos showing lessons learned and gifts received from caregiver's journeys as well as case examples and leading edge brain scans. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N Post. For information call (509) 458-2509

JUNE 12-SPOKANE: "Best Ball Scramble" Golfers of all levels are welcome Activity Holes, Mulligans. String for "missed by that much" putts, raffles, 50/50 cash pot, award prizes and a super prize of a new, 2010 golf cart and a set of Cleveland CG7 pearl irons, Cleveland HiBore driver. \$80 green fee includes golf cart and lasagna dinner. Proceeds to support Corbin Senior Activity Center. For more information call (509) 327-1584

JUNE 12-SPOKANE: "Living with Traumatic Brain Injury (Moving On)" 9:30 am-3:00 pm. By People First. A personal future planning's system to help survivors dream and achieve goals and plan for a fulfilling future. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N Post. For information call (509) 458-2509

JUNE 14-SPOKANE: "Humor & Caregiving" 9:00 am-2:00 pm. By Sherri Sly. Learn how humor affects health and effects stress reduction. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

JUNE 14-SPOKANE: "Pre-Diabetes" 6:00-8:00 pm. Pre-Diabetes affects more than 57 million Americans. Are you one of them? If you or someone you know is at risk for or has been diagnosed with pre-diabetes, please join us. This is a two-part class series. All participants will receive a free testing meter. At Deaconess Health and Education Center, 800 W 5th Ave. To register visit www.cherspokane.or or call (509) 232-8138

CENTURY 21 BEUTLER & ASSOC

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Alene Lindstrand..... **509 869-7657**
Dave Lindstrand **509 868-7423**
E-mail ...dlindstrand@21goldchoice.com

JUNE 14-SPOKANE: "Non-Medication Management for Diabetes" 5:00-6:00 pm A program presented for Senior Circle members at Deaconess Health & Education Center, Room 265. Dr. Joseph Taylor of Inland Family Medicine will discuss other options to help manage your Diabetes without using medication. Free to Senior Circle members. Dinner is provided. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767

JUNE 15-SPOKANE: "Non-Medication Management for Diabetes" 5:00-6:00 pm Dr. Joseph Taylor of Inland Family Medicine will discuss other options to help manage your diabetes without using medication. To be held at Deaconess Health & Education Center. Room 265. Free to Senior Circle members. Dinner is provided. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767

JUNE 21-SPOKANE: "Healthy Cooking" 8:00 am-1:30 pm. By Lynn Jones, RDT. Introduction to healthy cooking including tips on how to modify favorite recipes to make them healthier. Includes menu planning, simple recipes, cooking on a budget and dealing with picky eaters. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

JUNE 22-SMELTERVILLE: "Driving & Dementia" 2:00-4:00 pm at Shoshone Medical Center Health & Education Center, 838 Commerce Drive. Speaker is Joel Loiacono, MPA, Inland Northwest Alzheimer's Assn., Executive Director. Free and open to the public, certificates available to all attendees. For more information contact: PJ Christo (208) 666-2996 or Shoshone's Support Group Leader Aline Rohde (208) 659-6719. No reservations necessary.

Send us your event pictures!

CALENDAR (continued)

JUNE 23-SPOKANE: "Alzheimer's Disease/ Dementia (Advanced) 9:00 am-3:00 pm. By the Alzheimer's Assn. Learn how to address communication and behavior issues associated with Alzheimer's disease and other types of dementia. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N Post. For information call (509) 458-2509

JUNE 23-25-SPOKANE: "AARP Safe Driving Class. 8:30-12:30 both days. Will be held at Harvard Park, 1616 E 30th. Need to attend both days. RSVP to Susie Workman, (509) 747-2703. You are welcome to stay for dinner after the class. susan.workman@holidaytouch.com

JUNE 24-COEUR D'ALENE: "Senior Empowerment Fair" 11:00 am-3:00 pm. Lake City Senior Center. For information contact Tandra Maple, 505 E Best Ave. Coeur d'Alene, ID 83814

JUNE 25-SPOKANE: "Heartsaver CPR and First Aid" 8:00 am-12 Noon. Course covers Adult CPR, Child CPR (over age 1), AED and Choking and is perfect for worksites, safety personnel, caregivers, school staff and staff working in a medical setting but do not provide direct patient care. Participants must pass a skills test for certification that is valid for two years. At St. Luke's Rehabilitation Institute, 711 S Cowley St. Fee: \$45. To register go to www.cherspokane.org or call (509) 232-8138

JUNE 29-SPOKANE: "Increase Your Activity and Have Fun Too! 6:00-7:30 pm. Whether you think of activity as exercise, a hobby, the gym or just plain movement, it is the magic bullet, the perfect pill, the solution to many of our health problems. So why don't we get enough when we know it is so good for us? At this presentation we will explore the impact of activity on our health and why movement is so beneficial. We will look at simple ways to increase movement in our daily lives, all in the spirit of fun. At Providence Holy Family Health Education Center, 5633 N Lidgerwood. Free. To register visit www.cherspokane.org or call (509) 232-8138

JUNE 30-SPOKANE: "Memory Screening" 10:00 am-2:00 pm at Northwest Neurological, PLLC, 507 S Washington, Suite 101. Fee: Free. For information contact Jackie Chalmers, Northwest Neurological (509) 458-7720

Memorial Day Masses

Monday, May 31, 2010

NEW LOCATION

+ Queen of Peace Cemetery – 10 a.m.

Celebrant: Rev. Brian Mee

Pastor – St. Peter Parish

Assisting: Deacon John Ruschinsky

Director – Immaculate Heart Retreat Center

+ St. Joseph Cemetery – 10 a.m.

Celebrant: Most Rev. William Skylstad

Bishop of Spokane

Concelebrant: Rev. Mike Kwiatkowski

Pastor – St. Joseph Parish, Otis Orchards

Music by St. Joseph Parishioners

+ Holy Cross Cemetery – 10 a.m.

Celebrant: Rev. Msgr. John Steiner

Pastor – St. Mary's Parish

Assisting: Deacon Dan Ritchie

Catholic Cemeteries of Spokane

Music by Cheryl Branz

Knights of Columbus

Color Corps at All Masses

Please bring chairs.

In case of inclement weather, Mass will be held at St. Joseph Church 4521 N. Arden Road, Spokane Valley, Holy Cross Chapel, or the Immaculate Heart Retreat Center chapel.

CATHOLIC CEMETERIES OF SPOKANE

**HOLY CROSS
CEMETERY**
7200 North Wall
467-5496

**QUEEN OF PEACE
CEMETERY**
6910 South Ben Burr Rd.
343-9437

**ST. JOSEPH
CEMETERY**
17825 East Trent
891-6420

Link your website to the Hot Sheet...
\$7.00 per week

VOLUNTEERS NEEDED

COEUR D'ALENE

Have you considered becoming a volunteer ombudsmen? 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

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 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

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 Auxillary, 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 Selene at 208-265-4514 for more information.

SPOKANE *Corbin Senior Center* is looking volunteers to help with their various programs. If you want to feel good and really make a difference in the senior community call Corbin Senior Center, W 827 Cleveland, (509) 327-1584.

Deaconess Medical Center & Valley Hospital & Medical Center: In addition to learning new skills, new ideas and making new friends, volunteering provides the rewards that only come from serving others. As a volunteer, you are a valued member of our healthcare team. All it takes is a willingness to serve. For more information on volunteer opportunities as well as an application packet, log onto www.emmpirehealth.org and click on "Become a Volunteer." Or call: Volunteer Services Deaconess: (509) 473-3058 or Valley: (509) 473-5414 or e-mail: volunteers@emmpirehealth.org

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 *Providence Holy Family Hospital* has many opportunities for volunteers. For information call Betsy Cain, Auxillary Director. (509) 482-2253

SHIBA HelpLine: If you have basic computer skills and an interest in health insurance and the Medicare Maze, the SHIBA HelpLine is the place for you. It is free public service, offered and trained by the Office of Insurance Commissioner. Trained volunteers provide free, informed, and impartial health insurance counseling and education. You will learn new skills, make new friends and enjoy the rewards that come from serving others. For additional information contact Kathy Dugan at *Aging and Long Term Care of Eastern Washington*. (509) 458-2509, ext. 201

Retired and Senior Volunteer Program of Spokane County (RSVP) matches adults, 55 years and older with volunteer positions that fit individual interests, skills and availability. Contact: PO Box 208, Spokane, WA 99210 (509) 344-7787 www.rsvpspokane.org *Senior Nutrition Sponsored by Catholic Charities Spokane* needs volunteers to assist with serving a lunchtime meal and provide socialization for low-income seniors. They also help with educational workshops and health screenings that are provided at the meal sites for seniors. The meal site at the Senior Center in Deer Park is open Monday through Friday, while the site at the Delaney Apartments in Spokane is open Mondays and Thursdays. For more information contact Tom Carroll in Senior Services at (509) 459-6175

Southside Senior Activity Center needs a person to set-up, serve, and clean-up for their Friday nutritional lunch program (every Friday) About 15-20 people attend. Volunteer may also eat lunch for \$3.50. 11:30-1:00 pm Contact Donna Reifel At (509) 535-0803 or email volunteers@southsidecenter.com *Southside Senior Activity Center* also needs a dishwasher for the High Tea on May 4th 12:00-1:30 pm. They also need volunteers to wash dishes at other events. Contact Donna Reifel At (509) 535-0803 or email volunteers@southsidecenter.com *Spokane Valley Senior Center Assn.* has a variety of things in which you could participate. If you are interested in checking out what's currently available give them a call at (509) 926-1937

Volunteer Chore Services is a program to help elders and adults with disabilities remain living independently through a network of caring community-minded volunteers of all ages. Volunteers provide a variety of in-home services that these individuals are no longer able to do for themselves. The hours are flexible and the work is simple. To volunteer contact: Senior Services, a program of Catholic Charities Spokane, (509) 459-6184

SUPPORT GROUPS

COEUR D'ALENE

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. Facilitators: Arlene Sleigh. (208) 772-2542

KELLOGG

ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with Dementia, Alzheimer's and any related disorder. 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

POST FALLS

ALZHEIMER'S & DEMENTIA 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. Support group facilitator: Kent Moline, MSW Alzheimer's Assn. (208) 666-2996

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: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.

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

SPOKANE

AMPUTEE SUPPORT GROUP:

Provides an opportunity to meet people, share experiences and concerns, enjoy special speakers and discuss topics important to amputees. People with amputations as well as friends and families are welcome to attend. Third Tuesday of every month, 11:00 am-Noon at St. Luke's Rehabilitation Institute. For information call Becky Rivera, OT (509) 473-6681

BEREAVEMENT SUPPORT GROUP:

Hospice of Spokane will facilitate a bereavement support group for anyone who feels a need to share and be heard. No fee. 3:00 pm on Mondays at South Side Senior Activity Center, 3151 E 27th. Contact: Eileen Lyons at (509) 456-0438

CANCER SUPPORT GROUP:

March 2, 5:30-7:00 pm at Providence Holy Family Health Education Center, Room 6. Free, registration not required. Instructor is Beryl Anderson, RN, Med, OCN. Information: (509) 474-5490

DIABETES SUPPORT GROUP:

First Tuesday of each month from 6:00-7:30 pm sponsored by CHER. At Deaconess Health and Education Center, 910 W 5th Ave. No registration required. For information and locations call (509) 232-8145

GENERAL GRIEF SUPPORT GROUP:

Any loss through death. Sponsored by Hospice of Spokane. Mondays 6:00-7:00 pm at Hospice of Spokane, 121 S. Arthur St., North Side Group: Tuesdays, 1:30-2:30 pm at St Luke Lutheran Church, 9706 N division. South Side Group: Mondays, 3:00-4:00 pm at the South Side Senior Activity Center, 3151 E 27th. For additional information call (509) 456-0438

LIFE AFTER LOSS SUPPORT GROUP:

For those who have moved through early grief and are ready to explore their life after loss. Sponsored by Hospice of Spokane, 121 S Arthur. Call (509) 456-0438 for information and paperwork before attending. This group requires commitment to attend regularly.

MULTIPLE MELOMA SUPPORT GROUP:

Meets the fourth Monday of each month, 5:30 pm., Cancer Care Northwest, 601 S. Sherman St. Contact: Dan or Vicki Jones (509) 596-2838

MULTIPLE SCLEROSIS ASSN. OF AMERICA:

Meets the second Monday of the month, 10:30 am-Noon at Valley Senior Center, 2426 N Discover Place. Call Helen Anderson at (509) 921-5608

MUSCULAR DYSTROPHY ASSN:

Offers free support groups for individuals and their families affected by neuromuscular diseases, including muscular dystrophy, myasthenia gravis, spinal muscular atrophy and amyotrophic lateral sclerosis, second Thursday of the month, 3-5 pm, 140 S Arthur St, fifth-floor conference room. Call Audrey Burr (509) 533-5470



SUPPORT GROUPS (continued)

SPINAL CORD INJURY SUPPORT

GROUP: Provides supportive environment and opportunities to meet other individuals with spinal cord injuries, share experiences, participate in social activities and inquire about new medical advances and therapies for SCI related issues. Fourth Wednesday of every month, 1:00-2:00 pm at St. Luke's Rehabilitation Institute. For information call (509) 473-6681

SPOUSE GRIEF SUPPORT GROUP:

Loss of a spouse through death held Wednesdays from 1:00-2:15 pm at Hospice of Spokane, 121 S Arthur St. Open to everyone at no charge. Contact: (509) 456-0438

STROKE SUPPORT GROUP: Provides education, peer support, special events and social networking for stroke survivors, family, friends and caregivers. Third Thursday of every month, 3:00-4:00 pm at St. Luke's Rehabilitation Institute. For information call (509) 473-6681

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SENIORS & DISABLED: *Coeur d'Alene Manor* offers remodeled, spacious 1 bdrm apts. 62+ disabled. Rent based on 30% income, maximum income limits apply. Includes laundry room, community room, onsite parking, patios, balconies, and onsite staff. Central location and close to shopping. Pets welcome. (208) 664-6800 e-mail: cdamanor@verizon.net

AFFORDABLE FAMILY HOUSING:

English Village offers spacious townhouses with remodeled 1,2,3 bdrm. Rent is 30% of income; low and moderate income limits required. Features onsite staff, laundry room, onsite parking, community room, patios, playground and picnic area. Central location and close to shopping. (208) 664-4290 e-mail: englishvillage@verizon.net

HAYDEN

STUDIO AND DELUXE APARTMENTS:

Now available for assisted living. If you know of residents in need of assisted living we would love to be of service. Contact Bret Bloodgood, Sylvan House, 600 W Honeysuckle Ave. (208) 762-4097. bloodgood@alcco.com

POST FALLS

NEW FACILITY IN POST FALLS.

Garden Plaza of Post Falls offers the finest independent and assisted living facility in the area. Located in luxurious surroundings, we offer our residents the freedom to enjoy a carefree lifestyle.

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ASSISTED LIVING: *Legacy House*, currently has openings, to provide exceptional quality care for a loved one in need of assisted living or memory care. We are accepting private pay, Medicaid, VA and long term care insurance. Located at 1136 E Mullan Ave., the facility includes a library, computer stations, activities room and beauty salon. Tours are available. Contact: Kathleen (208) 773-8218. gail@legacypf.com

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VACANCIES (continued)

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SPOKANE

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1-BEDROOM APARTMENTS:

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BEAUTIFUL ONE-BEDROOMS: Also two studios available. *Sunset Views*. Includes three meals and snacks daily, daily activities, housekeeping and 24-hour staff. Our new wing now open. Currently accepting Medicaid. Contact: *Parkway Village*, 509-443-0401 or 509-481-1881

INDEPENDENT AND ASSISTED LIVING.

Free Month Rent. 1 and 2 bedroom independent rooms. Studio, 1 and 2 bedroom assisted living apartments. Includes all utilities except phone. Meals, housekeeping, activities, 24 hr nursing. All the amenities of home with the security of knowing help is always available. Contact: Mia Walden, Royal Plaza Retirement Center, 302 E Wedgewood. (509) 483-7136

MOVE-IN SPECIAL-UP TO ONE-MONTH

FREE: One & Two Bedroom Senior Apartment living. New facility just opened. *Vintage at Spokane*, 43 E Weile Ave. Contact: Carmen 866-686-4417

SPOKANE VALLEY 2-BEDROOM:

Now available at *Courtland Place*, 1309 N Evergreen. Contact: 509-767-1552 or 888-767-1552

NURSING HOME VACANCIES: Special rooms now available in our nursing home unit. *Good Samaritan Society*, 17121 E 8th. For information contact: (509) 924-6161, ext 114.

NEW UNITS OPEN: *Evergreen Fountains Senior Living Community*, 1201 N Evergreen Rd. Now open and offering daily tours from 10-3. Contact: 509-922-3100

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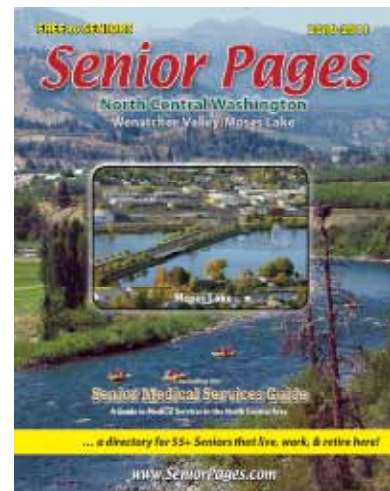
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