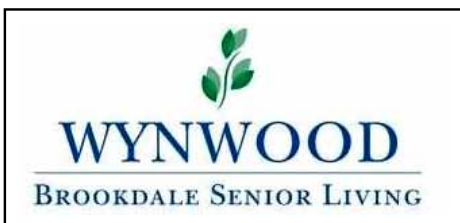


SENIOR REVIEW

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

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Tri-Cities



Spinal-Fluid Test Is Found to Predict Alzheimer's

Researchers report that a spinal fluid test can be 100 percent accurate in identifying patients with significant memory loss who are on their way to developing Alzheimer's disease.

Multimedia
Although there has been increasing evidence of the value of this and other tests in finding signs of Alzheimer's, the study, which will appear Tuesday in the Archives of Neurology, shows how accurate they can be. The new result is one of a number of remarkable recent findings about Alzheimer's.

After decades when nothing much seemed to be happening, when this progressive brain disease seemed untreatable and when its diagnosis could be confirmed only at autopsy, the field has suddenly woken up.

Alzheimer's, medical experts now agree, starts a decade or more before people have symptoms. And by the time there are symptoms, it may be too late to save the brain. So the hope is to find good ways to identify people who are getting the disease, and use those people as subjects in studies to see how long it takes for symptoms to occur and in studies of drugs that may slow or stop the disease.

Detect Alzheimer's Before Symptoms

Researchers are finding simple and accurate ways to detect Alzheimer's long before there are definite symptoms. In addition to spinal fluid tests they also have new PET scans of the brain that show the telltale amyloid plaques that are a unique feature of the disease. And they are testing hundreds of new drugs that, they hope, might change the course of the relentless brain cell death that robs people of their memories and abilities to think and reason.

A lot of work lies ahead, researchers say — making sure the tests are reliable if they are used in doctors' offices, making sure the research findings hold up in real-life situations, getting doctors and patients comfortable with the notion of spinal taps, the method used to get spinal fluid. But they see a bright future.

Although the latest PET scans for Alzheimer's are not commercially available, the spinal fluid tests are.

So the new results also give rise to a difficult question: Should doctors offer, or patients accept, commercially available spinal tap tests to find a disease that is yet untreatable? In the research studies, patients are often not told they may have the disease, but in practice in the real world, many may be told.

Some medical experts say it should be up to doctors and their patients. Others say doctors should refrain from using the spinal fluid test in their practices. They note that it is not reliable enough — results can vary by lab — and has been studied only in research settings where patients are carefully selected to have no other conditions, like strokes or depression, that could affect their memories.

"This is literally on the cutting edge of where the field is," Dr. DeKosky said. "The field is moving fast. You can get a test that is approved by the F.D.A., and cutting edge doctors will use it."

But, said Dr. John Trojanowski, a University of Pennsylvania researcher and senior author of the paper, given that people can get the test now, "How early do you want to label people?"

Some, like Dr. John Growdon, a neurology professor at Massachusetts General Hospital who wrote an editorial accompanying the paper, said that decision was up to doctors and their patients.



...more on page 7

Tri-Cities



TriCities Internet Provider



Pick up your NEW Wenatchee Valley Senior Pages at your local senior center or senior business



SEMINARS/CLASSES/EVENTS/MEETINGS

SUNDAY

KENNEWICK: "Family Pancake Breakfast" the first Sunday of every month 8:30-11:30 am. A traditional home cooked breakfast served by volunteers! Also enjoy the sounds of Margie and Her SideKicks Band from 9:00-11:00 am. Pay at the door, Kennewick Senior Center, 500 S Auburn. (509) 585-4303. Sponsored by Kennewick Senior Center and The Manor At Canyon Lakes.

MONDAY

KENNEWICK: "Clay Sculpting" – Meet other enthusiastic sculptors and sculpt new creations or finish an existing project, no experience necessary. Bring your own supplies and projects. Class is ongoing, join anytime! Join us Mondays, 1 pm – 2 pm, 50¢ per person. Call the Kennewick Senior Center at (509) 585-4301

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

HERMISTON: "Look Good, Feel Better" FREE classes sponsored by the American Cancer Society for those seeking makeup and skin care strategies to help when cancer and cancer treatment causes sensitive skin and hair loss issues. Conducted by local cosmetologists with specialized training/licensing. Classes are interactive, provide free makeup kits for all participants. 2:00-4:00 pm at Good Shepherd Community Wellness Center. Call Mary Hensal at (541) 449-1352.

HERMISTON: "Tobacco Cessation

Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & . Fee: \$25 for the four-class series. For more information please call (541) 667-3509

PENDLETON: "First Aid Class" First Monday of each month (unless holiday then Second Monday) 1:00-5:00 pm or 5:00-10:00 pm. Please call for further information. Certification cards are valid for two years. Registration in advance is required to ensure seat availability. Large group discounts. St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Call Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

MONDAY & WEDNESDAY

HERMISTON: "Exercise Band Class" Increase our strength and flexibility. Perfect for seniors! Mondays: 12:00-12:30. Wednesdays 11:30-12:00 pm. Instructor Paula Hagel, BS, GSMC Wellness Coordinator, Certified American College of Sports Medicine-Clinical Exercise Specialist. to be held in the Good Shepherd Community Wellness Center. Fee: \$15 for 10 weeks; \$5 per resistance band. Call (541) 667-3509

TUESDAY

KENNEWICK: Free blood pressure test at the Kennewick Senior Center, 500 S. Auburn. A certified nurse from The Manor at Canyon Lakes is at the center from 9:00-10:00 am. No appointments required.

WEDNESDAY

RICHLAND: Free hearing screenings and hearing aid checks and cleanings the third Tuesday of each month from 10:00-11:00 pm in the wellness room at the Richland Community Center, 500 Amon Park Dr. The free tests are courtesy of Columbia Basin Hearing & Balance Center. To schedule an appointment call (509) 942-7529

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

KENNEWICK: "Casual Woodcarving" Have a love for woodcarving? Come meet with others that share the same passion. We have many figurines, ornaments and projects to choose from. Participants provide their own wood, tools, and supplies. Ongoing class at Kennewick Senior Center 1:00-3:00 pm. Fee: 50 cents. To register call (509) 585-4303

PENDLETON, OREGON: "CPR/AED Class" Every third Wednesday of the month. 1:00-5:00 pm or 6:00-10:00 pm. Our classes are all inclusive, Adult, Child and Infant CPR/AED. Certification cards valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Contact Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

This "SENIOR REVIEW" is a free service to and for the advertisers of Senior Pages throughout the Northwest. It is e-mailed to individuals and businesses in the senior industry on Monday of each week. If you have any announcements similar to those below please e-mail them by Friday of each week to dale@seniorpages.com

SEMINARS (continued)

RICHLAND: On the first Wednesday of each month, Healthy Ages, a program of Kadlec Medical Center, conducts a class devoted to sorting out Medicare questions. The class is tailored to meet the needs of those with retiree plans as their secondary insurance, and for those who need to find a Medigap or Medicare Advantage Plan. Class also includes information regarding Medicare Part D drug plans. 9:00 am-1:00 pm. and 1:00-3:00 pm. To register call Janet at Health Ages. (509) 942-2700

THURSDAY

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for the four-class series. For more information please call (541) 667-3509

KENNEWICK: "Free Hearing Screenings" Hearing care from our experienced Audiologists Certified professionals. Sponsored by Columbia Basin Hearing & Balance Center. Call (509) 396-6950

RICHLAND: Free blood sugar and blood pressure testing on the third Thursday each month. A nurse from Richland Rehab & Eagle Assisted Living will be giving the free tests. The test takes just minutes and there is no need to fast prior to being tested. Blood sugar results are given immediately. No appointments are necessary. 1:00-1:30 pm.



CALENDAR

AUGUST 18-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-9:00 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of adult and child AED. Fee: \$35. Sponsored by Kennewick General Hospital. For registration information please call (509) 586-5119

AUGUST 19-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

AUGUST 26-27-KENNEWICK: "AARP Driver Safety Course" The nation's first and largest classroom refresher course for motorists age 50 and older! Also, Washington /state law requires that insurance companies offer a discount to course graduates. Pre-registration and payment required. Sponsored by Kennewick Senior Center. Fee: \$12 for AARP member or \$14. Two-day class from 9:00 am-2:00 pm. Call (509) 585-4303

AUGUST 28-WALLA WALLA: "Community Health Fair" Noon-5:00 pm in the Providence St. Mary Medical Center 7th Avenue parking lot. Drawings for a free 46" plasma TV and two trek bicycles. Free screenings, 45 Vendors and special presentations.

SEPTEMBER 1-KENNEWICK: "Food For Life" 5:00-7:00 pm. Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. First class will cover: Introduction to How Foods Fight Cancer. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, www.cancerproject.org To register or for more information call (509) 737-3427 or email: nancylyons@charter.net

SEPTEMBER 8-KENNEWICK: "Food For Life" 5:00-7:00 pm. Second in a series of Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. Second class will cover: Fueling Up on Low-Fat, High Fiber Foods. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, www.cancerproject.org To register or for more information call (509) 737-3427 or email: nancylyons@charter.net

SEPTEMBER 9-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

SEPTEMBER 9-10-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

SEPTEMBER 11-CLOVER ISLAND/ TRI-CITIES: "Alzheimer's Association 2010 Memory Walk" At Clover Island. For additional information or to request an "off-line" registration form, contact Angie Spleiss, Memory Walk Coordinator. angie.spleiss@alz.org or call (509) 473-3390



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CALENDAR (continued)

SEPTEMBER 12-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

SEPTEMBER 15-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-9:00 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of adult and child AED. Fee: \$35. Sponsored by Kennewick General Hospital. For registration information please call (509) 586-5119

SEPTEMBER 15-KENNEWICK: "Food For Life" 5:00-7:00 pm. Third class in the series: Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. Third class will cover: Discovering Dairy and Meat Alternatives. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, www.cancerproject.org To register or for more information call (509) 737-3427 or email: nancylyons@charter.net

SEPTEMBER 16-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-511

SEPTEMBER 21-KENNEWICK: "Basic Life Support and Heartsaver Instructor Course" 2:00-5:00 pm. This instructor course was developed according to the guidelines of the American Heart Assn. for Basic Life Support and Heartsaver CPR instructors. Upon completion, the participant will be credentialed to teach all Basic Life Support courses the American Heart Assn. sponsors. This course consists of a self-study core instructor course and classroom instruction. Fee: \$275. Renewal course fee: \$60. Call: (509) 586-5119

SEPTEMBER 22-KENNEWICK: "Food For Life" 5:00-7:00 pm. Fourth and final class in the series. Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. Final class will cover: Cancer-Fighting Compounds and Healthy Weight Control. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, www.cancerproject.org To register or for more information call (509) 737-3427 or email: nancylyons@charter.net

SEPTEMBER 23-PACO: "17th Annual All Senior Picnic" 11:00 am-2:00 pm. \$5 per person. Pre-registration and payment required. Entry price at the door \$8. Please register by September 17th. To be held at TRAC. Entertainment, food, prizes, vendor booths, climate controlled. Hosted by Pasco Senior Center (509) 545-3459, Kennewick Senior Center (509) 586-4303 and Richland Senior Center (509) 943-7529

SUPPORT GROUPS

COLLEGE PLACE

ALZHEIMER'S SUPPORT GROUP: Do you have a loved one with Alzheimer's Disease or related dementia? Whether you are a caregiver, family member, or close friend, this disease is hard to understand and even harder to accept. It can make a world of difference knowing that other people understand the struggles you go through every day...you are not alone! You are invited to attend our group the third Thursday of each month at 10:00 am in our Ice Cream Parlor at Eagle Springs Memory Care Community, 20 SE Larch Ave. Contact: (509) 525-6335

HERMISTON

ALCOHOLICS ANONYMOUS: Monday and Thursday nights, 6:00-7:00 pm at Good Shepherd Medical Plaza (620 NW 11th) meeting room 2 For information please call (541) 720-1932 (Monday group) or (541) 571-2965 (Thursday Group)

BREAST CANCER: Meets on the third Monday of every month, 6:30 pm, Good Shepherd Medical Plaza (620 NW 11th) Meeting room 1. For information please call Shari at (541) 567-2024

MULTIPLE SCLEROSIS: Meets on the third Wednesday of each month, 7:00-8:00 pm, Good Shepherd Conference Center 5. For information please call John at (541) 564-89104 or Kathy at (541) 922-2753

DIABETES SUPPORT GROUP:

(Northeast Oregon) Meets the second Thursday of each month, 6:00-7:30 pm at Good Shepherd Conference Center 2. For information please call (541) 377-9761 or (541) 289-7501

ALZHEIMER'S DISEASE: Meets the third Thursday of each month, 1:00-3:00 pm, 1380 Manzanita Place. For information please call Dona Beck at (541) 720-7657

KENNEWICK

ALZHEIMER'S SUPPORT GROUP:

Third Thursday of each month. (Light meals served) 5:30-7:00 pm at Callaway Gardens. Men only Support Group 4th Monday of the Month 12:30 pm. Lunch provided. Both are held at 5505 W Skagit Ct in Kennewick. Sponsored by The Neurological Resource Center. To confirm times call (509) 783-5433

BETTER BREATHERS SUPPORT

GROUP: This group is for people who have breathing disorders. Education focuses on improved quality of life. Family members are encouraged to attend. 2nd Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. Contact: (509) 737-3418. www.tccancer.org

BREAST CANCER SUPPORT GROUP:

First and 3rd Friday of each month from 9:00-11:00 am and Second and Fourth Tuesday of each month from 6:30-8:00 pm at Tri-Cities Cancer Center. Contact: (509) 737-3418 or visit www.tccancer.org

DIABETES SUPPORT GROUP: Provides continuous educational support to help individuals manage their disease more effectively. Monthly meetings offer the latest information on diabetes self-care, nutrition and an opportunity to talk to others with diabetes. For information call (509) 962-7373

CAREGIVER SUPPORT GROUP: Third Monday of each month at Manor at Canyon Lakes, East Wing, 2802 W 35th at 2:00 pm. Sponsored by The Neurological Resource Center. To confirm times call (509) 943-8455

Send us your event pictures!

SUPPORT GROUPS (continued)

GENERAL CANCER SUPPORT GROUP: 2nd and 4th Tuesday of each month at Tri-Cities Cancer Center from 3:00-4:30 pm. Contact: (509) 737-3418 or visit www.tccancer.org

MEN'S CANCER SUPPORT GROUP: The primary focus of this group is on prostate cancer, however, men with all types of cancer are welcome. Third Thursday of each month at Tri-Cities Cancer Center 6:30-8:00 pm. (509) 737-3418 or visit www.tccancer.org

PENDLETON

CANCER SURVIVORS SUPPORT GROUP: Second Tuesday of each month. 1:00-2:00 pm at St. Anthony Hospital, 1601 SE Court Ave. For additional information please call (541) 276-5121

DIABETIC SUPPORT GROUP: Third Wednesday of each month, 7:00-8:00 pm. St. Anthony Hospital, 1601 SE Court Ave. For information call (541) 276-5121

RICHLAND

"CAN SURVIVE" SUPPORT GROUP: This group focuses on all kinds of cancer and is for patients, family and caregivers. First and Third Thursday of each month 12:00-1:00 pm. Meets at Cathedral of Joy, 1153 Gage Blvd.. For information call (509) 627-1109

DIABETES SUPPORT GROUP: A free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. Topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about the management of this chronic disease. The group meets every 3rd Wednesday of every month from 5:00-6:00 pm. To make a reservation (509) 942-2620

MULTIPLE SCLEROSIS SUPPORT GROUP: First Tuesday of each month. Co-sponsored by the MS Society and The Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. 509 943-8455.

NEUROLOGICAL SUPPORT GROUPS: Te Neurological Resource Center associated with Kadlec Medical Center provides emotional support, education, information and referrals for people with neurological disorders, their families, caregivers, and the community. It sponsors a variety of support groups including Alzheimer's. A lending library is also available. They are located at 712 Swift Blvd., Suite 1. Call (509) 943-8455 or e-mail tnrc@kadlecmed.org

STROKE SUPPORT GROUP: third Wednesday of each month, 2:00-3:00 pm at The Neurological Resource Center, 712 Swift Blvd., Suite 1. Call to confirm times

CAREGIVER SUPPORT GROUP: Third Tuesday of each month at The Neurological Resource Center, 712 Swift Blvd., Suite 1. To confirm times call (509) 943-8455

DIABETES SUPPORT GROUP: The Diabetes Support Group is a free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. The topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about management of this chronic disease. Programs feature medical professional guest

WALLA WALLA

ALZHEIMER'S SUPPORT GROUP: Meets second and fourth Tuesday each month at 1:30 pm. Professionally led group for caregivers of people with Alzheimer's. Sponsored by Walla Walla General Hospital Free. To register call (509) 522-2424

GRIEF SUPPORT GROUP: March 26-Ma 28, 6:00-7:30 pm, Walla Walla Community Hospice, 1067 E Isaacs, (509) 525-5561.

MS SUPPORT GROUP: Second Tuesday of each month at 11:00 am at Trinity Lutheran Church, 109 S Roosevelt St. Contact: Candy S (509)_ 527-3340 or Gail S. (509) 529-7699

WHAT AN OPPORTUNITY!

You can send us 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

VACANCIES

HERMISTON

PRIVATE APARTMENTS WITH KITCHENETTES close to services, parks and shopping. *Hermiston Terrace* is a community designed for senior adults who may need some assistance with personal care to complement their independent lifestyle. For a tour and/or information visit 980 West Highland Ave or call (541) 567-3141

COMFORTABLE UNITS: Openings now available in Hermiston's only complete nursing and rehabilitation center. Lovely units feature 24-hour nursing care, three meals per day, planned activities, therapy and assistance with daily living. Contact Curt Noyes at *Regency Hermiston Nursing and Rehabilitation*, (541-567-8337

BEAUTIFUL TWO-BEDROOM apartment is now available for rent at *Sun Terrace Assisted Living*. Call Robyn for a tour of this wonderful assisted living community! (5641) 564-2595

KENNEWICK

SUBSIDIZED HOUSING-KENNEWICK: 1-bdrm, utilities included near shopping & senior center. *Desert Villa*, 635 S Auburn, Kennewick. 509-586-4927

NEW SENIOR APARTMENTS: *Edison Terrace West*, 520 N Edison. One-Bedroom Independent Living Apartments for Seniors 62+, HUD subsidized, rent based on Income. Building has elevator plus other amenities. For a tour contact: Jacque (509) 736-0800

INCOME QUALIFIED APARTMENTS-TRI-CITIES: Studio and one-bedrooms if one person does not make over \$21,650 and two people \$24,650. Come in and apply. The *Manor at Canyon Lakes* has some apartments for Qualified Seniors available. For an appointment call 509-586-5633

PENDLETON

BEAUTIFUL APARTMENTS FOR SENIORS OVER 62. 50-Unit complex on one level featuring studio and one-bedroom apartments. All units furnished with stove, refrigerator and air conditioner. All utilities included. HUD subsidized. Contact Penny Wicklander at *Oregon Trail Manor*, 2430 SW Perkins Ave. or call (541) 276-6910

VACANCIES (continued)

STUDIO AND ONE BEDROOM

apartments featuring retirement living. Each apartment features an individual climate control system, wall-to-wall carpeting, private bathroom and kitchenette plus many other amenities. Call *Sun Ridge Retirement Community*, 3294 SW Nye or call (541) 276-2145

RICHLAND

PRIVATE STUDIO APARTMENTS-

RICHLAND: Two private studio apartments available at *Eagle Assisted Living* offering many amenities and 24 hour staffing. Call Laurie at 509-946-2717

TWO STUDIO APARTMENTS

AVAILABLE: *Quail Hollow Alzheimer's/ Dementia Facility* has 24 hour staffing, quality meals, nursing oversight and a phenomenal activity program that brings quality of life to those who live here. Contact: Phyllis Green (509) 943-5353.

ONE & TWO BEDROOM UNITS:

Schedule a personal tour of *Wynwood of Columbia Edgewater* to view our special assisted living facility. We now have several units available. Christina Renz (509) 946-4600 crenz@brookdaleliving.com

WALLA WALLA

ONE & TWO BEDROOM UNITS in perfect rural setting in two different but connecting facilities. *Mike Foye Apartments* are connected to the *Garden Court Apartments* by a second floor walkway. Communities are staffed with property managers, maintenance, social service coordinators and part-time nurses. Mike Foye offers HUD Project-based Section 8 subsidized units. Equipped with complete kitchen, wall to wall carpet, window coverings and air conditioning. Contact: (509) 529-4706

DELUXE 2-BEDROOM COTTAGE

available now at *Park Plaza*, 1400 Dalles Military Rd. Contact: 509) 525-6513

DELUXE 1-BEDROOM Apartment

available in Walla Walla. Now available at *Quail Run Retirement Community*, stop by for a complimentary lunch and tour. Contact: Kathleen or Jane at 509-529-2180

ONE BEDROOM APARTMENT:

Now available at *Wheatland Village*. complimentary tour and meal in our restaurant. Voted Best of the Best, 2010, 2009, 2008, 2007, 2006, by readers of the Walla Walla Union Bulletin. Mary Wollmuth, 888-373-6046 or visit www.wheatlandvillage.com

VOLUNTEERS NEEDED

BENTON CITY *Lower Valley Hospice* is opening its second thrift store in Benton City, following in the footsteps of their Prosser shop. The shops are volunteer-operated and clothing donated, proceeds go to extend hospice care, bereavement counseling and in-home care for children with complex medical conditions. Store number is (509) 588-3930. To volunteer call 1-800-474-6008 and ask for Jennifer.

HERMISTON *Sun Terrace Assisted Living* in Hermiston, Oregon would love to speak to you if you are interested in volunteering your time with the wonderful people who live in our community. Please contact Robyn at (541) 567-8424

PENDLETON *St. Anthony Hospital* has volunteer opportunities that make a positive difference in peoples' lives every day. Frequent volunteer opportunities include: Auxiliary Gift Shop, Information Desk where you greet and direct visitors, Shawl Ministry, Foundation, Patient Service, sewing including making stuffed animals for pediatric patients and passing quilts for those who are dying an Hospice home visitor. If you'd like to discuss how you can join the St. Anthony Hospital family contact June Mohrland, 1601 SE Court. Phone (541) 278-3218. e-mail: junemohrland@chiwest.com

RICHLAND Anyone over the age of 18 can volunteer at *Kadlec Medical Center*. You can become a member of the Auxiliary or work under the direction of the Volunteer Coordinator and Unit Managers in specific areas, including education and rehabilitation. All volunteers undergo orientation and take a TB test before they begin service. For information contact Meg Fallows, volunteer coordinator at (509) 946-4611, Ext. 4666

Kadlec's Music Program is another way to volunteer at the Medical Center. Over 20 musical volunteers play a baby grand piano in the main lobby or walk the halls laying their instruments. The musicians range from age 10 to over 70. Volunteers provide music throughout the week which can be heard not only in the Lobby, but also in the Critical Care Waiting Area. For information call Meg Fallows, Volunteer coordinator at (509) 946-4611, Ex. 4666

KENNEWICK *The Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

WALLA WALLA *The Volunteer Connection* is the community resource center for volunteers and a coordination center for community agencies and organizations that need volunteers. They have the ability to offer training and technical support to non-profit agencies in the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. To find out more call (509) 527-3775

The Senior Companion Program, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

SeniorPages.com

Many new Profiles of Senior Businesses can be found on www.SeniorPages.com

VOLUNTEERS NEEDED (continued)

Walla Walla Community Hospice is currently recruiting individuals to serve as Patient Care Volunteers. Volunteers work in tandem with the professional team of physicians, nurses, social workers, chaplains and aides. Volunteers provide companionship to hospice patients and allow family members and caregivers opportunities for needed breaks. No specific medical experience or training is necessary. For more information, contact Mary Wollmuth, Volunteer Coordinator at 525-5561 or mary@wwhospice.org. A video about a hospice volunteer is also available at <http://www.youtube.com/watch?v=3H4u9YKaBwC>.

WENATCHEE *Wenatchee Valley Senior Activity Center* has opportunities at the front desk and Crafters Corner. Other volunteers help out with special events. We have a vast number of volunteer opportunities available for our members to choose from depending on their interests, talents and skills. Senior Activity Center members have a lifetime of talents to share. If you would like to become an active WVSAC volunteer call our Volunteer Coordinator at (509) 662-7036. *Central Washington Hospital* has many volunteer opportunities in the Hospital, Gift Shop, Guild House reception desk, Assist the chaplain with patients' spiritual needs, Hospice Volunteers visiting end of life patients in-home or nursing home, or Mended Hearts program visiting patients recovering from heart procedures. To pick up your application the Volunteer Services office is open Monday through Friday from 8:00 am-4:30pm or call (509) 662-1511 ext. 2663.

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...continued from page 1

But, said Dr. John Trojanowski, a University of Pennsylvania researcher and senior author of the paper, given that people can get the test now, "How early do you want to label people?"

Some, like Dr. John Crowdon, a neurology professor at Massachusetts General Hospital who wrote an editorial accompanying the paper, said that decision was up to doctors and their patients.

Some Do Not Have The Disease

Sometimes patients with severe memory loss do not have the disease. Doctors might want to use the test in cases where they want to be sure of the diagnosis. And they might want to offer the test to people with milder symptoms who want to know whether they are developing the devastating brain disease.

One drawback, though, is that spinal fluid is obtained with a spinal tap, and that procedure, with its reputation for pain and headaches, makes most doctors and many patients nervous. The procedure involves putting a needle in the spinal space and withdrawing a small amount of fluid.

Most doctors say spinal taps are safe and not particularly painful for most people. But, he said, there needs to be an education campaign to make people feel more comfortable about having them. He suggested that, because most family doctors and internists are not experienced with the test, there could be special spinal tap centers where they could send patients.

The new study included more than 300 patients in their 70s, 114 with normal memories, 200 with memory problems and 102 with Alzheimer's disease. Their spinal fluid was analyzed for amyloid beta, a protein fragment that forms plaques in the brain, and for tau, a protein that accumulates in dead and dying nerve cells in the brain. To avoid bias, the researchers analyzing the data did not know anything about the clinical status of the subjects. Also, the subjects were not told what the tests showed.

Nearly every person with Alzheimer's had the characteristic spinal fluid protein levels. Nearly three quarters of people with mild cognitive impairment, a memory impediment that can precede Alzheimer's, had Alzheimer's-like spinal fluid proteins. And every one of those patients with the proteins developed Alzheimer's within five years. And about a third of people with normal memories had spinal fluid indicating Alzheimer's. Researchers suspect that those people will develop memory problems.

Stop The Proteins, Stop The Disease?

The prevailing hypothesis about Alzheimer's says that amyloid and tau accumulation are necessary for the disease and that stopping the proteins could stop the disease. But it is not yet known what happens when these proteins accumulate in the brains of people with normal memories. They might be a risk factor like high cholesterol levels. Many people with high cholesterol levels never have heart attacks. Or it might mean that Alzheimer's has already started and if the person lives long enough he or she will with absolute certainty get symptoms like memory loss.

Many, like Dr. DeKosky, believe that when PET scans for amyloid become available, they will be used instead of spinal taps, in part because doctors and patients are more comfortable with brain scans.

And when — researchers optimistically are saying "when" these days — drugs are shown to slow or prevent the disease, the thought is that people will start having brain scans or spinal taps for Alzheimer's as routinely as they might have colonoscopies or mammograms today.

For now, Dr. DeKosky said, the days when Alzheimer's could be confirmed only at autopsy are almost over. And the time when Alzheimer's could be detected only after most of the brain damage was done seem to be ending, too.

"The new biomarkers in CSF have made the difference," Dr. DeKosky said, referring to cerebral spinal fluid. "This confirms their accuracy in a very big way."

By Gina Kolata, Reprinted from the New York Times





Alzheimer's Association Inland NW Chapter 2010 MEMORY WALKS

- September 11, 2010 – **Spokane Memory Walk @ CenterPlace**
<http://MemoryWalk2010.kintera.org/Spokane>
- September 18, 2010 – **Tri-Cities Memory Walk @ Clover Island**
<http://MemoryWalk2010.kintera.org/TriCities>
- September 25, 2010 – **The Palouse Memory Walk @ James Toyota**
<http://MemoryWalk2010.kintera.org/Palouse>
- October 2, 2010 – **The North Idaho Memory Walk @ Riverstone Park**
<http://MemoryWalk2010.kintera.org/NorthIdaho>

MOVE FOR A CURE!

Go to the above referenced walk sites to register today! Sign up a team or walk as an individual! You can also find links to our walk sites on our chapter web site at www.alz.org/inlandnorthwest. You will be able to easily personalize your own web page and use social networking to help in your fund raising efforts! And we're here to help along the way! Once you sign up, team captain packets or individual walker packets will be mailed full of lots of valuable fund raising information!

For additional information or to request an "off-line" registration form, contact:

Angie Spleiss, Memory Walk Coordinator • angie.spleiss@alz.org

Alzheimer's Association Inland NW Chapter

(PH) 509/473-3390 (Fax) 509/473-3389

910 W. 5th Avenue, Suite 256 • Spokane, WA 99204

17th Annual ALL SENIOR PICNIC



Thursday, September, 23rd at TRAC in Pasco

11:00 am to 2:00pm - \$5 per person

Pre-registration and payment are required. Entry price at the door \$8.

PLEASE REGISTER BY SEPTEMBER 17, 2010

Entertainment!

The Diamond Experience

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Badger Mountain Dry Band

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Tickets on Sale Now at These Locations:

Pasco Senior Center, 1315 N. 7th Ave.

545-3459

Kennewick Senior Center, 500 S. Auburn

586-4303

Richland Community Center, 500 Amon Dr.

943-7529

Mark your calendars & make plans to attend!

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Community HEALTH FAIR

August 28 at Providence St. Mary Medical Center

WOMEN & CARDIOVASCULAR DISEASE

Presented by Providence St. Mary Medical Center and Heart Clinics Northwest

7:30 a.m. - Women Love to Walk 5K walk

FREE T-shirts for the first 100 who register in advance.

Call 522-5731 to register.

Walkers meet in parking lot at the front entrance (5th Avenue side) of Providence St. Mary.

8:30 a.m. - Heart Healthy Breakfast

FREE breakfast in the Providence Room for those attending the morning seminars.

9 a.m. to noon - Women & Cardiovascular Disease seminars

FREE seminars in the Providence Room. Topics include cardiovascular heart disease in women, risk factors, exercise, diet and smoking cessation. Register by calling 522-5731.



COMMUNITY HEALTH FAIR

Time and place:

Noon to 5 p.m. in the Providence St. Mary Medical Center 7th Avenue parking lot.

Free drawings!

Drawings for a free 46" plasma TV / Wii bundle and two Trek bicycles.

Free activities!

Free screenings: Cholesterol, blood pressure, vision, body fat, fall risk, posture, and HIV testing.

45 vendors representing health care, dentists, vision, fitness, elder care, personal care, pharmacy, nutrition, emergency preparedness, tobacco prevention, parenting, child safety, injury prevention and healthy cooking.

Presentations: back pain treatment, cooking with herbs, cancer prevention and more!

Bicycle rodeo, car seat clinic, hot dogs, fruit bars, italian sodas and much more!

