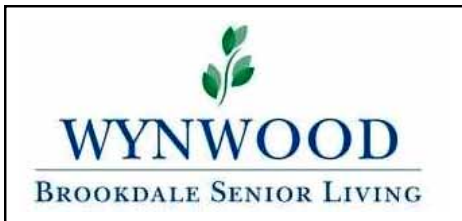


SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

Tri-Cities



Taking Early Retirement May Retire Memory, Too

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

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



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

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

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

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

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

Tri-Cities



TriCities Internet Provider

Walla Walla



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, sculpt new creations, finish an existing project, no experience necessary. Please bring your own supplies and projects. Ongoing class, 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 and licensing. Classes are interactive and 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 to pre-register.

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. 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 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

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. For more information please 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.

WALLA WALLA: Free blood pressure/sugar test at The Center At The Park, 720 Sprague on the second Tuesday of the month at 11:30 am.

TUESDAY & THURSDAY

HERMISTON: "WISE Yoga for Seniors" Free one-month class. Gentle standing and seated yoga for seniors. Increase your strength and flexibility. Improve your balance and focus. October 7-29th, 11:00am-Noon. Sponsored by Good Shepherd Medical Center. To be held in the Wellness Center. Instructor: Judy Ricketts. For information call (541) 289-0656

NEWS NOTES

Tree of Life ceremony to be held December 12

Twenty-fourth annual Tree of Life tree and candle lighting ceremony will be held Sunday, December 12 at 7:00 p.m. Sponsored by Walla Walla Community Hospice.

The ceremony will take place at the Die Brucke Building downtown Walla Walla (corner Main and First Streets). The ceremony includes the reading of the names in the Tree of Life book, music, candle lighting and refreshments.

Individuals may dedicate a light on the tree in memory of or in honor of a loved one for a donation of \$10. The name of the honored person is printed on a paper tree ornament and placed on the tree, and is also inscribed in the Tree of Life book. For a contribution of \$25, donors may also request a glass tree ornament. This year a reindeer and star design is beautifully etched into beveled glass.

Lights and ornaments available at the Hospice office (8 am – 5 pm, Monday – Friday), or call WWCH at 525-5561. Order information is also on the WWCH website at www.wwhospice.org.



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

SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

WEDNESDAY

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

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. Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

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

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. Free tests are courtesy of Columbia Basin Hearing & Balance Center. (509) 942-7529

WALLA WALLA: Diabetes workshops at Providence St Mary Medical Center, Mother Joseph Room, 11:00am-2:00 pm on the second Wednesday of each month. Workshops are for newly diagnosed diabetic or those who need a review of diabetes self-management. Information is easily adaptable to your lifestyle. Nutrition, medications, home glucose monitoring, exercise, and avoiding long and short-term complications. Facilitated by certified diabetes educators, dietitians and professionals. (509) 525-3320, etc. 282

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 Audiology Certified professionals. Sponsored by Columbia Basin Hearing & Balance Center. Call (509) 396-6950

PENDLETON: "Caregiver Support Group" Presented by the Alzheimer's Association at McKay Creek Estates, 1601 Southgate Pl the third Tuesday of the month at 6:30 pm. Facilitator: Duane Thomson. for additional information call (541) 278-5683

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.

WALLA WALLA: Foot Care by appointment only with Denise Schilling at The Center At The Park, 720 Sprague. For information call (509) 527-3775

WALLA WALLA: Legal Counsel the fourth Thursday of the month with Larry Siegel or Carol Jean Thompson at The Center At The Park, 720 Sprague. For information call (509) 527-3775



Elk Sparring in North Powder OR

Link your website to the Senior Review: \$10.00 per month



YOUR CHOICE NOW FOR HOME HEALTH CARE! Licensed For Both Home Care & Home Health Care

Up to 24 Hour Care Day/Night, Live-In/Live-Out Care Weekends, Holidays
Affordable Hourly Rates Temporary or Long Term We're America's Choice

509-582-7800

CALENDAR

DECEMBER 2-HERMISTON: "CPR Classes" Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. Fee: \$25 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

DECEMBER 2-HERMISTON: "First Aid Classes" 6:00-9:00 pm. Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CPR and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. FEE: \$25For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

DECEMBER 2-KENNEWICK: "Christmas Baskets for Seniors" The Edith Bishel Center for the Blind and Visually Impaired is collaborating with the Multi-Cultural Elder Awareness Committee in hopes of collecting much needed items for 150 senior baskets during the holidays. Baskets are distributed to the elderly and disabled who do not have family and/or are financially in need. All donations need to be received at the center by December 13th. If you are looking for a way to give to others during the holidays please contact Larry Weiss, Executive Director at (509) 735-0699

DECEMBER 4-PASCO: "Alternative Gift Fair" Noon-4:00 pm. Give a gift that reflects the true spirit of the holidays! Help raise needed funds for nonprofit organizations while showing your appreciation for the special people in your life. You may purchase holiday cards featuring local artists personalized by on site calligraphers to present to your friends and family describing the give you have made in their name. All gifts are tax deductible. Some of the participating organizations include: Doctors without Borders, Edith Bishel Center for the Blind and Visually Impaired, Vista Youth Center and more. To be held at Community Unitarian Universalist Church, 2819 W Sylvester. (509) 545-6777

DECEMBER 6-KENNEWICK: "Santa Claus Is Back" Create a memory that will last a lifetime for your child with a personalized letter from santa! Each letter is customized for your child complete with Santa's signature and an official postmark from the North Pole. \$5 per child. Sponsored by Kennewick Recreation & Community Services

DECEMBER 6-PENDLETON: "First Aid Classes" 6:00-9:00 pm. CPR and First Aid classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Sponsored by Good Shepherd Health Care. Fee: \$25. Pre-register and pre-pay. (541) 667-3509

DECEMBER 6-WALLA WALLA: "Taking Care of the Caregiver" 6:00 pm. Being a caregiver is stressful. Add to that the stress of the holidays and you have a major stress situation. Learn ways to cope with every day stress, as well as holiday stress. Caregivers will receive three credit hours. Fee: \$10. Presented by Walla Walla General Hospital. (509) 522-2424

DECEMBER 6-HERMISTON: "CPR Classes" Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. Fee: \$25 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

DECEMBER 7-RICHLAND: "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. This is an American Heart Association initial course designed to train healthcare providers in the life saving skills of both BLS and relief of foreign-body airway obstruction. Using interactive scenarios, the following skills are covered: adult, child, and infant BLS, one and two rescuer BLS, airway management, barrier devices and legal issues. Advance preparation is essential. Sponsored by Kadlec Regional Medical Center in the Chinook Rooms I & II, 3rd Floor of the Mountain Pavilion. Contact education@kadlecmed.org

DECEMBER 8-KENNEWICK: "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration required. Call (509) 586-5119

DECEMBER 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

DECEMBER 14-WALLA WALLA: "Basic First Aid" 6:30 pm. In this one night class you will learn how to perform basic first aid and receive American Heart Association First Aid Certification. Fee: \$25 Presented by Walla Walla General Hospital. To register or for more information call: (509) 522-2424

DECEMBER 14-PASCO: "Joint Replacement Class" 5:00 pm. Having a total joint replacement (knee or hip)? This class is for you! Learn more about what to expect postoperatively, during and after your stay on the Surgical Unit. Learn about: Pain control, activities with physical and occupational therapists, equipment use, and preparing for a safe and functional discharge. Lourdes Occupational Health Center, 9915 Sandifur Parkway. To schedule the class call (509) 546-2306

DECEMBER 15-HERMISTON: "Medicare/Medicaid 101" Three sessions available at 10:00 am, 2:00 pm or 5:00 pm. Free Medicare and Medicaid (Oregon Health Plan) Educational meetings. With all the talk about universal healthcare and the changes taking place in Medicare, you probably have many questions. Whether you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Attend any of these free informational meetings! Sponsored by Good Shepherd Medical Center, 610 NW 11th St, in Conference Center 2. For information call (541) 667-3509

Send us your event pictures!

CALENDAR (continued)

DECEMBER 17-HERMISTON: "CPR & First Aid Combo Class" 9:00 am -3:00 pm. Taught in one, six hour class according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. Covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Pre-register and pre-pay. FEE: \$50 Call (541) 667-3509.

DECEMBER 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: \$60. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

DECEMBER 16-WALLA WALLA: "Healthcare Provider CPR" 5:00 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Fee: \$25. Presented by Walla Walla General Hospital. Call: (509) 522-2424

DECEMBER 16-17-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

DECEMBER 21-PASCO: "Joint Replacement Class" 1:00 pm. Having a total joint replacement (knee or hip)? This class is for you! Learn what to expect postoperatively, during and after your stay on the Surgical Unit. Pain control, activities with physical and occupational therapists, equipment use, preparing for a safe, functional discharge. Lourdes Occupational Health Center, 9915 Sandifur Parkway. To schedule the class call (509) 546-2306

DECEMBER 28-PASCO: "Joint Replacement Class" 5:00 pm. Having a total joint replacement (knee or hip)? This class is for you! Learn more about what to expect postoperatively, during and after your stay on the Surgical Unit. Learn about: Pain control, activities with physical and occupational therapists, equipment use, and preparing for a safe and functional discharge. Lourdes Occupational Health Center, 9915 Sandifur Parkway. To schedule the class call (509) 546-2306

DECEMBER 29-HERMISTON: "Medicare/Medicaid 101" Three sessions available at 10:00 am, 2:00 pm or 5:00 pm. Free Medicare and Medicaid (Oregon Health Plan) Educational meetings. With all the talk about universal healthcare and the changes taking place in Medicare, you probably have many questions. Whether you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Attend any of these free informational meetings! Sponsored by Good Shepherd Medical Center, 610 NW 11th St, in Conference Center 2. For information call (541) 667-3509

JANUARY 6-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

JANUARY 6-7-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 1:00 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

JANUARY 11-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" Renewal course offered for healthcare providers current with BLS or about to expire. Not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$60. Sponsored by Kennewick General Hospital. Call (509) 586-5119

JANUARY 11-KENNEWICK: "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsor: Kennewick General Hospital. Fee: \$40. Pre-registration: (509) 586-5119

JANUARY 12-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 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. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration is required. (509) 586-5119

JANUARY 20-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

JANUARY 28-RICHLAND: "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. American Heart Association initial course designed to train healthcare providers in life saving skills of both BLS and relief of foreign-body airway obstruction. Using interactive scenarios, the following skills are covered: adult, child, and infant BLS, one and two rescuer BLS, airway management, barrier devices and legal issues. Advance preparation is essential. Sponsored by Kadlec Regional Medical Center in the Chinook Rooms I & II, 3rd Floor of the Mountain Pavilion. Contact education@kadlecmed.org

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

CALENDAR (continued)

FEBRUARY 3-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

FEBRUARY 3-4-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 1:00 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 Gen'l Hospital. (509) 586-5119

FEBRUARY 8-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: \$60. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

FEBRUARY 8-KENNEWICK: "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration required. Call (509) 586-5119

FEBRUARY 9-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 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. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration required. (509) 586-5119

FEBRUARY 10-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" 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. Sponsor: Kennewick Gen'l Hospital. (509) 586-5119

FEBRUARY 24-RICHLAND: "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. This is an American Heart Association initial course designed to train healthcare providers in the life saving skills of both BLS and relief of foreign-body airway obstruction. Using interactive scenarios, the following skills are covered: adult, child, and infant BLS, one and two rescuer BLS, airway management, barrier devices and legal issues. Advance preparation is essential. Sponsored by Kadlec Regional Medical Center in the Chinook Rooms I & II, 3rd Floor of the Mountain Pavilion. Contact education@kadlecmed.org

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



SUPPORT GROUPS

HERMISTON

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

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

DIABETES SUPORT GROUP: Meets the 2nd Thursday of each month. Support group for people dealing with a new or long-term diagnosis of diabetes. Meetings will have an educational presentation as well as group discussion. Sponsored by Good Shepherd Medical Center, Conference Center 2, 610 NW 11th St. For information call: (541) 377-9761

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

HOPE FOR HEALING SUPPORT GROUP: Free, ongoing bereavement support group dealing with loss and grief issues. Second /thursday of each month, 2:00-4:00 pm and fourth Monday of each month, 7:00-9:00 pm Thursday group meets in the Good Shepherd Medical Center conference room 5. Monday group meets in the Hospice office conference room for information call (541) 667-3543

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

SUPPORT GROUPS (continued)

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 Kadlec 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

CANCER SUPPORT GROUP:

Held Weekly on tuesdays, 3:00-4:30 pm in the Resource Center, Tri-Cities Cancer Center, 7350 W Deschutes Ave. This support group provides an opportunity for people affected by all types of cancer to share resources and information. Meetings are open to those experiencing cancer their adult family members and caregivers. For information call (509) 737-3418

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. Call (509) 962-7373

GENERAL CANCER SUPPORT GROUP:

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

MEN'S CANCER SUPPORT GROUP:

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

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 additional information please 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. Call (509) 627-1109

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

MULTIPLE SCLEROSIS SUPPORT

GROUP: First Tuesday of each month. Co-sponsored by the MS Society and The Kadlec Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. Contact 943-8455 to confirm time.

NEUROLOGICAL SUPPORT GROUPS:

The Kadlec 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, Parkinson's, chronic pain, and traumatic brain injury. A lending library is also available. They are located at 712 Swift Blvd., Suite 1. Call (509) 943-8455 or e-mail knrc@kadlecmed.org

STROKE SUPPORT GROUP: 3rd Wed each month, 2:00-3:00 pm at The Kadlec Neurological Resource Center, 712 Swift Blvd., Ste 1. Confirm times (509) 943-8455

CAREGIVER SUPPORT GROUP:

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

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

WALLA WALLA

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

CANCER SUPPORT GROUP: Meets the second and fourth Mondays of the month from 4:00-5:00 pm in the Marian Room on Level 1 near the cafeteria at Providence St. Mary Medial Center. The group is helpful for people at any state of the cancer journey, from newly diagnosed or those who are many years out. They do not have to have received treatment at St. Mary in order to attend. Facilitated by Barbara Bates, a social worker, and Mardi Hagerman, a registered nurse. For information contact Barbara Bates, Providence St. Mary Regional Cancer Center, (509) 522-5700

GRIEF SUPPORT GROUPS: Two new groups sponsored by Walla Walla Community Hospice will begin January 5 and will continue every Wednesday through March 9. A morning group will meet from 10:00-11:30 am and an evening group will meet from 6:00-7:30 pm at the Hospice office. WWCH bereavement team will facilitate the group. The book Understanding Your Grief by Dr. Allan Wolfelt is used as a guideline. No charge but participants are encouraged to register by calling the WWCH office at (509) 525-5561 or email to info@wwhospice.org

SeniorPages.com

SUPPORT GROUPS (continued)

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

STROKE SUPPORT GROUP: The Providence St Mary Medical Center Stroke Support Group meets the third Tuesday of t the month from 6:00-7:00 pm in the Providence Room on Level 1 of Providence St. Mary Medical center. For information contact Becky Betts, Providence St. Mary /stroke Support Group Coordinator (509) 522-5821, ext. 2117

KENNEWICK

ALZHEIMER'S SUPPORT GROUP: Third Thursday of each month. (Light meals served) 5:30-7:00 o at Callaway Gardens. For additional information call Karen Hayes, Executive Director, Kadlec Neurological Resource Center (509) 943-8455

CAREGIVER'S SUPPORT GROUP: (Men Only Support Group) 4th Monday of the month 12:30 pm. Lunch provided. Held at 5505 W Skagit Ct. In Kennewick. Sponsored by Kadlec Neurological Resource Center. To confirm times call (509) 943-8455



...continued from page 1

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

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

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

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

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

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

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

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

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

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

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

...more on page 10

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

Hermiston Senior Center is always looking for volunteers in such programs as fund raising, food prep, bookkeeping, Meals on Wheels delivery, public relations and more. If you can help call (541) 564-3582

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

Meals-On-Wheels needs drivers! 10:30-Noon any weekday. Mileage reimbursement available, free lunch. Pendleton Senior Center, (541) 276-1926

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 in Hospice home visitor. If you'd like to discuss how you can join the St. Anthony Hospital family contact June Mohrland, 1601 SE Court. (541) 278-3218. 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

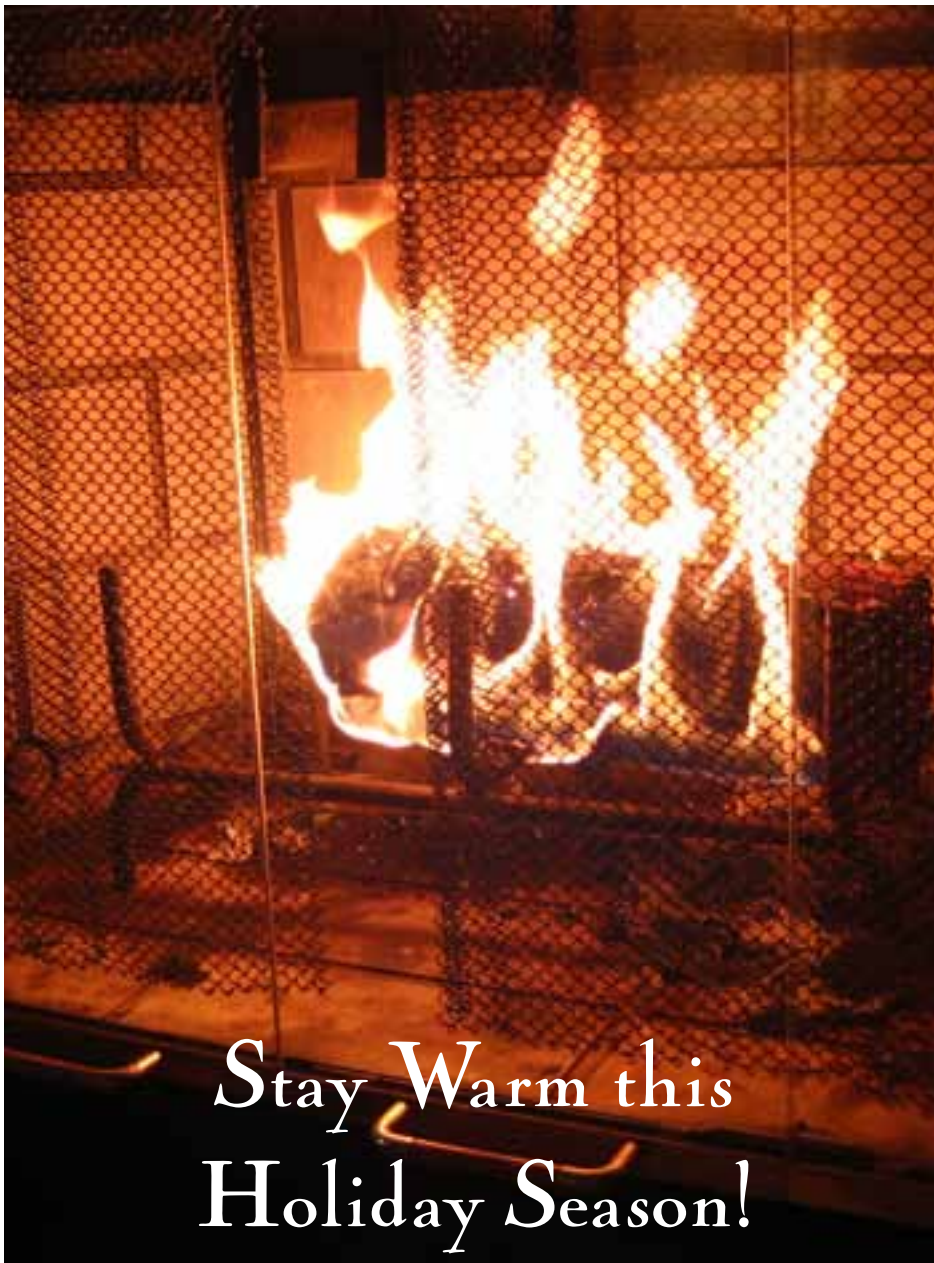
In becoming a part of the volunteer program at *Providence St. Mary Medical Center*, you are joining a team of people dedicated to high-quality patient care. It is our belief that working together as a team sharing a common objective of excellent service has earned Providence St. Mary Medical Center the recognition of being one of the finest health care providers in Southeastern Washington. Volunteer positions available: Information Desk, Escort-Errend, Cancer Center, Emergency Room, Charting, and Gift Shop. For additional information contact Dennis Maughan, Providence St Mary Foundation Director, (509) 525-3320, etc. 2695

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 on the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. To find out more call (509) 527-3775

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

Walla Walla Community Hospice is 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>.





Stay Warm this
Holiday Season!

Senior Pages, the #1 Directory of Senior Services....And it's FREE!

WE PUBLISH THE SENIOR PAGES FOR THESE AREAS:

Spokane County, Northern Idaho, Tri-Cities, Moses Lake/Ephrata,
Wenatchee Valley, Walla Walla/NE Oregon, Yakima/Ellensburg,
Western Montana, Tacoma/Olympia/South Sound

800-735-7258

Email: info@seniorpages.com Visit our Website:
www.seniorpages.com

...continued from page 8

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

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

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

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

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

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

Nonetheless, he said, "it's a strong finding; it's a big effect."

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

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



Alternative Gift Fair

Give a gift that reflects the true spirit of the holidays! Help raise needed funds for nonprofit organizations while showing your appreciation for the special people in your life. Give a gift that gives twice! You may purchase holiday cards featuring local artists personalized by on site calligraphers to present to your friends and family describing the gift you have made in their name. And all your gifts are tax deductible! Participating organizations include:

- Doctors without Borders ❁ Domestic Violence Services ❁ Edith Bishel Center for the Blind and Visually Impaired ❁ Friends of Badger Mountain ❁ Heifer International ❁ Lower Columbia Basin Audubon Society ❁ Mid Columbia Reading Foundation ❁ My Friend's Place ❁ Pathways Education ❁ Pet Overpopulation Prevention ❁ Planned Parenthood of Central Washington ❁ Tapteal Greenway Association ❁ Tri-City Dog Parks ❁ Unitarian Universalist Service Committee ❁ Vista Youth Center

Saturday, December 4, 2010

Noon – 4:00 pm

- ❁ Live music ❁ Solstice crafts for all ages ❁ Bake sale ❁



Community Unitarian Universalist Church

**2819 W. Sylvester
Pasco
(just E of Rt. 395)**

**www.communityuu.org
(509) 545-6777**





Santa Claus Is Back By Popular Demand!

Create a memory that will last a lifetime for your child with a personalized letter from SANTA! Each letter is customized for your child complete with Santa's signature and an official post mark from the North Pole. This year, Santa is sending a magical gift of Christmas snow with his letters. Imagine the excitement on your child's face when they receive their very own personalized letter from Santa!

\$5 per child

Registration Deadline:

MONDAY, DEC. 6

LIMITED TO THE FIRST 200

Registration is just a click away



<http://go2kennewick.com/recreation>

Brought to you by
Kennewick Recreation & Community Services