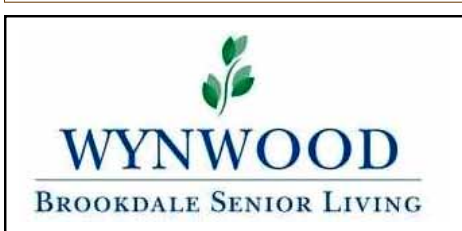


# SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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### Tri-Cities



## WHY THE RETIREMENT AGE IS INCREASING

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

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

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



...more on page 8

### Tri-Cities



TriCities Internet Provider

### Walla Walla



[www.WallaWallaHomeMedical.com](http://www.WallaWallaHomeMedical.com)



## 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.

**PENDLETON:** "First Aid Class" First Monday each month (unless holiday then Second Monday) 1:00-5:00 pm or 5:00-10:00 pm. Call for further information. Certification cards valid for 2 years. Registration in advance required. Large group discounts available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

### MONDAY

**KENNEWICK:** "Clay Sculpting" – Meet other enthusiastic sculptors and sculpt new creations or finish an existing project, no experience necessary. Please 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 Ctr (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) 585-4301

**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. These classes are interactive and provide free makeup kits for all participants. 2:00-4:00 pm at Good Shepherd Community Wellness Center. Please 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

### 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, GSCM 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 band. (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, 2nd Tuesday each month at 11:30 am.

### TUESDAY & THURSDAY

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



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](mailto: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. Kennewick Senior Center: (509) 585-43031

**KENNEWICK:** "Casual 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:** "CPR/AED Class" 3rd Wednesday of the month. 1:00-5:00 pm or 6:00-10:00 pm. Classes are all inclusive, Adult, Child and Infant CPR/AED. Certification cards valid for two years. Large group discounts are available. At St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required: (541) 278-3233 Fee: \$35 Class + \$15 manual

**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. (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. The 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. Workshops provide information that is easily adaptable to your lifestyle. Information will be provided on nutrition, medications, home glucose monitoring, exercise, and avoiding long and short-term complications. Facilitated by certified diabetes educators, dietitians and other health care professionals. For information call (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? 4 class series provides 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 (541) 667-3509

**KENNEWICK:** "Free Hearing Screenings" Hearing care from our Audiology Certified professionals. Sponsor: 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 necessary. 1:00-1:30 pm.

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

**JANUARY 4-KENNEWICK:** "Tobacco Cessation Class" 10:00-11:30 am. Cindy Miller, Community Educator at Tri-Cities Cancer Center, will help participants identify triggers, come up with ways to beat them, discuss withdrawal symptoms and the use of nicotine replacement therapy. if you are interested in the new "e-cigarette", information and a demonstration are available as a part of this class. Nicotine replacement patches are available while supplies last at no charge. To be held in the Wellness Center, 7350 W Deschutes Ave. For reservations call (509) 737-3427. [cindym@tccancer.org](mailto:cindym@tccancer.org)

**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

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## CALENDAR

**JANUARY 11-KENNEWICK:** "Basic Life Support for the Healthcare Provider Initial" 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. 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 required: (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. Please call (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. 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](mailto:education@kadlecmed.org)

**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.) Sponsor: Kennewick General Hospital. (509) 586-5119

**FEBRUARY 5-SUNNYSIDE:** "Lower Valley Hospice and Palliative Care Auction" Funds raised from the annual auction are used to offset the costs of providing patient care that otherwise are not covered by Medicare, Medicaid, or private insurance and their 'Heartlinks Bridge Program'. For information on donating or to attend contact Stacey Campbell at (509) 837-1676 or email: [lvhpc@lowervalleyhospice.com](mailto:lvhpc@lowervalleyhospice.com)

**FEBRUARY 8-KENNEWICK:** "Basic Life Support for the Healthcare Provider Initial" 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. 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. Offered to individuals requiring a credential (a card) documenting successful completion of a CPR course provides instruction on Adult, Child, Infant CPR. training in the use of Adult and Child AED. Sponsor: Kennewick General Hospital. Fee: \$35. Pre-reg 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. Not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsor: Kennewick General Hospital. (509) 586-5119

**FEBRUARY 10-KENNEWICK:** "Valentine Bingo & Dessert Social" 1:30-3:30 pm at the Kennewick Senior Center, 500 S Auburn. \$5 per person. Advance registration required. Call (509) 585-4303 or register online <http://go2kennewick.com>

**FEBRUARY 24-RICHLAND:** "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. American Heart Association initial course to train healthcare providers in the life saving skills of both BLS and relief of foreign-body airway obstruction. 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 Pav. [education@kadlecmed.org](mailto:education@kadlecmed.org)

**FEBRUARY 26-KENNEWICK:** "Pancake Fundraiser" 7:30-10:30. Kennewick Applebee's will host a Pancake Fundraiser in support of the Edith Bishell Center. Tickets are \$7 in advance and \$8 at the door. Call Cynthia McCready (509) 735-0699 [cynthia@edithbishellcenter.org](mailto:cynthia@edithbishellcenter.org)



*Send us your event pictures!*

### CALENDAR (continued)

**MARCH 3-KENNEWICK:** "Basic Life Support for the Healthcare Provider Renewal" Renewal course offered for the healthcare providers that are 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: \$40. Sponsor: Kennewick General Hospital. (509) 586-5119

**MARCH 3-4-KENNEWICK:** "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 1:00 pm - 4:00pm, includes Rhythm interpretation & review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 Incl Manual & Handbook of Emergency Cardiovascular Care. Kennewick Gen'l Hospital. (509) 586-5119

**MARCH 3 & 8-KENNEWICK:** "Auditions for Twilight Saga Character Look-A-Likes" 5:00 pm. Will cast for a fundraising performance of 'Breaking Dawn' at the Edith Bishel Center for the Blind & Visually Impaired on November 17th at the TRAC in Pasco. Vendors, sponsors and volunteers are needed. For information call Cynthia McCready (509) 735-0699 or email [cynthia@edithbishelcenter.org](mailto:cynthia@edithbishelcenter.org)

**MARCH 8-RICHLAND:** "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. An American Heart Assoc initial course designed to train healthcare providers in life saving skills of both BLS & relief of foreign-body airway obstruction. The following skills are covered: adult, child, and infant BLS, one & two rescuer BLS, airway management, barrier devices and legal issues. Advance prep is essential. Sponsor: Kadlec Regional Medical Center in the Chinook Rooms I & II, 3rd Floor of Mountain Pav. [education@kadlecmed.org](mailto:education@kadlecmed.org)

**MARCH 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

**MARCH 8-KENNEWICK:** "Basic Life Support for the Healthcare Provider Initial" 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. Call (509) 586-5119

**MARCH 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

**MARCH 10-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

**Many new Profiles of Senior Businesses can be found on [www.SeniorPages.com](http://www.SeniorPages.com)**

### 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)

**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 SUPPORT 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

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### SUPPORT GROUPS (continued)

**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

#### 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 4<sup>th</sup> 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. 2<sup>nd</sup> Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. Contact: (509) 737-3418. [www.tccancer.org](http://www.tccancer.org)

**BREAST CANCER SUPPORT GROUP:** First and 3<sup>rd</sup> 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](http://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:** 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at Tri-Cities Cancer Center from 3:00-4:30 pm. Contact: (509) 737-3418 or visit [www.tccancer.org](http://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](http://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.. 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 3<sup>rd</sup> 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, families, caregivers and the community. It sponsors a variety of support groups including Alzheimer's, Parkinson's, chronic pain, and traumatic brain injury. Lending library also available. Located at 712 Swift Blvd., Ste 1. (509) 943-8455 or [knrc@kadlecmed.org](mailto:knrc@kadlecmed.org)

**STROKE SUPPORT GROUP:** third Wednesday of each month, 2:00-3:00 pm at The Kadlec Neurological Resource Center, 712 Swift Blvd., Suite 1. Call to 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. 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. 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. Contact Barbara Bates, Providence St. Mary Regional Cancer Center, (509) 522-5700



### SUPPORT GROUPS (continued)

**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 (509) 525-5561 or email to [info@wwhospice.org](mailto:info@wwhospice.org)

**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 the month from 6:00-7:00 pm in the Providence Room on Level 1 of Providence St. Mary Medical center. Contact Becky Betts, Providence St. Mary Stroke Support Group Coord (509) 522-5821, ext. 2117

# SENIORREVIEW



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## 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. Contact Robyn (541) 567-8424

### PENDLETON

*Meals-On-Wheels* needs drivers! Would you or someone you know be willing to deliver meals to elderly shut-ins in the Pendleton area. 10:30-Noon any weekday. Mileage reimbursement available, free lunch. Call the 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, 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](mailto: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-Errand, 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

## VOLUNTEERS NEEDED (continued)

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. Work in tandem with the professional team of physicians, nurses, social workers, chaplains and aides. 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](mailto:mary@wwhospice.org). A video about a hospice volunteer is also available at <http://www.youtube.com/watch?v=3H4u9YKaBWc>.

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expectancy to be 20.3 years in retirement, even after the higher retirement ages are phased in. "Retirement is now something that everybody looks forward to, a long period of leisure at the end of the life," says Richard Jackson, director of the Global Aging Initiative at the Center for Strategic and International Studies. "Retirement before 1950 had a negative connotation. It was something that you did to a worn-out machine."

**Countries with the lowest retirement ages.** The most strikingly low retirement age is in Turkey. The former retirement age of 60 was abolished and replaced with a requirement of about 25 years of contributions to receive a full pension. The OECD calculated that many workers who begin working by age 20 will be able to retire around age 45. The next lowest retirement age is 57 in Greece, up from 55 in 1959. In Italy, the retirement age declined from 60 in 1949 to a low of 55 in the 1980s and 1990s, and then climbed back to 59 today. Under current law, the retirement age will increase to 65 in Italy by 2030. A few countries now have a national retirement age of 60, including Belgium, Hungary, Korea, and Luxembourg. France's current retirement age is 60.5.

**Places with the highest retirement ages.** The countries with the oldest 2010 retirement ages are Iceland and Norway, both age 67. The United States currently has the third highest retirement age: 66. By 2030, the United States and Denmark will also tie as the countries with the oldest retirement age. Both nations have legislation in place to raise the retirement age to 67. However, the United Kingdom is currently projected to overtake all other countries by 2050 with a retirement age of 68.

**Different retirement ages for women.** Half of OECD countries have, at some time, had a different retirement age for women than men. When women have a different retirement age, it is always lower than that for men, despite the fact that women generally have a longer life expectancy. The women's retirement age is most commonly five years earlier and averages 3.8 years younger than men. As more women enter the workforce, many of these younger retirement ages for women are being phased out. Experts have many theories about why retirement ages were and are lower for women in some countries. "One case, I have heard is that men tend to marry younger women," says Whitehouse. "There is rather more evidence for the motive that earlier pension ages for women is, in some sense, a reward for taking on caring responsibilities." The United States has never had a different retirement age for men and women.

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