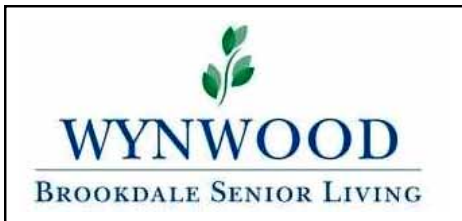


SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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Tri-Cities



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DEPRESSION AND SENIORS

Although depression is common among older adults, it isn't a normal part of aging. Treatment helps most people reclaim a better quality of life.

Here's a message for seniors who are feeling blue: Depression is not a normal part of growing older, and it's not something to keep quiet about or deal with on your own. It's a serious illness that can often be successfully treated.

Recognizing when you or a loved one might be depressed and seeking treatment if necessary are crucial and potentially even lifesaving steps.



BEYOND THE BLUES

No one is a stranger to the occasional blue mood that lifts after awhile. But depression is a chronic *more on page 4...*

Help For Long-Term Care Costs

Workers are getting a new long-term-care insurance option. But with many details yet to be worked out, it may be too soon to tell how much impact it will have.

A public program is in the works, part of the health-care legislation that President Obama signed into law earlier this year.

Known as the Community Living Assistance Services and Supports, or CLASS, Act, it's designed to help people plan ahead for when they're disabled or frail and need assistance so they can stay independent as long as possible. And it's meant to supplement other funding sources, such as personal savings, family caregiving and private long-term-care insurance.

The voluntary, government-administered program -- which will be funded by premiums, not tax dollars -- is expected to work like this: If a company agrees to participate, workers will be automatically enrolled in the program unless they opt out. People who are self-employed or whose employers choose not to participate will be able to enroll through a different mechanism. All participants will have to pay monthly premiums for five years, have some employment for three of those first five years and have a qualifying disability in order to be eligible to receive the benefit. *...more on page 9*

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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. Please bring your own supplies and projects. Class is ongoing, join anytime! Join us Mondays, 1 pm – 2 pm, \$1.00 per person. For information 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? Four-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 for the four-class series. (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



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: Free Tax Assistance each Wednesday February 2-April 13 from 12:30-3:30 pm. By appointment only. Tax advisors can't guarantee you will be seen if you don't have an appointment. Sponsored by AARP, Tax aid, IRS and the Kennewick Senior Center. (509) 585-4303

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: "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: 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

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

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? 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



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CALENDAR

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 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

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-reg required. (509) 586-5119

FEBRUARY 9-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 pm. 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

FEBRUARY 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

FEBRUARY 10-KENNEWICK: "Valentine Bingo & Dessert Social" 1:30-3:30 p at the Kennewick Senior Center 500 S Auburn St. \$5 per person. Bring a friend, a loved one, all welcome...and spend the afternoon playing bingo, eating dessert, and winning prizes. Sponsored in part by The Manor At Canyon Lakes.

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 14-HERMISTON: "Sweethearts Social" 2:00-4:00 pm. Bring your Sweetheart or meet a new one! Play XOXO Bingo, trivia and other games. Enjoy delicious desserts, sip sparkling cider. Come celebrate Valentines Day with us! Sponsored by Hermiston Terrace, 980 W Highland Ave. RSVP (541) 567-3141

FEBRUARY 22-KENNEWICK: "Moments of Joy" 6:30-8:30 pm. A special event partnered with the Inland Northwest Alzheimer's Association and being held at the Manor at Canyon Lakes and Fleur de' Lis Adult Family Homes. For additional information call (509) 528-0364



problem. And it can have a major effect on an older person's life, says Peggy Szabo, PhD, a member of the [American Geriatrics Society's](#) Education Committee.

The effects of depression in seniors can include:

Disrupted daily life.

Depression can affect eating habits, cause sleepless nights, drain your energy and put a halt to life's usual pleasures. "It prevents you from enjoying and doing things," Dr. Szabo says. "You can get stuck in it."

Complicated health problems. Depression can make it difficult to manage other serious illnesses, such as heart disease.

Suicide. Although seniors are a comparatively small portion of the population, they have a disproportionately high rate of suicide, which research has linked to depression, according to the [National Institute of Mental Health](#).

WHY SENIORS BECOME DEPRESSED

Depression has no single cause, according to the [National Institute on Aging](#). Factors such as a personal or family history of depression may increase an older person's risk for the problem.

Although depression is not a normal part of aging, some potentially difficult life changes and stressful events that can occur as we get older may contribute, such as:

- Isolation and loneliness.
- Loss of a loved one or friend.
- Having a serious illness.
- Changes in finances.

For some people, these events trigger only a temporary reaction. However, in other cases, the change or stressful event can lead to depression.

more on page 6...

CALENDAR (continued)

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

FEBRUARY 24-KENNEWICK: "Spaghetti Dinner. 6:00 pm at the Manor at Canyon Lakes. A great dinner and dessert with all proceeds to go to the Inland Northwest Alzheimer's Association. sponsored by the Manor at Canyon Lakes and Fleur de' Lis Adult Family Homes. \$7.50 per person, 6-12 years of age \$3.50. Tickets available at Ray Poland and Sons, The Manor At Canyon Lakes and at Fleur de' Lis Adult Family Homes. (509) 528-0364

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. For information call Cynthia McCready (509) 735-0699 cynthia@edithbishellcenter.org

MARCH 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

MARCH 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 General Hospital. To register call (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

MARCH 8-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

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

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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

MARCH 11-KENNEWICK: "Vanele-The Ripple Effect" Annual fundraiser at the Three Rivers Convention Center. Proceeds will support the Kadlec Neurological Resource Center's purpose of improving the quality of life for those affected by neurological disorders. Tickets \$75 or \$600 for a table of eight. For information visit our website <http://variete2011.eventbrite.com/> or call (509) 943-8455 for more information.

APRIL 22-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

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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 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. Call (541) 377-9761 or (541) 289-7501

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SIGNS OF DEPRESSION

Depression's symptoms last for two or more weeks. They typically involve profound sadness and lack of interest in usual activities, such as a weekly hair appointment or a favorite hobby.

When you're depressed, "the things you normally do to pick you up don't work anymore," Dr. Szwabo notes.

Other symptoms of depression include:

Feeling fatigued or sluggish.

- Unexplained changes in weight or loss of appetite.
- Trouble sleeping or sleeping too much.
- Feelings of worthlessness, emptiness, hopelessness or guilt.
- Trouble concentrating or making decisions.
- Chronic aches or pains.
- Feeling nervous, restless or irritable.
- Crying a lot.
- Thoughts of death or suicide.

If you notice any of these signs, see your health care provider for an evaluation. If you suspect them in a loved one, you may want to gently suggest he or she discuss them with a doctor.

In some cases, symptoms of depression can actually be due to another problem, such as a thyroid condition or dementia. Blood pressure drugs or steroid medications also can cause mood changes, Dr. Szwabo notes.

Your doctor can help you identify the cause of your symptoms.

TREATMENT CAN HELP

Seeking help for depression isn't a sign of weakness. And, despite what some may suggest, depressed people can't simply pull themselves up by their bootstraps, Dr. Szwabo notes.

Fortunately, there are a variety of treatments, such as antidepressant medications and talk therapy, that can help ease depression. Your doctor can help you decide on the treatment plan that will be best for you.

"Once identified, depression is highly treatable," Dr. Szwabo says. "The goal is to have quality of life. Treatment of depression can [improve] your ability to enjoy life and do the things you want."



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 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. (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.. 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 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. For information call (509) 943-8455 or e-mail 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. Confirm (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



"WHY ARE YOU ALWAYS SUCH A PESSIMIST? WE MAY ALREADY BE A WINNER!"

Send us your event pictures!

SUPPORT GROUPS (continued)

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 Medical 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

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. Becky Betts, Providence St. Mary /stroke Support Group Coordinator (509) 522-5821, ext. 2117



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VOLUNTEERS NEEDED

BENTON CITY

Lower Valley Hospice is opening its 2nd thrift store in Benton City. Proceeds go to extend hospice care, bereavement counseling and in-home care for children with complex medical conditions. Store (509) 588-3930. To volunteer 1-800-474-6008.

HERMISTON

Hermiston Senior Center is looking for volunteers FOR 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. (541) 567-8424

PENDLETON

Meals-On-Wheels needs drivers! Would you be willing to help our community by volunteering to deliver meals to elderly shut-ins in the Pendleton area. 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 a Hospice home visitor. If you'd like to 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.

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VOLUNTEERS NEEDED (continued)

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. 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: Info 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

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 & helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers 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 required and training is provided. Volunteers needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145.

Walla Walla Community Hospice is currently recruiting individuals to serve as Patient Care Volunteers. Work in tandem with professional team of physicians, nurses, social workers, chaplains and aides. Provide companionship to hospice patients, allow family members and caregivers needed breaks. No specific experience or training is necessary. Mary Wollmuth, Volunteer Coordinator at 525-5561 or mary@wwhospice.org. A video about volunteers is available: www.youtube.com/watch?v=3H4u9YKaBWc.

The benefit amount is expected to be no less than an average of \$50 a day and will depend on the degree of a recipient's impairment. The money can be used for a variety of home-based services, technology and home retrofitting, respite care, assisted living and nursing-home care. No medical underwriting will be required and there will be no lifetime benefit limits.

The Congressional Budget Office estimates that monthly premiums will average \$123, or about \$1,500 a year. The Secretary of Health and Human Services is expected to set regulations by October 2012, with enrollment beginning shortly thereafter.

A Hard Sell

Long-term-care insurance historically has been a tough sell. About 8 million Americans have a private long-term-care policy out of a potential market of 15 million, says Jesse Slome, executive director of the American Association for Long-Term Care Insurance, a trade group in West Lake Village, Calif.

"People don't want to think about it," says Cheryl Matheis, Washington-based senior vice president for health strategy for AARP, which sells private long-term care insurance through Genworth. "Who wants to buy a product you don't ever want to use?"

But while questions remain about the new public program, she says, it's popular among some Americans over 50 who realize that neither private health insurance nor Medicare will cover their long-term-care needs.

Will It Make a Dent?

Some experts are skeptical the new benefit will make much difference, however. It could be good for working people who already know they have health problems that would make them uninsurable in the private market, says Stuart Armstrong, a certified long-term-care specialist.

But the benefit won't be sufficient to cover most people's needs, he says, because home-care aides run about \$20 an hour while nurses and physical therapists often charge at least five times as much.

The upside, he says, is that the public benefit and private policies won't offset each other, so you'll be able to sign up for and collect from both.

"I actually hope CLASS is good and works because having millions of Americans who have no plan in place [to now] have some plan in place benefits the nation," says Mr. Slome of the American Association for Long-Term Care Insurance. "It's an important first step."

The "really difficult obstacle," he says, "is going to be getting businesses on board because it will require an enormous educational effort on their part to make people aware" of the new benefit.

Since the program is voluntary, says Judy Feder, senior fellow at the Center for American Progress in Washington, participation has to be broad and enrollment easy in order to make the insurance pool big enough to work.

Happy Valentines Day 2011!

Valentine **BINGO** & Dessert Social

Thursday, February 10

1:30pm - 3:30pm

\$5 per person

(open to the first 175 registered)



Bring a friend, a loved one, all welcome... and spend the afternoon playing **BINGO**, eating **DESSERT**, and winning **PRIZES!**

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