

# SENIOR REVIEW

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

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## Yakima



## Moses Lake



## Union Gap



## Spinal-Fluid Test Is Found to Predict Alzheimer's

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

Multimedia

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

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

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

### Detect Alzheimer's Before Symptoms

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

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

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

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

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

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



...more on page 8

### Wenatchee



### Ellensburg



## SEMINARS/CLASSES/EVENTS/MEETINGS

### TUESDAY

**CHELAN:** "Diabetes Education". Third Tuesday of each month, 6:30 pm at Columbia Valley Community Health, 317 E Johnson. Held in the classrooms. Various topics/specialties are covered based on availability. Sponsored by Wenatchee Valley Medical Center. Shelley Wold, RD (509) 682-6198

**MOSES LAKE:** "Diabetes Education" The group classes are held monthly the first and fourth Tuesday of every month. During the spring and summer they run from 4:00-6:00 pm. Each session is four weeks in length. One-on-one appointments are also held with our Diabetes Educator. Team includes a certified diabetes educator and registered dietitian. Covered by most insurance plans, including Medicare and Medicaid. Diabetic education referral must be completed by your provider to take this class. Sponsored by Wenatchee Valley Medical Center. To register (509) 765-5606

**WENATCHEE:** "Overeater's Anonymous" Tuesdays 7:00 pm at First United Methodist Church, 941 Washington St. This is a fellowship, not a diet club. No weigh-ins, no dues or fees. Program is designed to help stop eating compulsively. For people of all sizes and types of eating problems or disorders. (509) 670-6046 or 662-0864

**YAKIMA:** "Diabetes Screenings" 8:00-10:00 am on Tuesdays at Memorial Hospital's Community Education Center on 2506 Nob Hill Blvd. in Yakima. No appointment necessary. For accurate results, do not eat or drink anything for 12 hours prior to screening. Fee: \$5 (\$3 for Memorial Third Age members). To register call (509) 249-5243

**YAKIMA:** "Sure-Start Diabetes Education" Three hour introduction course Tuesdays 9:00 am-Noon or 1:00-4:00 pm at Memorial Hospital's Community Education Building, 2506 Nob Hill Blvd. Registration required. Call (509) 249-5243

### TUESDAYS & THURSDAYS

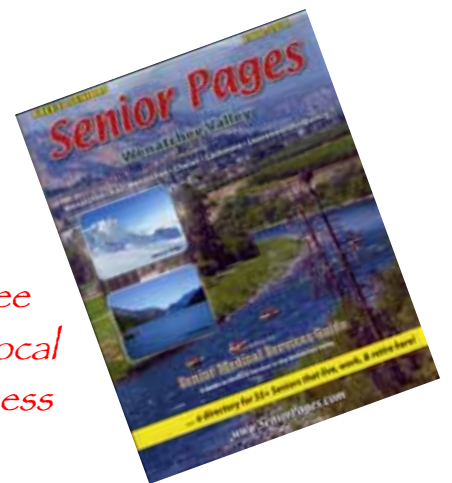
**MOSES LAKE:** "Stay Active & Independent for Life" It works...you'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls. It's safe, the instructors are experienced and skilled, and exercises have been tested with seniors. It's fun, you'll meet other seniors and make new friends. 10:00am At the Moses Lake Senior Center, 608 E Third Ave. For more information call (509) 765-7809 email: [mlsenior@gemsi.com](mailto:mlsenior@gemsi.com)

### WEDNESDAY

**YAKIMA:** "Ice Cream Social For Seniors" Presented by Rexford Manor Retirement Community, 1010 N 34th Ave. for additional information contact Colleen Collins at (509) 248-7768

### THURSDAY

**WENATCHEE:** "Tops Take Off Pounds Sensibly" Nonprofit support group for weight loss. Every Thursday at 5:15 at the Nazarene Church, 1011 S Miller. Contact Sherrie Schmitt (509) 548-5498



**SeniorPages.com**

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

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)

## CALENDAR

**AUGUST 16-ELLENSBURG:** "Self-Management Diabetes Classes" 6:00-9:00 pm. Jump-start your understanding of diabetes by joining Kittitas Valley Community Hospital self-management training classes. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. To be held in the KVCH Conference Rooms A & B. Pre-registration and physician referral required. Insurance billing provided. Family members are welcome and encouraged to accompany you, free of charge. To register call (509) 962-7373

**AUGUST 18-YAKIMA/UNION GAP:** "24th Annual Yakima Senior Nutrition and Kiwanis Pioneer Picnic" Ahtanum Youth Activities Park in Union Gap. Day's activities start at (9:00 am with bingo, games and activities. Fresh fruit pastries and coffee will be available in the morning. Entertainment begins at 11:00. Reservations are required. No charge to seniors age 60 and over, however, a \$4.00 donation is suggested, but not required. persons under 60 accompanying a senior \$7.00. For reservations and/or transportation assistance call Yakima County Senior Nutrition Program at (509) 574-2200, or 1-800-572-7354, ext. 2200.

**AUGUST 19-MOSES LAKE:** "Healthcare Provider CPR" 8:00 am-Noon. This course is intended for healthcare provider and allied professionals, such as: physicians, nurses, nursing or medical assistants, physical and occupational therapists, etc. Sponsored by Samaritan Healthcare. To register or for more information contact the Education Center at (509) 793-9690

**AUGUST 20-WENATCHEE:** "ACLS Provider Renewal 2010" The American Heart Assn. ACLS Provider Renewal course provides the knowledge and skills necessary to perform as a member of an advanced cardiac life support team based on American Heart Assn. standards. Registrants must present a current ACLS provider card and be competent at identifying cardiac dysrhythmias, have solid knowledge of cardiac pharmacology, and be able to demonstrated one-rescuer BLS skills. Fee: \$200 Sponsored by Central Washington Hospital, 1201 S Miller St, Room C. For information contact Melissa Covenant, Educations Services (509) 664-3494 [melissa.covenant@cwhs.com](mailto:melissa.covenant@cwhs.com)

**AUGUST 23-YAKIMA:** "Health Insurance Counseling" get answers to your questions about supplemental health insurance Medicare long-term care options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. Once a month 30-minutes appointments available. The last appt. is at 11:30 am. Sponsored by Yakima Memorial Hospital at the Harman Center. (509) 575-8484

**AUGUST 24-MOSES LAKE:** "Healthcare Provider CPR Renewal" 8:30-9:30 am. For those that have previously taken Healthcare Provider CP/r and are comfortable with their skills. Course intended for healthcare providers, professions such as nurses, nursing or medical assistants, physical and occupational therapists, etc. Sponsored by Samaritan Healthcare. To register call the Education Center at (509) 793-9690

**AUGUST 24-YAKIMA:** "Diabetes Sure Start Class For Beginners" 9:00 am-12:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participant will receive a personalized meal plan and class materials. Most insurance companies will reimburse the cost. Fee: \$70. To be held at Memorial Hospital's Community Education Center. For information call (509) 249-5243

**AUGUST 28-MOSES LAKE:** "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First aid & CPR classes that meet L&I requirements for day care providers, foster care providers, and other job-required card holders. To register by phone phone or for other information contact the Education Center at (509) 793-9690

**SEPTEMBER 1-YAKIMA:** "Health Insurance Counseling" get answers to your questions about supplemental health insurance Medicare long-term care options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. Once a month 30-minutes appointments available. The last appt. is at 11:30 am. Sponsored by Yakima Memorial Hospital at the Harman Center. (509) 575-8484

**SEPTEMBER 7-YAKIMA:** "Diabetes" 7:00-8:00 pm. You are invited to join in our free sharing and support meetings. Participants hare common concerns, goals, and interests as related to living with diabetes. Facilitated by a certified diabetes educator in Memorial Hospital's Classroom C, Loser Level. For information call (509) 249-5243

**SEPTEMBER 8-MOSES LAKE:** "Dining With Diabetes" 1:00-3:00 pm. A two part class for seniors with diabetes. Free of charge. You will receive recipes, watch cooking demos and taste foods made with less fat, sugar and salt. To be held at the Moses Lake Senior Center, 608 E Third Ave. Call Kathy at 800-572-4459 or 886-0700, ext: 220 so we will know how many will be attending. Second class is September 29th.



*Send us your event pictures!*

### CALENDAR (continued)

**SEPTEMBER 8-YAKIMA:** "M.E.D.S. (Medication Education Designed for Seniors)" 12:00-1:30 pm. Location varies. This is your personal consultation with a licensed pharmacist where you will receive comprehensive information on all the medications you are currently taking. This free service will help you learn safe and effective ways to take your medication and avoid potentially dangerous drug interactions. Caretakers are also encouraged to attend. Please bring prescriptions, over-the-counter medications and any herbs you may be taking with you to your appointment. FREE. By appointment only. Sponsored by Yakima Memorial Hospital's Third Age program. Call (509) 575-8484

**SEPTEMBER 11-ELLENSBURG:** "Self-Management Diabetes Classes" 9:00 am-12:00 Noon. Jump-start your understanding of diabetes by joining Kittitas Valley Community Hospital self-management training classes. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. To be held in the KVCH Conference Rooms A & B. Pre-registration and physician referral required. Insurance billing provided. Family members are welcome and encouraged to accompany you, free of charge. To register call (509) 962-7373

**SEPTEMBER 14-YAKIMA:** "Diabetes Sure Start Class For Beginners" 9:00 am-12:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the cost of the class. Fee: \$70. To be held at Memorial Hospital's Community Education Center. Call (509) 249-5243

**SEPTEMBER 22-ELLENSBURG:** "Self-Management Diabetes Classes" 9:00 am-12:00 Noon. Jump-start your understanding of diabetes by joining Kittitas Valley Community Hospital self-management training classes. 3-hour class designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. To be held in the KVCH Conference Rooms A & B. Pre-registration and physician referral required. Insurance billing provided. Family members are welcome and encouraged to accompany you, free of charge. or questions call (509) 962-7373

**SEPTEMBER 27-YAKIMA:** "Health Insurance Counseling" get answers to your questions about supplemental health insurance Medicare long-term care options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. Once a month 30-minutes appointments available. The last appt. is at 11:30 am. Sponsored by Yakima Memorial Hospital at the Harman Center. (509) 575-8484

**SEPTEMBER 28-YAKIMA:** "Diabetes Sure Start Class For Beginners" 9:00 am-12:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participant will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the cost of the class. Fee: \$70. To be held at Memorial Hospital's Community Education Center. For more information call (509) 249-5243

**SEPTEMBER 29-MOSES LAKE:** "Dining With Diabetes" 1:00-3:00 pm. Second of a two part class for seniors with diabetes. Free of charge. You will receive recipes, watch cooking demos and taste foods made with less fat, sugar and salt. To be held at the Moses Lake Senior Center, 608 E Third Ave. Call Kathy at 800-572-4459 or 886-0700, ext: 220 so we will know how many will be attending.

**SEPTEMBER 29-ELLENSBURG:** "Diabetes Support" The KVCH Diabetes Education and Support group provides continuous educational support to help individuals manage their disease more effectively. The group's monthly meetings offer the latest information on diabetes self-care, nutrition, and an opportunity to talk to others living with diabetes. This month's meeting Covers: "Make the most Out of Blood Glucose Checking". For more information please call (509) 962-7433



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

### SUPPORT GROUPS

#### CASHMERE

**RN/LPN:** Would you like to join a team that is making a difference? Family owned Cashmere Convalescent Center is looking for a motivated Registered Nurse or Licensed Practical Nurse for a Full Time evening position, Monday-Friday. Experience the difference by applying at Cashmere Convalescent Center. New grads welcome. Competitive wage and benefits. Contact: Erik (509) 782-1251

#### CHELAN

**DIABETES EDUCATION AND SUPPORT GROUP:** Third Tuesday of each month, 6:30 pm at Columbia Valley Community Health Chelan, 317 E Johnson, (old DOT Building)/ The group is being held in the classrooms. Various topics/specialties are covered based on availability. For questions call Shelley Wold, Rd. (509) 682-6198

#### ELLENSBURG

**BEREAVEMENT SUPPORT:** Conducted by Hospice Friends (509) 962-7379

**BEREAVEMENT SUPPORT:** Kittitas Valley Community Hospital offers compassionate guidance and support for those grieving after the loss of a loved one. Please call the Hospice Department to make an appointment. (509) 962-7438

#### CANCER SURVIVOR SUPPORT GROUP:

Guest speakers discuss cancer prevention, detection and treatment, as well as cancer research and the results of clinical trials. Second Monday of the month at Kittitas Valley Community Hospital Conference Rooms A & B. Contact Karen Schock (509) 962-2844

**DIABETES SUPPORT GROUP:** Meets on the third Tuesday of each month at 6:30 pm at Kittitas Valley Community Hospital, 103 S Chestnut. Contact: Mary Jo Morrissey and Judy Heesacker (509) 962-7374

#### SHIBA HELPLINE FOR KITTITAS COUNTY:

Statewide Health Insurance Benefits Advisors. Volunteers trained by the Wash. State Office of the Insurance Commissioner to help people of all ages with health insurance related concerns and questions. Free, confidential and unbiased information. New volunteers are always welcome to be trained to serve in Kittitas County. Sponsored by RSVP of Kittitas County. (509) 962-4311

### SUPPORT GROUPS (continued)

#### WENATCHEE

##### ALZHEIMER'S SUPPORT GROUPS:

2nd and 4th Tuesdays, 10:30 am-Noon. At Blossom Creek, 1740 Madison St. 10:00-11:00 am Grace Lutheran Church, 1408 Washington. The Alzheimer's Assn. support group is for caregivers and is designed to provide caring place for members to discuss the many challenges of caregiving for someone touched by this disease. The group provides a safe haven for participants to share their feelings, find emotional support, exchange information. For more information call Jan Ebert at (509) 782-0927

##### MS SUPPORT GROUP:

Second Wednesday of each month at 6:30 pm at Wenatchee Valley Medical Center, Conference Room. Contact: Jessica J. (509) 669-4067

##### PARKINSON'S SUPPORT GROUP:

Meets on the third Tuesday of each month from 2:00-3:30 pm. No classes in July or August. Sponsored by Wenatchee Valley Medical Center. For additional information call (509) 663-8711

##### STROKE AND BRAIN INJURY SUPPORT GROUP:

Meets the third Wednesday of each month from 1:30-3:00 pm. Sponsored by Wenatchee Valley Medical Center. For meeting location or more details please call Susan Howell at (509) 663-8711, ext. 5983

#### YAKIMA

##### ALZHEIMER'S SUPPORT GROUP:

Alzheimer's Association Dementia Support Group meets on the second Thursday of the month at 3:30 pm. Located at Living Care, 215 N 40th Ave in the activity center.

##### BEREAVEMENT SUPPORT GROUP:

Meets at Memorial Home Care office (1019 S 40th Ave) from 5:30-6:30 pm on the first and third Monday of each month. For information call (509) 574-3600

##### CARDIAC PATIENT SUPPORT:

Meets on the first Wednesday of each month from 12:00-1:00 pm at 16th Avenue Station (1470 N 16th Ave) For specific dates and times call (509) 574-3300, ext 3022

#### DIABETES DIALOG SUPPORT GROUPS:

Participants take opportunity to share common concerns. Screenings the second and fourth Tuesday of month in Diabetes and Wound Care in Yakima Valley Memorial Hospital basement. For information and to register call (509) 249-5243

##### MEMORY CARE SUPPORT GROUP:

Held every third Thursday at 6:30-8:30 pm at Highgate Senior Living, 5605 W Chestnut Ave. (509) 972-4141 Fee: Free

### VACANCIES

#### YAKIMA

##### ONE BEDROOM AND STUDIO

apartments now available at Charbonneau, a Holiday Retirement Community. a complete facility with meals, housekeeping, cable TV and more available. For additional information and a free tour contact Tom & Monica Judy at (509) 734-4331

**COMPLIMENTARY LUNCH:** *Crescent Place Retirement Apartments* 505 N 40th invite you to stop by for a tour and enjoy a complimentary lunch. Contact: Linda Weiler, Manager. 509-833-8414. One-bedroom now available.

##### 1 & 2 BEDROOM SUITES:

*Rexford Manor* (Park Meadows) has openings. Ground floor patio suites available; full kitchen, washer & dryer in every suite. Call for a tour and complimentary lunch. 1010 N 34th Ave. Contact: Colleen Collins, (509) 248-7768 or e-mail: [colleenjim1@msn.com](mailto:colleenjim1@msn.com)



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### VOLUNTEERS NEEDED

#### ELLENSBURG

*Kittitas Valley Community Hospital Volunteer Department Patient Assistance Program.* A program for uninsured and low income patients. Located in the KVCH Community Health Library, 603 S Chestnut. Monday & Wednesday 1:00-3:00 pm, Friday 1:00-2:00 pm. Contact (509) 933-7565

The *Ellensburg Meals on Wheels* program is looking for a regular volunteer to deliver meals on Tuesday and Thursdays from 11:00 am to Noon in the Ellensburg area. If interested call Audrey Lyman at (509) 933-3333 or (509) 929-0692

*Retired and Senior Volunteer Program of Kittitas County* – RSVP. Engaging volunteers 55 and older in community service. 707 N Pearl St., Suite 1. (509) 962-4311. [www.rsvp-wa.org](http://www.rsvp-wa.org)

#### MOSES LAKE Samaritan Healthcare

has opportunities throughout the hospital. We make it our mission to place volunteers in the department that best suits their needs and skill level. Individuals interested in becoming a volunteer at Samaritan Healthcare are screened, interviewed, given an overview of volunteer positions available as well as volunteer benefits. Volunteers generally work only 4 hours per week or more if they prefer. Arrangements are made to fill in when the volunteer needs time off. If you are interested in becoming a volunteer Contact Bonnie Dirks at (509) 793-9724

**PROSSER** The American Red Cross is looking for a blood draw chairperson in Prosser. Chairperson would be responsible for running and organizing the blood draw. Duties include opening the doors, securing volunteers and putting up posters announcing the blood draw. Training will be provided. All potential volunteers must have a background check. If you would like more information call Sirena at (509) 574-1933

#### TOPPENISH Toppenish Nursing & Rehab

is in need of volunteers willing to donate their time or talent. We would be happy to have musical entertainment (we have a piano on site) or people willing to donate time to visit and read to residents. we would also like people willing to help with crafts games, gardening or walks. there are opportunities available all day. Please contact Jessica Riggs at (509) 865-3955

### VOLUNTEERS NEEDED (continued)

#### UNION GAP

*Union Gap Senior Center* needs volunteers to help on Mondays & Thursdays. Volunteers are needed to help in the kitchen setting up lunch tables, serve lunch and do dishes. Volunteers are also needed as bingo callers. All potential volunteers must have a criminal background check done by the agency before volunteering. For more information, please contact Sirena 509-574-1933.

#### YAKIMA

The *Compassion Connect* event in conjunction with Yakima Valley CityFest is being held the 17th of July, 2010 at the Sun Dome in Yakima. Compassion Connect would like to help the homeless community get the services they need. Guides needed for this rewarding Community event. Guides would be assisting in getting people in-need to the shuttle to go to the dental offices, the exam area for eye, hearing, physical exams etc. and to social services for food stamps, medical etc., to the area for the blood drive. General assistance. If you would like to help please contact Rosemary-225-9310

The *Discovery Shop* has 2 volunteer opportunities available. Volunteers are needed to price household items and set up displays Thursday and some Saturday mornings. Volunteers are also needed as cashiers to fill when needed. Training is provided for both opportunities. If interested, please call Sirena 509-574-1933.

*Harman Center*, 101 N 65<sup>th</sup>, needs volunteers in their Health Care room where they provide foot care services. Duties include receptionists and volunteers to change water. Contact: Traci Bennett at (509) 576-6348. Other volunteer jobs include kitchen help, coffee bar, greeters, and computer room. Most shifts are three to four hours Monday-Saturday. contact Jane Davis. (509) 575-6230

*RSVP of Yakima County* is looking for a diverse group of individuals to serve as volunteer community educators. This group of volunteers will present to professional and community groups on the topic of senior fall prevention. If you are concerned about the health of older adults in our community and the ability of seniors to age in their own homes, then this is a great opportunity to help the fastest growing segment of our population. For more information contact Sirena (509) 574-1933

*Central Washington Disability Resources* is looking for reading and mathematics tutors to work with adults with significant learning disabilities. Tutors will help YVCC students with disabilities study for their GED exam and comprehend basic skills classes in math and reading. Contact: Patty Jordan, (509) 962-9620 or email [patty@mycwdr.org](mailto:patty@mycwdr.org)

The *Foster Grandparent Program of Yakima and Kittitas Counties* needs volunteers willing to assist youth (infant-18 years of age) in their community. Our volunteers choose which site and age group they would like to serve. Activities depend on the site and age group they choose. All volunteers work one-on-one or in small groups with the youth who need the most assistance. All potential volunteers must be at least 60 years of age and pass a physical wellness exam. They also need to complete a volunteer application and have a criminal background check done before volunteering. For more information please contact Megan Turner/RSVP of Yakima county (509) 965-7100, 1-800-246-2962 or [mturner@cfcisyakima.org](mailto:mturner@cfcisyakima.org)

*Gleaning Volunteers Needed!* Harvest Against Hunger and Northwest Harvest of Yakima are looking to increase the amounts of local produce for the food banks in our area by having volunteers gathering fruit left in orchards/fields after harvest (gleaning). Farmers and growers throughout the valley are generously offering gleaning opportunities. Please consider whether you or your group might be interested in becoming a part of this project. Contact Jacklyn King or Lisa Hall at (509) 6956

*MCIP (Mentoring Children of Incarcerated Parents)* is looking for volunteers to create one-on-one relationships with a child, helping them build their self-esteem and motivating them to set goals to work towards. Volunteers should plan to give a one year commitment. Potential mentors must be at least 21 years of age and have a criminal background check done by the agency before volunteering. For more information on this volunteer opportunity, please call Sirena 509-574-1933.

*Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington* grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children There are a variety of volunteer opportunities available. For more information contact [www.northwestwishes.org](http://www.northwestwishes.org). To sign-up and receive application materials email Volunteer Manager Jeni Miller at [volunteer@northwestwishes.org](mailto:volunteer@northwestwishes.org)

*Memorial Hospice and Transitions Program* needs compassionate volunteers to join its' team. Volunteers will assist patients and families living with terminal illness. Volunteers will have the opportunity to share time while supporting families in a variety of ways: caregiver relief, companionship, light meal preparation, light house and yard work, medication deliveries, leisure activities and bereavement support. Hospice/Transitions training is required and conducted by Memorial's staff. For more information call Dotties Hildebrand at (509) 574-3655

*Pegasus Project* is looking for sidewalker volunteers to help out at the Tumbleweed Ranch. Volunteers are directly responsible for assisting student horse riders. Volunteers will walk/jog on the side of the horse, supporting the rider, under the supervision of the riding instructor. Volunteers should have good communication skills; feel comfortable around horses and a ranch environment; and they enjoy and are comfortable working with riders with disabilities. Training (TBA) will take place in 2 parts. All potential volunteers will need to have a criminal background check done by the agency before volunteering. If you are interested in helping out with this worthwhile project, please call Sirena 509-574-1933.

*Wellness House* is in need of both scheduled and on-call receptionist volunteers. Volunteers would answer phones, greet clients, telephone group members and be willing to assist with other tasks as needed. Computer skills would be a plus. Hours needed are Thursdays from 10:00 am-1:00 pm Training will be provided. Contact Lydia Warehime (509) 248-2668

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

### VOLUNTEERS NEEDED (continued)

*Yakima Seventh Day Adventist Food Bank* is in need of drivers to pick up food donations at already established food sites. Drivers are needed Tuesdays, Thursdays, Fridays and every other Sundays at approx 8:00 am. Must have a valid driver's license and insurance. Gas reimbursed Contact Sirena (509) 574-1933

*Yakima Valley Trolleys* is in need of volunteers. We need trolley motormen (we will train), ticket sellers, museum docents, historical actors, woodworkers, machinists electricians, groundskeepers and community advocates. Motormen must be at least 21 years old and have a valid driver's license. All positions are well suited to retirees. Our main times of need are weekends from Memorial Day to Labor Day, but some of the positions can be done on weekdays and through the winter. Potential volunteers can email us at [yakimavalleytrolleys@hotmail.com](mailto:yakimavalleytrolleys@hotmail.com) or call Ken Johnsen (425) 432-8444. You can learn more about the trolleys by looking at our website, [www.yakimavalleytrolleys.org](http://www.yakimavalleytrolleys.org)

*The Respite Adult Day Center* is looking for enthusiastic, caring, responsible individuals to be volunteer program aides. Volunteers would provide one-on-one assistance with elderly clients who have moderate cognitive or physical deficits. Volunteers will assist with serving snacks, serving lunch, exercises, walks, games, crafts, music, dancing and sharing hobbies. Training will be provided. Volunteers are needed Tuesdays or Thursdays 10:00-2:00 pm. For more information on this opportunity contact Sirena (509) 574-1933, RSVP of Yakima County

*The Senior Companion Program* is in need of low-income elders age 60 and older to provide loving care and support to other seniors who are isolated in their living setting in all parts of the Yakima Valley. Volunteers will need to undergo a background check as well as numerous hours of pre-service training. Qualified volunteers receive a stipend, mileage and meal reimbursements and insurance. Interested individuals are asked to call Jael Torres, Area Coordinator at (509) 965-7100 for more information.

If you are interested in our Logo Sponsor program for your Hot Sheet listings. Please Call Dale at 509 979-6882

*Volunteer Chore Services* is looking for volunteers to help provide basic in-home assistance to low-income elders and adults with disabilities to enable them to continue living safely, independently and with dignity in their own homes. Volunteers help build wheelchair ramps, provide transportation to doctor's appointments, grocery shopping etc and also provide light housekeeping. Must complete a background check. Contact: Sirena at (509 574-1933

*SHIBA* (Statewide Health Insurance Benefit Advisors) is looking for volunteers to educate consumers about their rights & options regarding prescription drug access, health insurance and access to health care, so they can make informed decisions. Flexible hours, can be done from home. Volunteers should be interested in helping people; doing some public presentations; have basic computer skills; be interested in health care; have patience, compassion and enjoys a challenge. Training will be provided. Call Donna 509-574-1934.

*Volunteer Chore Services* is looking for volunteers to help provide basic in-home assistance to low-income elders and adults with disabilities to enable them to continue living safely, independently and with dignity in their own homes. Volunteers help build wheelchair ramps; provide transportation to doctor's appointments, grocery shopping and other such errands; and also to provide light housekeeping. All potential volunteers must complete a criminal background check done by the agency before volunteering. For more information on Volunteer Chore Services and how you can help, call Sirena 509-574-1933.

*Volunteer Tutors Needed:* The Southeast Community Center Tutoring Program is currently seeking adult volunteer tutors for youth in grades K-12. Tutors will provide homework assistance and basic tutorials. Training is provided. The Tutoring Program is open from 3:00-5:00

*Wellness House* again needs your help in securing volunteers. What we need are cancer survivors who are a year or more out of treatment to mentor newly diagnosed people with a like cancer. Secondly, one of the cancer centers needs volunteers to work in the infusion area. Volunteer duties include, but not limited to, taking blankets, pillows, juice, cookies, etc. to patients. The main purpose of volunteers is to provide comfort and support to the patients. Contact Eunice at (509) 575-6686 or email [Eunice@wellness-house.org](mailto:Eunice@wellness-house.org).

*Yakima County Juvenile Court CAB* (Community Accountability Board) is looking for volunteers to help hold youth accountable for his/her actions; to impress upon the youth that the community is concerned with his/her behavior; and to foster a positive change in the youth's attitude/behaviors. Volunteers will work as a team meeting with the juvenile and his/her parents/guardians to process cases involving juveniles who have committed minor criminal and/or traffic offenses. They will hold youngsters accountable for their behavior by determining a fair disposition for the offense. Volunteers work 1-2 CABs per month. Training is provided. All potential volunteers must have a criminal background check done by the agency before volunteering. If you are interested in becoming a CAB volunteer, please call Sirena 509-574-1933

*Yakima Greenway Foundation* is looking for Goodwill Ambassadors to be courtesy cart drivers. Volunteers will assist with questions, give out water and clean-up litter along Greenway path. Volunteers are needed starting May 3 and running towards the end of September. Need to have a current valid driver's license; be at least 18 years of age, be sociable, and enjoy meeting and working with the public. All potential volunteers must have a criminal background check. For more information contact Sirena at (509) 574-1933

*Yakima Neighborhood Health Services* is looking for volunteers for their "Reach Out and Read" program. Volunteers will promote early childhood development through literacy and demonstrate to parents how to read to their children. Potential volunteers should be patient, enjoy reading and working with children. Bilingual volunteers are desperately needed! Volunteers can work anytime Monday – Friday 8am – 6pm. For more information on this volunteer opportunity, please call Sirena 509-574-1933.

*Yakima Valley Partners Habitat for Humanity* is looking for volunteers to do general office duties such as filing and answering phones once a week. All potential volunteers need to have a background check. For more information please contact Sirena Phillips, RSVP of Yakima County, (509) 574-1933

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

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

#### Some Do Not Have The Disease

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

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

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

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

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

#### Stop The Proteins, Stop The Disease?

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

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

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

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

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

By Gina Kolata, Reprinted from the New York Times

