

SENIOR REVIEW

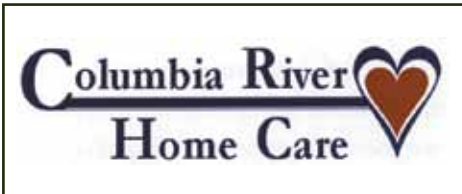
Information and Calendar/Classifieds from Senior Pages

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Moses Lake



Wenatchee



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



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Wenatchee



SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAY & WEDNESDAY

WENATCHEE: "Free Movement and Exercise Programs" Join trained instructors at Eastmont Gold's Gym for a safe and effective exercise class. 4:15-5:15. For active individuals who are recovering from cancer, surgery or those who have chronic illness such as diabetes; perfect for every fitness ability level. Chairs are available for seated excises. No membership or fee required. Call Wellness Place for info

EAST WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour three time per week taught by a qualified exercise instructor. Sit or stand. Adapted for all levels of ability. Specifically designed to help maintain and improve your balance and mobility. Participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+". It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 1:30-2:30 pm at Eastmont Presbyterian /church, 301 Kentucky. Instructor Lynne Barnhart (509) 884-4219

MONDAY & TUESDAY

WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. Sit or stand. Exercises adapted for all levels of physical ability. Designed to help maintain and improve your balance and mobility. Participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+". It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:30-10:30 am at Blossom Valley Assisted Living, 1701 Orchard St. Instructor John Luce (509) 662-1231

TUESDAY

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

ENTIAT: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+". It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 5:30-6:30 pm at the Entiat Grange #1014, 14108 Kinzel St. Instructors: Cathy Montgomery & Arlene Horan, RN (509) 784-7117

MOSES LAKE: "Diabetes Education" The group classes are held monthly the first and fourth Tuesday of every month. During the winter classes are held 2:00-4:00 pm. Each session is four weeks in length. One-on-one appointments are also held with our Diabetes Educator. Instructor team includes a certified diabetes educator and registered dietitian. Covered by most insurance plans, including Medicare and Medicaid. A diabetic education referral must be completed by your provider to take this class. Sponsored by Wenatchee Valley Medical Center. (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. OA's program is designed to help stop eating compulsively. For people of all sizes and types of eating problems or disorders. Call (509)_ 670-6046 or 662-0864 for information.

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

WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+". It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:00-10:00 am at Wenatchee Senior Activity Center, 1312 Maple St. Instructor: Sarah Jicha (509) 716-1278

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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 first week of each month. If you have any announcements similar to those below please e-mail them by the 25th of the previous month to dale@seniorpages.com

SEMINARS/CLASSES/EVENTS/ MEETINGS(continued)

WEDNESDAY

WENATCHEE: "Footcare" In the health room of the Wenatchee Valley Senior Activity Center. Professional foot care by Sue Anez, RN. Soak, trimming and filing. Contact Sue at (509) 669- Or 881-2022

WENATCHEE: "Legal Counseling" Conference Room B of the Wenatchee Valley Senior Activity Center. Attorneys from Volunteer Attorney Services offer one-on-one appointments for basic legal information for seniors. Call (509) 663-2778

WENATCHEE: "Fitness for Seniors" 10:15-11:15 Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036

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

WENATCHEE: 11:30 am. Free blood pressure checks in the health room of the Wenatchee Valley Senior Activity Center. Home health nurses from Central Washington Hospital will check your blood pressure free of charge, just stop by.

THURSDAY & FRIDAY

WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour three times per week with a qualified exercise instructor. Sit or stand. Adapted for all levels of ability. Participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+. It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:30-10:30 at Blossom Valley Assisted Living, 1701 Orchard St (509) 664-3007

FRIDAY

WENATCHEE: "Wine, Cheese & Chat Happy Hour" 5:00-7:00 pm third Friday of each month. Featuring a local winery and great hors' doeuvres. at the Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036

ENTIAT: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three times per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+. It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 10:00-11:00 am at the Entiat Grange #1014, 14108 Kinzel St. Instructors: Cathy Montgomery & Arlene Horan, RN (509) 784-7117

WENATCHEE: "Hearing Aid Services" Free checks and cleaning. Confidential and free counseling about your hearing loss concerns. Just drop by, no appointment needed. Service provided by Aimee Seely-Fadich of Sonus. 10:00 am-Noon.

WENATCHEE: "Fitness for Seniors" 10:00-11:00 am. Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036



CALENDAR

DECEMBER 3-MOSES LAKE: "First Aid & CPR" 8:00 am-Noon. First Aid & CPR classes that meet L&I requirements for care providers. Sponsored by Samaritan Healthcare. To register or for more information call (509) 793-9690

DECEMBER 8-MOSES LAKE: "Healthcare Provider CPR Renewal" 7:30-9:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$40. (509) 793-0690.

DECEMBER 10-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. Fee: \$40. For information contact the Education Center at (509) 793-9690

DECEMBER 16-WENATCHEE: "BLS for Healthcare Providers" Provides you with the skills and knowledge necessary to perform basic life support measures, both in and outside of a clinical setting. This is an online course with an in-person skills test. Sponsored by Central Washington Hospital, 1201 S Miller St., in Room G-GATE House. Fee: \$60. Contact Jan Fahl, Administrative Support Specialist, (509) 664-3475 email: education@cwhs.com

DECEMBER 28-MOSES LAKE: "Healthcare Provider CPR Renewal" 7:30-9:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$40. To register contact Samaritan Healthcare Education Center at (509) 793-0690

JANUARY 5-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. Fee: \$40. For information contact the Education Center at (509) 793-9690

If you are interested in our Logo Sponsor program
Please Call Dale at 509 979-6882

CALENDAR continued

JANUARY 12-MOSES LAKE: "Healthcare Provider CPR Renewal" 7:30-9:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

JANUARY 13-WENATCHEE: "BLS Renewal & Annual Clinical Skills Day 2011" Annual Clinical Skills Day is designed to verify competency in specific hands-on skills. Topics include: BLS update, WAIVE testing, Glucometer verification, and Restraint Release demonstration. Offered three time on this date. Sponsored by Central Washington Hospital, 1201 S Miller, Room G - GATE House. Fee \$25. Contact Jan Fahl (509) 664-3475 email: education@cwhs.com

JANUARY 14-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 provides, and other job-required card holders. Fee: \$40. For information contact the Education Center at (509) 793-969

JANUARY 17-18-MOSES LAKE: "ACLS Provider Course" Two-day Advanced Cardiac Life Support full provider course. For those take ACLS for the first time, expired card holders, or renewing card holders who prefer complete review. Sponsored by Samaritan Healthcare For information contact the Education Center at (509) 793-969

JANUARY 22-23-CHELAN: "Advanced Cardiac Life Support (ACLS)" 8:00 am-5:00 pm. The objective of this course is to provide the essential knowledge and skills necessary to participate as a key member of an advanced cardiac life support team. Space is limited. Sponsored by Lake Chelan Community Hospital. For additional information and to register email mricherson@lcch.net or call (509) 682-3300

JANUARY 24-WENTACHEE: "ACLS Provider 2011" The American Heart Assn. ACLS Provider Course provides the knowledge and skills necessary to perform as a member of an advanced cardiac life support team based on American zHeart Assn. standards. Registrants must be competent at identifying cardiac dysrhythmias, have soled knowledge of cardiac pharmacology, and be able to demonstrate one-rescuer BLS sills. Sponsored by Central Washington Hospital, 1201 S Miller, Room c. Fee: \$270. Contact Connie Morris (509)

JANUARY 25-MOSES LAKE: "Healthcare Provider CPR Renewal" 7:30-9:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

JANUARY 29-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 provides, and other job-required card holders. Fee: \$40. For information contact the Education Center at (509) 793-9690

FEBRUARY 9-MOSES LAKE: "Healthcare Provider CPR Renewal" 7:30-9:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

FEBRUARY 11-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 provides, and other job-required card holders. Fee: \$40. Contact the Education Center at (509) 793-9690

FEBRUARY 15-WENATCHEE: "BLS for Healthcare Providers" Provides you with the skills and knowledge necessary to perform basic life support measures, both in and outside of a clinical setting. This is an online course with an in-person skills test. Sponsored by Central Washington Hospital, 1201 S Miller St., in Room G-GATE House. Fee: \$60. Contact Jan Fahl, Administrative Support Specialist, (509) 664-3475 email: education@cwhs.com

FEBRUARY 22-MOSES LAKE: "Healthcare Provider CPR Renewal" 7:30-9:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

FEBRUARY 26-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 provides, and other job-required card holders. Fee: \$40. For information contact the Education Center at (509) 793-9690

MARCH 29-31-EPHRATA: Columbia Basin Hospital Health Fair and Family Night. (Family Night March 31) Held at the Ephrata Recreation Center. The health fair features reduced rates for health screens, educational material, and fun activities for the entire family. Many local health care providers ranging from eye care, chiropractic, massage and immunization clinics are all a part of this learning experience. For more information contact Gail Michael at (509) 754-4631, ext. 206



Many new Profiles of Senior Businesses can be found on 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. Call Shelley Wold, Rd. (509) 682-6198

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

CANCER SUPPORT GROUP: First and Third Tuesdays at 7:00 pm at Wellness Place, 240 N Chelan. Call (509) 888-9933

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. 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. Call Susan Howell at (509) 663-8711, ext. 5983

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analysis of United Nations data projects life 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.

WHAT AN OPPORTUNITY! You can send your events, seminars, announcements, employment openings, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW Free! send to: Dale@SeniorPages.com

VOLUNTEERS NEEDED

EPHRATA

The Columbia Basin Hospital Auxiliary is a volunteer organization promoting the advancement of welfare for the hospital through service and fundraising. The CBH Auxiliary is an active group that meets on the second Monday of every month at 1:00 pm in the hospital conference room. To become a member or to receive more information regarding the auxiliary please call Sue Alberti at (509) 246-1944

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

WENATCHEE

Long term care Ombudsmen needed. Weill you help advocate for the rights of vulnerable adults? Free training. Call Erin Nelson, NCW Ombudsman Program 886-0700, ext. 232

Wenatchee Valley Senior Activity Center has opportunities at the front desk and Crafters Corner. Other volunteers help out with special events. We have a vast number of volunteer opportunities available for our members to choose from depending on their interests, talents and skills. Senior Activity Center members have a lifetime of talents to share. Call our Volunteer Coordinator at (509) 662-7036

Central Washington Hospital has many volunteer opportunities in the Hospital, Gift Shop, Guild House reception desk, Assist the chaplain with patients' spiritual needs, Hospice Volunteers visiting end of life patients in-home or nursing home, or Mended Hearts program visiting patients recovering from heart procedures. Pick up an application the Volunteer Services office is open Monday - Friday from 8:00 am-4:30pm or call (509) 662-1511 ext. 2663.

Wenatchee Valley Senior Activity Center members are active volunteers either at the center or at various other non-profits in the community. Some volunteers have regularly scheduled volunteer shifts or others help out with special events. Vast number of opportunities available to choose from depending on interests, talents and skills. If you would like to become an active volunteer call our coordinator at (509) 662-7036



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Look for the 2010-2011 editions of the Senior Pages for your area! It's the most complete directory for 55+ Seniors that live, work, and retire here. You can find all the services, care, retirement facilities and medical resources you need for an active, mature life. Pick up your free copy at your local senior center, retirement facility, medical clinic or senior service business today! If you can't find one in your area give us a call, send us an email, or you can download our entire directories at www.seniorpages.com

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