

SENIOR REVIEW

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Yakima



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



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Yakima



Liz Trua, Realtor, SRES

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SEMINARS/CLASSES/ EVENTS/MEETINGS

TUESDAY

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 the most accurate results, do not eat or drink anything for 12 hours prior to the screening. Fee: \$5 (\$3 for Memorial Third Age members). For information and to register call (509) 249-5243

WEDNESDAY

YAKIMA: "Better Breathers Club" Support group for individuals and families with lung disease. 1:00-2:30 pm at Memorial Hospital Rehabilitation and Wellness Center, 406 S 30th Ave. No charge. For information call (509) 576-7650

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

CALENDAR

JANUARY 4-YAKIMA: "Diabetes Blood Sugar Screening and Foot Screenings" 8:00-10:00 am. At Memorial Center for Diabetes Prevention and Control, 2811 Tieton Drive. For most accurate blood sugar screening results, do not eat or drink anything 8-12 hours prior to screening. \$3 for Third Age Members

JANUARY 4-YAKIMA: "Heart Healthy Eating Part I" 12:15 pm. Including a variety in healthy food choices is one of the most effective ways to reduce cholesterol, blood pressure, and maintain a healthy weight. This class covers nutritional guidelines supported by leading health organizations. It will help you take positive steps to a healthy lifestyle. Presenter: Theresa Roberts, RD, CD. Class is taught in the Yakima Regional Medical Office Building. Call (509) 573-3592 to register for these free classes www.yakimaregional.com

JANUARY 5-YAKIMA: "Health Insurance counseling-SHIBA" 10:00 am -12:00 pm. Get answers to your questions about supplemental health insurance Medicare long-term car options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. At the Harman Center, 101 N 65th. To schedule an appointment call (509) 574-1934

JANUARY 6-YAKIMA: "My Health My Life: A Guide To Well Being" 9:45 am-12:15 pm. A 6-week program to help those who suffer from chronic illness learn how to live a healthy life by managing their symptoms. To be held at Orchard Park Retirement, 620 N 34th, For information or to register for this free class call (509) 574-5956

JANUARY 7-YAKIMA: "Portion Control" 8:00-9:00 am. Sponsored by Heart Education, Seniors, third Age. How much is too much? Knowing ow much to eat when you're hungry is key to maintaining a healthy body weight. Participate as we compare serving size to portion size and balance calories budgeting with y our energy expenditure. To be held in Memorial Hospital's Rehabilitation and Wellness Center, 406 S 30th. For information on this free class call (509) 576-7650

JANUARY 10-YAKIMA: "Principles of Exercise" 12:15 pm. This class will highlight the following areas: aerobic exercise, strength training, and flexibility and will answer the following questions: How often should I exercise? How long should I exercise? How do I know how hard to exercise? What if I don't even like to exercise? Class is taught in the Yakima Regional ICCU Conference. Call (509) 573-3592 to register for these free classes or visit www.yakimaregional.com

JANUARY 11-YAKIMA: "Diabetes Blood Sugar Screening and Foot Screenings" 8:00-10:00 am. At Memorial Center for Diabetes Prevention and Control, 2811 Tieton Drive. For most accurate blood sugar screening results, do not eat or drink anything 8-12 hours prior to screening. \$3 for Third Age Members.

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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

Toppenish



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

CALENDAR (continued)

JANUARY 11-YAKIMA: "Heart Healthy Eating Part II" 12:15 pm This class will be a continuation of Part 1 to include understanding label facts and foods/products marketed as 'functional' (ie omega 3 fats, phytonutrients, plant stanols/sterols, prebiotics, probiotics, antioxidants, etc. Class is taught in the Yakima Regional Medical Office Building. Call (509) 573-3592 to register for these free classes or visit www.yakimaregional.com

JANUARY 11-YAKIMA: "Diabetes-Sure Start Class for Beginners" 9:00-12:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participation will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the \$70 class fee. To be held at Memorial Hospital's Community Education Center, 2506 W Nob Hill Blvd. Contact (509) 249-5243

JANUARY 12-YAKIMA: "Tools & Tips for Quitting Tobacco" 1:30 pm. A Tobacco Control Manager from the American Lung Association will help you understand nicotine addiction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan. Class is taught in the Yakima Regional Medical ICCU Conference Room. Call (509) 573-3592 to register for these free classes or visit www.yakimaregional.com

JANUARY 12-YAKIMA: "Stress Reduction" 12:00-3:00 pm. Life is stressful! This class will introduce you to 15 different relaxation states, and, even better, several approaches to creating them. Presenters: Kirk Strosahl, PhD/Patricia Robinson, PhD. Class is taught in the Yakima Regional Medical ICCU Conference Room. Call (509) 573-3592 to register for these free classes or visit www.yakimaregional.com

JANUARY 12-YAKIMA: "Getting to Sleep" 12:00-4:00 pm. Would you like to look forward to going to bed and getting a good night's rest? This class covers the basics of good sleep hygiene. Come and sleep better. Presenter: Kirk Strosahl, PhD. Class is taught in the Yakima Regional Medical ICCU Conference Room. Call (509) 573-3592 to register for these free classes or visit www.yakimaregional.com

JANUARY 13-YAKIMA: "The ABCs of Diabetes" 12:15 pm. Diabetes is such an important risk factor for heart attack that it is often referred to as 'another name for heart disease.' Type 2 diabetes puts you at three times the risk for the development of cardiovascular disease and this class helps you to recognize the signs and symptoms. Presented by Cameron Van Tassell, MS, RD, BC-ADM. Class is taught in the Yakima Regional Medical ICCU Conference Room. Call (509) 573-3592 to register for these free classes or visit www.yakimaregional.com

JANUARY 13-YAKIMA: "Memory Loss Support Group" 3:30-5:00 pm. To be held at Living Care Retirement Community, The Village Center Activity Room, 215 B 40th Ave. Sponsored by Memorial Hospital's Third Age program. For more information call (509) 853-2504

JANUARY 17-YAKIMA: "Appetite Control" 8:00-9:00 am. Heart Education, Memorial Hospital's Third Age program. Identifies the biological and psychological triggers that stimulate or reduce your appetite. learn about how certain foods, alone or in combination, can sabotage your hard work. Also included, we talk about meal planning, family and social dynamics, and habits you can start to help achieve your goals. to be held in Memorial's Rehabilitation and Wellness Center, 406 S 30th Ave. No charge. Contact: (509) 576-7650

JANUARY 17-YAKIMA: "Introduction to Relaxation Techniques" 12:15 pm. The ability to relax or de-stress is as simple as taking a breath, and as challenging as focusing on that breath without distractions. Come and learn some simple tools you can use to create a more peaceful, reduced-stress life for yourself. Presented by Leslie Smyer, ADN, RN, CCR, CMS. Class is taught in the Yakima Regional Medical ICCU Conference Room. Call (509) 573-3592 to register for these free classes or visit www.yakimaregional.com

JANUARY 18-YAKIMA: "Hypertension-The Silent Killer" 12:15. Hypertension (or high blood pressure) is called the Silent Killer because it often has no symptoms. High blood pressure increases your risk of heart disease and stroke, knowing your blood pressure numbers is important. Class provides information on normal blood pressure values, what causes high blood pressure, who is most likely to develop it, and ways to keep your blood pressure within normal limits. Jacqui Bush, BSN, RN/Theresa Roberts, RD, CD. Class is taught in the Yakima Regional Medical ICCU Conference Room. Call (509) 573-3592 or visit www.yakimaregional.com

JANUARY 18-YAKIMA: "Diabetes Blood Sugar Screening and Foot Screenings" 8:00-10:00 am. At Memorial Center for Diabetes Prevention and Control, 2811 Tieton Drive. Do not eat or drink anything 8-12 hours prior to screening. \$3 for Third Age Members.

JANUARY 19-YAKIMA: "Power of Attorney/Living Wills" 8:00-9:00 am. Sponsored by Memorial Hospital's Third Age program. A sudden change in your health could necessitate changes in your medical wishes. Discover your options. Held at their Rehabilitation and Wellness Center, 406 S. 30th. No charge. Contact: (509) 576-7650

CALENDAR (continued)

JANUARY 20-YAKIMA: "Understanding Your Medications" 12:15 pm. A pharmacist will help answer your medication questions with regard to problems frequently encountered, how to make your prescription dollar count and how to keep all your medications straight. Presented by Lani Steltz, PharmD. Class is taught in the Yakima Regional Medical ICCU Conference Room. Call (509) 573-3592 or visit www.yakimaregional.com

JANUARY 20-YAKIMA: "Senior Nutrition: Healthy Eating for a Healthy Body." 2:00-3:00 pm. Sponsored by Memorial Hospital's Third Age program. Learn how eating healthy leads to a healthier body. At Orchard Park Retirement, 620 N 34th. No charge. Contact: (509) 574-5015

JANUARY 20-YAKIMA: "Memory Loss Support Group" 6:30-8:30 pm at Highgate House, 5605 West Chestnut Ave. Sponsored by Memorial Hospital's Third Age program. Call (509) 972-4141

JANUARY 21-YAKIMA: "How Your Heart Works" 9:00-9:00 am. Join us in looking at the mysteries of the heart and have our questions answered by a cardiac rehabilitation nurse who can explain how you can care for this wondrous organ in your body. Held at Memorial's Rehabilitation and Wellness Center, 406 S. 30th. No charge. (509) 575-8484

JANUARY 24-YAKIMA: "Health Insurance counseling-SHIBA" 10:00 am -12:00 pm. Get answers to your questions about supplemental health insurance Medicare long-term car options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. At the Harman Center, 101 N 65th. Call (509) 574-1934

JANUARY 24-YAKIMA: "Heart Basics" 12:15 pm. Designed to give you an understanding of cardiac risk factors and ways to reduce them, signs and symptoms of heart attack, and the importance of early detection and treatment. Presented by Carol Milliron, MSN, MHA, RN-BC. Class is taught in the Yakima Regional Medical ICCU Conference Room. Call (509) 573-3592 or visit www.yakimaregional.com

JANUARY 24-ELLENSBURG: "Self-Management Diabetes Classes" 6:00-9:00 pm. Jump-start your understanding of diabetes by joining a KVCH class. 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. Class covers understanding diabetes and prevention, treatment and medications, Exercise, foot care, sick day management, eating for blood sugar control and health and making sense of blood sugar numbers and glucose monitors. Sponsored by Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. Call (509) 962-7373

JANUARY 24-YAKIMA: "Grief Recovery Seminar" 4:30-5:30 pm. One-hour seminar on coping with the loss of a loved one (and how to help others who are dealing with loss) Sponsored by Memorial Hospital's Third Age program at Memorial's Community Education Center, 2506 W Nob Hill Blvd. No charge. Contact: (509) 574-3600

JANUARY 25-YAKIMA: "Diabetes Blood Sugar Screening and Foot Screenings" 8:00-10:00 am. At Memorial Center for Diabetes Prevention and Control, 2811 Tieton Drive. Do not eat or drink anything 8-12 hours prior to screening. \$3 for Third Age Members.

JANUARY 25-YAKIMA: "Living With Loss" Sponsored by Memorial Hospital's Third Age program. Living with Loss is a 12-week discussion-based course working through the book, Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your heart. Held at the Harman Center, 101 N 65th. Fee: \$15. (509) 575-3600



JANUARY 25-YAKIMA: "Diabetes-Sure Start Class for Beginners" 9:00-12:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participation will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the \$70 class fee. To be held at Memorial Hospital's Community Education Center, 2506 W Nob Hill Blvd. Contact (509) 249-5243

JANUARY 26-YAKIMA: "Motivation to Change" 3:00-4:00 pm" Change is inevitable. This class helps you evaluate how you deal with stress and how that affects your life. We'll look into the mechanism of change and the active, positive approach necessary to acknowledge change for its role in our growth and development. Registration is not required. To be held a Memorial Rehabilitation and Wellness Center. 406 S 30th. No Charge. Contact: (509) 575-8484

JANUARY 27-YAKIMA: "Answers for Aching Joints" 6:60-7:30 pm. Sponsored by Memorial Hospital's Third Age program. Learn the latest in surgical and non-surgical options for relief of arthritis and joint pain. To be held at The Springs, 302 S 10th. No charge. Contact: (509) 575-8484

JANUARY 27-YAKIMA: "Intimacy and Heart Disease" 12:15 pm. If you've been diagnosed with a heart condition, or recently had heart surgery, you may be wondering about intimacy. This class will help answer our questions. Presented by Jacqui Bush, BSN, RN. Class is taught in the Yakima Regional Medical ICCU Conference Room. Call (509) 573-3592 to register for these free classes or visit www.yakimaregional.com

JANUARY 31-YAKIMA: "Coping with Chronic Pain" 1:00 pm. At this class, you will learn practical strategies for improving our quality of life, even while suffering from chronic pain. Presented by Patricia Robinson, PhD. Class is taught in the Yakima Regional Medical ICCU Conference Room. Call (509) 573-3592 to register for these free classes or visit www.yakimaregional.com

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CALENDAR (continued)

JANUARY 31-YAKIMA: Pharmacy 101” 1:00-2:30 pm. In this class learn what you need to know about your medications. Have your medications reviewed by a licensed pharmacist. Please bring all your prescriptions, over the counter medications, and herbal supplements. A Memorial Pharmacist will also give the latest information about supplements. Sponsored by Memorial Hospital’s Third Age program to be held at the Harman Center, 101 N 65th. No charge. Contact: (509) 575-8484

FEBRUARY 1-YAKIMA: “Sleep: The Heart of the Matter” 6:30-7:30 pm. Learn about the important connection between sleep and cardiovascular disease and what you can do to sleep better and be heart healthy. Sponsored by Memorial Hospital’s Third Age program at Memorial’s Auditorium, 2811 Tieton Dr. No charge. (509) 575-8484

FEBRUARY 2-YAKIMA: “Health Insurance counseling-SHIBA” 10:00 am -12:00 pm. Get answers to your questions about supplemental health insurance Medicare long-term car options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. At the Harman Center, 101 N 65th. To schedule an appointment call (509) 574-1934

FEBRUARY 5-YAKIMA: “Save A Life, The Great CPR Blitz 2011” 2nd annual free community event provides life-saving instruction on how to use CPR and automated external defibrillators. English language classes at 8, 9, & 10:00 am., Spanish at 11:00 am. Sponsored by Yakima Memorial Hospital at the Yakima Convention Center. No charge. (509) 574-5990

FEBRUARY 5-SUNNYSIDE: “Lower Valley Hospice Annual Auction”. Proceeds offset the cost of providing quality hospice and palliative care. Funds raised pay for patient care costs that otherwise are not covered by Medicare, Medicaid, or private insurance and their Heartlinks Bridge Program, a non-funded program for those who do not meet the prognosis requirement for hospice admission. Consider making a donation of cash, advertising, or any item for the auction. Contact Stacey Campbell if you have any questions (509) [837-1676](tel:837-1676). lvhpc@lowervalleyhospice.com

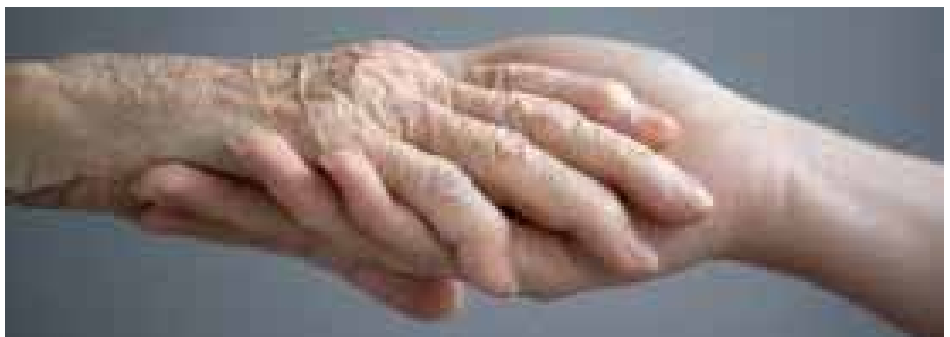
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in 2010. The OECD analysis of United Nations data projects life expectancy to be 20.3 years in retirement, even after the higher retirement ages are phased in. “Retirement is now something that everybody looks forward to, a long period of leisure at 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.



CALENDAR (continued)

FEBRUARY 8-YAKIMA: "Diabetes-Sure Start Class for Beginners" 9:00-12:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participation will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the \$70 class fee. To be held at Memorial Hospital's Community Education Center, 2506 W Nob Hill Blvd. Contact (509) 249-5243

FEBRUARY 10-YAKIMA: "Memory Loss Support Group" 3:30-5:00 pm. To be held at Living Care Retirement Community, The Village Center Activity Room, 215 B 40th Ave. Sponsored by Memorial Hospital's Third Age program. For more information call (509) 853-2504

FEBRUARY 10-YAKIMA: "Memorial Rehabilitation and Wellness Center Open House" 3:00-5:00 pm. Meet or staff and learn more about our services, including free educational programs. Sponsored by Memorial Hospital's Third Age program at 406 S 30th. No Charge.

JANUARY 24-ELLENSBURG: "Self-Management Diabetes Classes" 9:00 am-12 Noon. Jump-start your understanding of diabetes by joining a KVCH class. 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. Class covers understanding diabetes and prevention, treatment and medications, Exercise, foot care, sick day management, eating for blood sugar control and health and making sense of blood sugar numbers and glucose monitors. Sponsored by Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. For questions or to register call (509) 962-7373

FEBRUARY 17-YAKIMA: "What You Should Now About Heart Failure". 12:00-1:00 pm. Are you or someone you know at risk for heart failure? Learn more about this silent epidemic that affects nearly 5 million Americans. Sponsored by Memorial Hospital's Third age program at the Harman Center, 101 N 65th. No charge. Registration required, call (509) 575-8484

FEBRUARY 17-YAKIMA: "Memory Loss Support Group" 6:30-8:30 pm at Highgate House, 5605 West Chestnut Ave. Sponsored by Memorial Hospital's Third Age program. For more information call (509) 972-4141

FEBRUARY 21-CLE ELUM: "Self-Management Diabetes Classes" 1:00-4:00 pm. Jump-start your understanding of diabetes by joining a KVCH class. 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. Class covers understanding diabetes and prevention, treatment and medications, Exercise, foot care, sick day management, eating for blood sugar control and health and making sense of blood sugar numbers and glucose monitors. Sponsored by Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. For questions and to register call (509) 962-7373

FEBRUARY 22-YAKIMA: "Diabetes-Sure Start Class for Beginners" 9:00-12:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participation will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the \$70 class fee. To be held at Memorial Hospital's Community Education Center, 2506 W Nob Hill Blvd. Contact (509) 249-5243

FEBRUARY 28-YAKIMA: "Health Insurance counseling-SHIBA" 10:00 am -12:00 pm. Get answers to your questions about supplemental health insurance Medicare long-term car options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. At the Harman Center, 101 N 65th. To schedule an appointment call (509) 574-1934

MARCH 2-YAKIMA: "Health Insurance counseling-SHIBA" 10:00 am -12:00 pm. Get answers to your questions about supplemental health insurance Medicare long-term car options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. At the Harman Center, 101 N 65th. For an appointment call (509) 574-1934

MARCH 8-YAKIMA: "Diabetes-Sure Start Class for Beginners" 9:00-12:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participation will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the \$70 class fee. To be held at Memorial Hospital's Community Education Center, 2506 W Nob Hill Blvd. Contact (509) 249-5243

MARCH 10-YAKIMA: "Memory Loss Support Group" 3:30-5:00 pm. To be held at Living Care Retirement Community, The Village Center Activity Room, 215 B 40th Ave. Sponsored by Memorial Hospital's Third Age program. For more information call (509) 853-2504

MARCH 17-YAKIMA: "Memory Loss Support Group" 6:30-8:30 pm at Highgate House, 5605 West Chestnut Ave. Sponsored by Memorial Hospital's Third Age program. For more information call (509) 972-4141

MARCH 22-ELLENSBURG: "Self-Management Diabetes Classes" 9:00 am-Noon. Jump-start your understanding of diabetes by joining a KVCH class. 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. Class covers understanding diabetes and prevention, treatment and medications, Exercise, foot care, sick day management, eating for blood sugar control and health and making sense of blood sugar numbers and glucose monitors. Sponsored by Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. For questions and to register call (509) 962-7373

APRIL 16-ELLENSBURG: "2011 Kittitas Valley Health and Diabetes Fair" 10:00 am-3:00 pm at the fairgrounds. Includes a free comedy program by Frank King who will talk about his Aortic Valve Transplant he calls his *Oil, Lube and Valve Job*. Contact: Pam Dick, Diabetes Educator & Registered Dietitian, (509) 962-7373 pdick@kvch.com

SUPPORT GROUPS

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

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.

ALZHEIMER'S SUPPORT GROUP: Held in Memorial Hospital's Classroom A & B, 2811 Tieton Drive, the third Friday of every month at 7:00 pm.

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

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. (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

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 please 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. For more information please contact Marketing director Jessica Riggs at (509) 865-3955

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.



Lion's Rock

VOLUNTEERS NEEDED (continued)

SELAH

The *Selah SHARES Clothing Bank*, located in the Selah Civic Center in downtown Selah, is in need of volunteers. The free clothing bank operates on Tuesdays and Thursdays from noon until 2:00 pm. Volunteers are asked to work only one 2-hour shift per month sorting donated clothing visiting with clients, and straightening shelves of clothing. Contact Sirena Phillips (509) 574-1933

YAKIMA

AARP Tax-Aid provides free personal income tax assistance and preparation to low and moderate income taxpayers with special attention to those age 60 and older. Counselors, under the direction of the Local Coordinator, provide tax assistance and preparation service to clients. Counselors must pass the advanced level of the IRS test to be certified by the IRS for the purpose of providing tax assistance in this program and agree to by signing the IRS Volunteer Standards of Conduct Form. The tax season is late January to April 15. Counselors volunteer at least an average of four hours a week during the season. If interested please contact Steve Loeb (509) 731-4154 or steve@bankonyakima.com

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. 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, cashiers to fill when needed. Training provided. 509-574-1933.

Habitat for Humanity has two opportunities for volunteers. The first is to help in the construction of new houses. Training is hands on on-the-job training. Construction or carpentry knowledge helpful, but not necessary. Must be 16 or older and bring own gloves. The second opportunity is for general office help. Volunteers are needed once/twice a week for filing answer phones, shredding paper. All volunteers must have a criminal background check. For information call Serena (509) 574-1933

Harman Center, 101 N 65th, 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. Please contact Volunteer Coordinator Jane Davis. (509) 575-6230

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

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. 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

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. Jacklyn King/ Lisa Hall (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. To sign-up and receive application materials email Volunteer Manager Jeni Miller at 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. (509) 574-3655



VOLUNTEERS NEEDED (continued)

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 enjoy and are comfortable working with riders with disabilities. Training (TBA) will take place in 2 parts. Potential volunteers will have a criminal background check done by the agency before volunteering. If you are interested, call Sirena 509-574-1933.

The Respite Adult Day Center is looking for enthusiastic, caring, responsible individuals to be volunteer program aides. 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 provided. Volunteers are needed Tuesdays or Thursdays 10:00-2:00. (509) 574-1933

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. (509) 574-1933

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. Required background check as well as numerous hours of pre-service training. Qualified volunteers receive a stipend, mileage and meal reimbursements and insurance. Jael Torres, (509) 965-7100

SHIBA (Statewide Health Insurance Benefit Advisors) needs volunteers to educate consumers about their rights & options regarding prescription drug access, health insurance, access to health care, to make informed decisions. Flexible hours, can be from home. Should be interested in helping people; some public presentations; have basic computer skills; be interested in health care; have patience, compassion and enjoys a challenge. Training provided. 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. Anyone interested should contact Eunice at (509) 575-6686 or email Eunice@wellness-house.org.

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 or call Ken Johnsen (425) 432-8444. You can learn more about the trolleys by looking at our website, www.yakimavalleytrolleys.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



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VOLUNTEERS NEEDED (continued)

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. 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. Potential volunteers must have background check. (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: filing and answering phones once a week. All potential volunteers need to have a background check. Sirena Phillips, (509) 574-1933

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