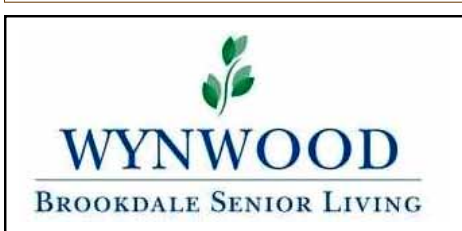


SENIOR REVIEW

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

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Tri-Cities



Key Changes to Medicare Drug Coverage

Here's what to look for when reviewing your Part D options during open enrollment this year.

Should I consider changing my Medicare Part D plan during open enrollment? Will there be many changes to Part D prescription drug plans for 2011?

Yes to both questions. New coverage rules, rising premiums and co-payments, the elimination of some popular plans, and the introduction of some intriguing new competitors means it is particularly important that you review all of your Medicare Part D options this year. You have from November 15 to December 31 to pick a Part D plan for 2011.

Doughnut hole shrinking

The big news is the shrinking of the doughnut-hole coverage gap. In 2010, the coverage gap kicks in when your prescription-drug expenses total \$2,830 for the year (including both your share and the insurer's share of the costs). At that point, you generally have to pay all of your drug bills yourself until the total cost of your drugs for the year reaches \$6,440, when the insurer picks up most of the bill. Those limits rise slightly in 2011, to \$2,840 and \$6,448. (By 2020, the dreaded doughnut hole will have shrunk dramatically.)

New in 2011: a 50% discount on brand-name drugs in the doughnut hole. Beneficiaries also get a slight break on the cost of generic drugs in the doughnut hole next year—paying 93% of the cost rather than the full 100%. So if you've been paying extra for coverage in the doughnut hole, it's a good time to reassess your options.



...more on page 8

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Tri-Cities



TriCities Internet Provider

Walla Walla



SEMINARS/CLASSES/EVENTS/MEETINGS

SUNDAY

KENNEWICK: "Family Pancake Breakfast" the first Sunday of every month 8:30-11:30 am. A traditional home cooked breakfast served by volunteers! Also enjoy the sounds of Margie and Her SideKicks Band from 9:00-11:00 am. Pay at the door, Kennewick Senior Center, 500 S Auburn. (509) 585-4303. Sponsored by Kennewick Senior Center and The Manor At Canyon Lakes.

MONDAY

KENNEWICK: "Clay Sculpting" – Meet other enthusiastic sculptors and sculpt new creations or finish an existing project, no experience necessary. Please bring your own supplies and projects. Class is ongoing, join anytime! Join us Mondays, 1 pm – 2 pm, 50¢ per person. For information call the Kennewick Senior Center at (509) 585-4301

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

HERMISTON: "Look Good, Feel Better" FREE classes sponsored by the American Cancer Society for those seeking makeup and skin care strategies to help when cancer and cancer treatment causes sensitive skin and hair loss issues. Conducted by local cosmetologists with specialized training and licensing. These classes are interactive and provide free makeup kits for all participants. 2:00-4:00 pm at Good Shepherd Community Wellness Center. Please call Mary Hensal at (541) 449-1352 to pre-register.

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? 4-class series provides you with effective tools to increase your chances of success. New sessions every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for 4-class series. Call (541) 667-3509

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

MONDAY & WEDNESDAY

HERMISTON: "Exercise Band Class" Increase our strength and flexibility. Perfect for seniors! Mondays: 12:00-12:30. Wednesdays 11:30-12:00 pm. Instructor Paula Hagel, BS, GSMC Wellness Coordinator, Certified American College of Sports Medicine-Clinical Exercise Specialist. to be held in the Good Shepherd Community Wellness Center. Fee: \$15 for 10 weeks; \$5 per resistance band. For more information call (541) 667-3509

TUESDAY

KENNEWICK: Free blood pressure test at the Kennewick Senior Center, 500 S. Auburn. A certified nurse from The Manor at Canyon Lakes is at the center from 9:00-10:00 am. No appointments required.

WALLA WALLA: Free blood pressure/sugar test at The Center At The Park, 720 Sprague on the second Tuesday of the month at 11:30 am.

TUESDAY & THURSDAY

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



This "SENIOR REVIEW" is a free service to and for the advertisers of Senior Pages throughout the Northwest. It is e-mailed to individuals and businesses in the senior industry on Monday of each week. If you have any announcements similar to those below please e-mail them by Friday of each week to dale@seniorpages.com

SEMINARS/CLASSES/EVENTS/MEETINGS

WEDNESDAY

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

KENNEWICK: "Casual Woodcarving" Have a love for woodcarving? Come meet with others that share the same passion. We have many figurines, ornaments and projects to choose from. Participants provide their own wood, tools, and supplies. Ongoing class at Kennewick Senior Center 1:00-3:00 pm. Fee: 50 cents. To register call (509) 585-4303

PENDLETON, OREGON: "CPR/AED Class" Every third Wednesday of the month. 1:00-5:00 pm or 6:00-10:00 pm. Our classes are all inclusive, Adult, Child and Infant CPR/AED. Certification cards valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Call (541) 278-3233 Fee: \$35 Class + \$15 manual

RICHLAND: On the first Wednesday of each month, Healthy Ages, a program of Kadlec Medical Center, conducts a class devoted to sorting out Medicare questions. The class is tailored to meet the needs of those with retiree plans as their secondary insurance, and for those who need to find a Medigap or Medicare Advantage Plan. Class also includes information regarding Medicare Part D drug plans. 9:00 am-1:00 pm. and 1:00-3:00 pm. To register call Janet at Health Ages. (509) 942-2700

RICHLAND: Free hearing screenings and hearing aid checks and cleanings the third Tuesday of each month from 10:00-11:00 pm in the wellness room at the Richland Community Center, 500 Amon Park Dr. Free tests courtesy of Columbia Basin Hearing & Balance Center. (509) 942-7529

WALLA WALLA: Diabetes workshops at Providence St Mary Medical Center, Mother Joseph Room, 11:00am-2:00 pm on the 2nd Wednesday each month. For newly diagnosed diabetics or those who need review of self-management. Information is easily adaptable to your lifestyle- nutrition, medications, home glucose monitoring, exercise, avoiding long & short-term complications. Facilitated by certified diabetes educators, dietitians & other professionals. (509) 525-3320, etc. 282

THURSDAY

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? 4-class series provides effective tools to increase your chances of success. Sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for the 4-class series. (541) 667-3509

KENNEWICK: "Free Hearing Screenings" Hearing care from our experienced Audiology Certified professionals. Sponsored by Columbia Basin Hearing & Balance Center. Call (509) 396-6950

PENDLETON: "Caregiver Support Group" Presented by the Alzheimer's Association at McKay Creek Estates, 1601 Southgate Pl the third Tuesday of the month at 6:30 pm. Facilitator: Duane Thomson. for additional information call (541) 278-5683

RICHLAND: Free blood sugar and blood pressure testing on the third Thursday each month. A nurse from Richland Rehab & Eagle Assisted Living will be giving the free tests. The test takes just minutes and there is no need to fast prior to being tested. Blood sugar results are given immediately. No appointments necessary. 1:00-1:30 pm.

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

WALLA WALLA: Legal Counsel 4th Thurs each month with Larry Siegel or Carol Jean Thompson at The Center At The Park, 720 Sprague. (509) 527-3775

NEWS YOU CAN USE

EEOICPA LAW CHANGES FOR HANFORD WORKERS!

Did YOU work at Hanford/PNNL?
Did YOUR PARENTS work at Hanford/PNNL?
Did YOUR GRANDPARENTS work at Hanford/PNNL?
Do you KNOW SOMEONE who worked at Hanford/PNNL?

On January 9, 2010 Congress allowed for the Hanford Site to have Special Exposure Cohort (SEC) status under the Energy Employees Occupational Illness Compensation Program Act (EEOICPA). Claimant's meeting SEC requirements (one of 22 specific cancers and employment during certain timeframes at Hanford) are awarded Part B compensation without the further analysis of a dose reconstruction. The law covers other illnesses as well as cancers. If you or one of your family members worked at Hanford, PNNL or any other DOE facility in the United States, please contact the Hanford Resource Center for more information.

EEOICPA is a federal law passed by Congress in July 2001. The intent of the law is to award medical and/or monetary compensation to workers in the Atomic Weapons Industry in the event the worker developed an occupational illness caused by exposure to a toxic substance at a Department of Energy (DOE) facility.

If the worker is deceased, survivors can be awarded the compensation. Survivors include (in order of eligibility):

- o Surviving spouse
- o Children of the worker
- o Parents of the worker
- o Grandchildren of the worker
- o Grandparents of the worker

As of October 18th over \$677,000,000 has been awarded in monetary and medical compensation to employees or families of workers connected to Hanford or PNNL.

CONTACT: Hanford Resource Center toll-free at 888-654-0014 or hanford.center@rroho.com.



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CALENDAR

NOVEMBER 1-HERMISTON: "CPR Classes" Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. Fee: \$25 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

NOVEMBER 1-PENDLETON: "CPR Classes" 6:00-9:00 pm. CPR and First Aid classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Sponsored by Good Shepherd Health Care. Fee: \$25. You must pre-register and pre-pay. For information call (541) 667-3509

NOVEMBER 3-WALLA WALLA: "Fourteenth Annual Family Caregiver Conference" 10:00 am-2:00 pm at the Marcus Whitman Conference Center, 6 W Rose St. Featured speaker is Kathy Medford, RN; "Oral Care: It's More than You Think" Plus self care and relaxation techniques, complimentary lunch, door prizes and more. Sponsored by Blue Mt. Community Foundation, Family Caregiver Support Program and SE Washington Aging and Long Term Care. To register call (509) 529-6470

NOVEMBER 3-PENDLETON: "Not Just A Sate of Mind" 2:00-3:00 pm. If you or someone you know needs help in feeling better about life, his class provides practical health tips and resources. The FREE class is for individuals 50+ and discusses depression and that the fact that it is a treatable illness. To be held at the Good Shepherd Conference Center 2. To learn more call (541) 667-3509

NOVEMBER 4-HERMISTON: "First Aid Classes" 6:00-9:00 pm. Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. FEE: \$25For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

NOVEMBER 4-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

NOVEMBER 4-KENNEWICK: "Alzheimer's Candlelight Vigil" 6:00-7:30 pm. At The Manor At Canyon Lakes Community Club, 2802 W 35th Ae. Please join us as we commemorate National Alzheimer's Disease Awareness Month by honoring loved ones lost and those living with the disease. Join us for a candlelighting ceremony to champion the Alzheimer's cause by spreading awareness and hope.

NOVEMBER 4-PENDLETON: "First Aid Classes" 6:00-9:00 pm. CPR and First Aid classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Sponsored by Good Shepherd Health Care. Fee: \$25. You must pre-register and pre-pay. For information call (541) 667-3509

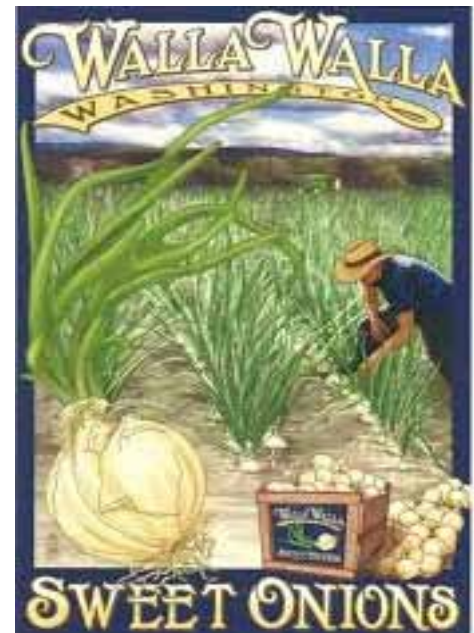
NOVEMBER 4-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

NOVEMBER 5-KENNEWICK: "Issues in the Treatment of Chronic Pain". Presented by John D. Loeser, MD from the University of Washington School of Medicine, Department of Neurosurgery and Department of Anesthesiology. 1:00-2:30 pm at the Three Rivers Convention Center. Dr. Loeser is internationally known for his work int he management of pain. He has been recognized as one the "Best Doctors in American." No charge. For information call (509) 943-8455 or register online at <http://drloeser.eventbrite.com/>

NOVEMBER 6-HERMISTON: "Stress Reduction Class" 9:00 am-1:00 pm. Learn how to effectively handle stress. Learn about journaling, breathing techniques, time management, mediation, and simple nutrition/eating tips. Must pre-register. To be held at the Good Shepherd Medical Center Conference Center 1 & 2. Call Blue Mountain Community College for cost and registration information (541) 567-1800

NOVEMBER 7-KENNEWICK: "Family Pancake Breakfast" 8:30-11:30 am at the Kennewick Senior Center, 500 S Auburn. Delicious breakfast of scrambled eggs, all you can eat pan cakes, sausage or ham and drinks. Also dance to Margie and Her Sidekicks Band. Fee: \$5.50 adults, \$5 seniors and \$375 children.

NOVEMBER 10-KENNEWICK: "Lighting the Path" 7:30 am The Chaplaincy is hosting its 10th annual community breakfast at the Three Rivers Convention center. The breakfast will feature an inspirational program with musical performances and touching testimonials. "Many people know about the work of hospice, but not everyone is aware of the scope of the Chaplaincy's programs. This is our opportunity to share your story with the community", commented Heather Filbin, Director of Development at The Chaplaincy. While there is no cost to attend, guests will be asked to consider making a donation. Advance reservations are required. Contact The Chaplaincy at (509) 783-7416



CALENDAR (continued)

NOVEMBER 11-12-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

NOVEMBER 13-HERMISTON: "Holiday Bazaar" Desert Sage Manor will hold their holiday bazaar from 8:00 am-4:00 pm at 986 W Juniper.

NOVEMBER 15-WALLA WALLA: "Essential Skills for In-home Caregivers" 6:00 pm. Learn important infection control skills, how to prevent falls, and about nutrition for the elderly. Caregivers will receive three credit hours. Fee: \$10. Presented by Walla Walla General Hospital. To register or for more information call: (509) 522-2424

NOVEMBER 17-HERMISTON: "Medicare/Medicaid 101" Three sessions at 10:00 am, 2:00 p or 5:00 pm in the Good Shepherd Medical Center cConference Center 2. Free Medicare and Medicaid (Oregon Health Plan) education meetings. With all the talk about universal healthcare and the changes taking place in Medicare, you probably have many questions. Whether you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Free. . For information call 800-762-4646 or (541) 667-3509

NOVEMBER 17-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-9:00 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of adult and child AED. Fee: \$35. Sponsored by Kennewick General Hospital. For registration information please call (509) 586-5119

NOVEMBER 17-HERMISTON: "Medicare/Medicaid 101" Three sessions available at 10:00 am, 2:00 pm or 5:00 pm. Free Medicare and Medicaid (Oregon Health Plan) Educational meetings. With all the talk about universal healthcare and the changes taking place in Medicare, you probably have many questions. Whether you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Attend any of these free informational meetings! Sponsored by Good Shepherd Medical Center, 610 NW 11th St, in Conference Center 2. For information call (541) 667-3509

NOVEMBER 18-WALLA WALLA: "Healthcare Provider CPR" Sponsored by Adventist Health, Walla Walla General Hospital. for additional information call (509) 522-2424

NOVEMBER 18-19-KENNEWICK: "AARP Driver Safety Course" 9:00 am-2:00 pm. The nation's first and largest classroom refresher course for motorists' age 50 and older! Washington State law requires that insurance companies offer a discount to course graduates. Pre-registration and payment required. Fee is \$12 for AARP member or \$14. At the Kennewick Senior Center. Two day classes. To register call (509) 585-4303

NOVEMBER 18-KENNEWICK: "Low Vision Evaluations: Dr. Winkel will be seeing patients for low vision evaluations at Edith Bishel Center for the Blind. Fee: \$30 Contact (509) 735-0699

NOVEMBER 19-HERMISTON: "CPR & First Aid Combo Class" 9:00 am -3:00 pm. Taught in one, six hour class according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. FEE: \$50 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

NOVEMBER 30-KENNEWICK: "Health Focus on Your Smile" 10:00 am. Join Marie McElderry, who specializes in Dental Hygiene Preventive Services for an introduction to oral health, intake forms, insurance information, teeth cleaning information and more. Contact the Edith Bishell Center for the Blind. (509) 735-0699

DECEMBER 2-HERMISTON: "CPR Classes" Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. Fee: \$25 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

DECEMBER 2-HERMISTON: "First Aid Classes" 6:00-9:00 pm. Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. FEE: \$25For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

DECEMBER 6-PENDLETON: "First Aid Classes" 6:00-9:00 pm. CPR and First Aid classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Sponsored by Good Shepherd Health Care. Fee: \$25. You must pre-register and pre-pay. For information call (541) 667-3509

DECEMBER 6-WALLA WALLA: "Taking Care of the Caregiver" 6:00 pm. Being a caregiver is stressful. Add to that the stress of the holidays and you have a major stress situation. Learn ways to cope with every day stress, as well as holiday stress. Caregivers will receive three credit hours. Fee: \$10. Presented by Walla Walla General Hospital. (509) 522-2424



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CALENDAR (continued)

DECEMBER 6-HERMISTON: "CPR Classes" Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. Fee: \$25 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

DECEMBER 9-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

DECEMBER 14-WALLA WALLA: "Basic First Aid" 6:30 pm. In this one night class you will learn how to perform basic first aid and receive American Heart Association First Aid Certification. Fee: \$25 Presented by Walla Walla General Hospital. To register or for more information call: (509) 522-2424

DECEMBER 15-HERMISTON: "Medicare/Medicaid 101" Three sessions available at 10:00 am, 2:00 pm or 5:00 pm. Free Medicare and Medicaid (Oregon Health Plan) Educational meetings. With all the talk about universal healthcare and the changes taking place in Medicare, you probably have many questions. Whether you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Attend any of these free informational meetings! Sponsored by Good Shepherd Medical Center, 610 NW 11th St, in Conference Center 2. For information call (541) 667-3509

DECEMBER 17-HERMISTON: "CPR & First Aid Combo Class" 9:00 am -3:00 pm. Taught in one, six hour class according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. Class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Pre-register and pre-pay. FEE: \$50 Sponsored by Good Shepherd Medical Center. (541) 667-3509.

DECEMBER 16-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

DECEMBER 16-WALLA WALLA: "Healthcare Provider CPR" 5:00 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Fee: \$25. Presented by Walla Walla General Hospital. (509) 522-2424

DECEMBER 16-17-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

DECEMBER 29-HERMISTON: "Medicare/Medicaid 101" Three sessions available at 10:00 am, 2:00 pm or 5:00 pm. Free Medicare and Medicaid (Oregon Health Plan) Educational meetings. Whether you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Attend any of these free informational meetings! Sponsored by Good Shepherd Medical Center, 610 NW 11th St, in Conference Center 2. For information call (541) 667-3509



SUPPORT GROUPS

COLLEGE PLACE

ALZHEIMER'S SUPPORT GROUP: Do you have a loved one with Alzheimer's Disease or related dementia? Whether you are a caregiver, family member, or close friend, this disease is hard to understand and even harder to accept. It can make a world of difference knowing that other people understand the struggles you go through every day...you are not alone! You are invited to attend our group the third Thursday of each month at 10:00 am in our Ice Cream Parlor at Eagle Springs Memory Care Community, 20 SE Larch Ave. Contact: (509) 525-6335

HERMISTON

ALCOHOLICS ANONYMOUS: Monday and Thursday nights, 6:00-7:00 pm at Good Shepherd Medical Plaza (620 NW 11th) meeting room 2 For information please call (541) 720-1932 (Monday group) or (541) 571-2965 (Thursday Group)

ALZHEIMER'S DISEASE: Meets the third Thursday of each month, 1:00-3:00 pm, 1380 Manzanita Place. For information please call Dona Beck at (541) 720-7657

DIABETES SUPORT GROUP: Meets the 2nd Thursday of each month. Support group for people dealing with a new or long-term diagnosis of diabetes. Meetings will have an educational presentation as well as group discussion. Sponsored by Good Shepherd Medical Center, Conference Center 2, 610 NW 11th St. For information call: (541) 377-9761

BREAST CANCER: Meets on the third Monday of every month, 6:30 pm, Good Shepherd Medical Plaza (620 NW 11th) Meeting room 1. For information please call Shari at (541) 567-2024

MULTIPLE SCLEROSIS: Meets on the third Wednesday of each month, 7:00-8:00 pm, Good Shepherd Conference Center 5. For information please call John at (541) 564-89104 or Kathy at (541) 922-2753

DIABETES SUPPORT GROUP: (Northeast Oregon) Meets the second Thursday of each month, 6:00-7:30 pm at Good Shepherd Conference Center 2. Call (541) 377-9761 or (541) 289-7501

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SUPPORT GROUPS (continued)

HOPE FOR HEALING SUPPORT GROUP: Free, ongoing bereavement support group dealing with loss and grief issues. Second /thursday of each month, 2:00-4:00 pm and fourth Monday of each month, 7:00-9:00 pm Thursday group meets in the Good Shepherd Medical Center conference room 5. Monday group meets in the Hospice office conference room for information call (541) 667-3543

KENNEWICK

ALZHEIMER'S SUPPORT GROUP: Third Thursday of each month. (Light meals served) 5:30-7:00 pm at Callaway Gardens. Men only Support Group 4th Monday of the Month 12:30 pm. Lunch provided. Held at 5505 W Skagit Ct in Kennewick. Sponsor: The Neurological Resource Center. (509) 783-5433

BETTER BREATHERS SUPPORT GROUP: This group is for people who have breathing disorders. Focuses on improved quality of life. Family members encouraged to attend. 2nd Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. (509) 737-3418. www.tccancer.org

BREAST CANCER SUPPORT GROUP: First and 3rd Friday of each month from 9:00-11:00 am and Second and Fourth Tuesday of each month from 6:30-8:00 pm at Tri-Cities Cancer Center. Contact: (509) 737-3418 or visit www.tccancer.org



CANCER SUPPORT GROUP: Held Weekly on tuesdays, 3:00-4:30 pm in the Resource Center, Tri-Cities Cancer Center, 7350 W Deschutes Ave. This support group provides an opportunity for people affected by all types of cancer to share resources and information. Meetings are open to those experiencing cancer their adult family members and caregivers. (509) 737-3418

CAREGIVER SUPPORT GROUP: Third Monday of each month at Manor at Canyon Lakes, East Wing, 2802 W 35th at 2:00 pm. Sponsored by The Neurological Resource Center. To confirm times (509) 943-8455

DIABETES SUPPORT GROUP: Provides continuous educational support to help individuals manage their disease more effectively. Monthly meetings offer the latest information on diabetes self-care, nutrition and an opportunity to talk to others with diabetes. (509) 962-7373

GENERAL CANCER SUPPORT GROUP: 2nd and 4th Tuesday of each month at Tri-Cities Cancer Center from 3:00-4:30 pm. Contact: (509) 737-3418 or visit www.tccancer.org

MEN'S CANCER SUPPORT GROUP: The primary focus of this group is on prostate cancer, however, men with all types of cancer are welcome. Third Thursday of each month at Tri-Cities Cancer Center from 6:30-8:00 pm. Contact: (509) 737-418 or visit www.tccancer.org

PENDLETON

CANCER SURVIVORS SUPPORT GROUP: Second Tuesday of each month. 10:00-2:00 pm at St. Anthony Hospital, 1601 E Court Ave. For additional information ease call (541) 276-5121

DIABETIC SUPPORT GROUP: Third Wednesday of each month, 7:00-8:00 pm. St. Anthony Hospital, 1601 SE Court Ave. For additional information please call (541) 276-5121

RICHLAND

"CAN SURVIVE" SUPPORT GROUP: This group focuses on all kinds of cancer and is for patients, family and caregivers. First and Third Thursday of each month 12:00-1:00 pm. Meets at Cathedral of Joy, 153 Gage Blvd.. For information call (509) 27-1109

DIABETES SUPPORT GROUP: A free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. Topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about the management of this chronic disease. The group meets every 3rd Wednesday of every month from 5:00-6:00 pm. To make a reservation and get location information call (509) 942-2620

MULTIPLE SCLEROSIS SUPPORT GROUP: First Tuesday of each month. Co-sponsored by the MS Society and The Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. Contact 29509 943-8455 to confirm time.

NEUROLOGICAL SUPPORT GROUPS: The Neurological Resource Center associated with Kadlec Medical Center provides emotional support, education, information and referrals for people with neurological disorders, their families, caregivers, and the community. It sponsors a variety of support groups including Alzheimer's. A lending library is also available. They are located at 712 Swift Blvd., Suite 1. For information call (509) 943-8455 or e-mail tnrc@kadlecmed.org

STROKE SUPPORT GROUP: third Wednesday of each month, 2:00-3:00 pm at The Neurological Resource Center, 712 Swift Blvd., Suite 1. Call to confirm times

CAREGIVER SUPPORT GROUP: Third Tuesday of each month at The Neurological Resource Center, 712 Swift Blvd., Suite 1. To confirm times call (509) 943-8455

DIABETES SUPPORT GROUP: The Diabetes Support Group is a free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. The topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about management of this chronic disease. Programs feature medical professional guest

Send us your event pictures!

SUPPORT GROUPS (continued)

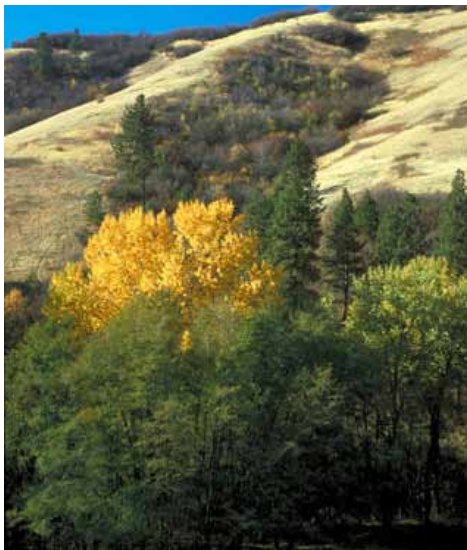
WALLA WALLA

ALZHEIMER'S SUPPORT GROUP: Meets second and fourth Tuesday each month at 1:30 pm. Professionally led support group for caregivers of people with Alzheimer's. Sponsored by Walla Walla General Hospital Free. Call (509) 522-2424

CANCER SUPPORT GROUP: Meets the second and fourth Mondays of the month from 4:00-5:00 pm in the Marian Room on Level 1 near the cafeteria at Providence St. Mary Medial Center. The group is helpful for people at any state of the cancer journey, from newly diagnosed or those who are many years out. They do not have to have received treatment at St. Mary in order to attend. Facilitated by Barbara Bates, a social worker, and Mardi Hagerman, a registered nurse. For information contact Barbara Bates, Providence St. Mary Regional Cancer Center, (509) 522-5700

MS SUPPORT GROUP: Second Tuesday of each month at 11:00 am at Trinity Lutheran Church, 109 S Roosevelt St. Contact: Candy S (509)_ 527-3340 or Gail S. (509) 529-7699

STROKE SUPPORT GROUP: The Providence St Mary Medical Center Stroke Support Group meets 3rd Tuesday of t the month from 6:00-7:00 pm in the Providence Room on Level 1 of Providence St. Mary Medical center. Contact Becky Betts, Providence St. Mary /stroke Support Group Coordinator (509) 522-5821, ext. 2117



...continued from page 1

PREMIUMS RISING

Average premiums for Part D are rising by just \$1 in 2011, to \$30 per month, according to the Centers for Medicare & Medicaid Services. But several of the more popular plans are increasing their premiums substantially. Premiums for the ten largest Part D plans are rising by an average of 10% in 2011, according to a study by Avalere Health. And for several plans, those increases come on top of significant increases over the past few years.

POPULAR PLANS LEAVING

Also, a few popular plans are leaving the [business](#), as insurers consolidate some of their offerings. For example, United HealthGroup's AARP Medicare Saver, the second-most popular Part D plan last year, is going away, and customers will be switched to another of the insurer's plans. If you are among those moved over, be sure to review all of your options. Another plan may be a better match for your medications.

NEW PLANS APPEARING

Meanwhile, a few interesting, low-cost plans are entering the business in 2011, such as the Humana Walmart-Preferred Rx plan, which costs just \$14.80 per month – well below the average price for Part D policies. But your out-of-pocket costs will vary depending on where you purchase your medications. If you buy them at Walmart, Sam's Club or RightSource Rx mail-order pharmacy, you'll pay \$2 to \$5 for generics (or \$0 for generics through RightSource); 20% of the cost of preferred brand-name drugs; and 35% of the cost of non-preferred brand-name drugs. But if you use an outside pharmacy, your co-pay for both levels of generics is \$10, and you'll pay 37% co-insurance for non-preferred generics and preferred brand-name drugs, and a whopping 50% for non-preferred brand-name drugs.

HOW TO COMPARE PLANS

As always, when comparing your options, consider premiums as well as the coverage for your specific drugs -- a plan with a low premium could cost you more if you have to pay high co-payments for your medications. Ask your doctor if you can switch to generics or other lower-cost drugs before you pick your 2011 plan – the plan with the best deal for brand-name drugs might be different than the best plan for generics (see our [Doughnut Hole Calculator](#) to find generics and other lower-cost alternatives).

Depending on the drugs you take, your total out-of-pocket costs can vary even among plans offered by the same company. A beneficiary in Miami who takes four common medications would pay a total of \$573 over the year for co-payments plus premiums under the new Humana Walmart Preferred Rx plan, as long as he or she used one of the preferred pharmacies. But, says Ross Blair, CEO of PlanPrescriber.com, that beneficiary would pay much more for the same drugs under other plans offered in Miami: \$784 for Humana Enhanced, \$1,485 for Humana Complete, \$743 for United Healthcare AARP MedicareRx Preferred PDP, \$1,230 for United Healthcare AARP Medicare Rx Enhanced PDP, \$605 for Wellcare Signature and \$706 for Wellcare Classic.

To compare the total costs for your specific medications, go to Medicare.gov's newly improved [Plan Finder tool](#), which lets you type in your zip code, drugs and dosages, and shows the total out-of-pocket costs -- premiums plus co-pays -- you'd pay for the year.

Also keep in mind that starting in 2011, individuals who earn more than \$85,000 (or \$170,000 if married filing jointly) will have to pay a high-income surcharge for Part D premiums, similar to the high-income surcharge for Medicare Part B. The amount of the surcharge has not yet been determined.

VACANCIES

HERMISTON PRIVATE APARTMENTS WITH KITCHENETTES close to services, parks and shopping. *Hermiston Terrace* is a community designed for senior adults who may need some assistance with personal care to complement their independent lifestyle. Visit 980 West Highland Ave or call (541) 567-3141

COMFORTABLE UNITS: Openings now available in Hermiston's only complete nursing and rehabilitation center. Lovely units feature 24-hour nursing care, three meals per day, planned activities, therapy and assistance with daily living. Contact Curt Noyes at *Regency Hermiston Nursing and Rehabilitation*, (541)-567-8337

BEAUTIFUL TWO-BEDROOM apartment is now available for rent at *Sun Terrace Assisted Living*. Call Robyn for a tour of this wonderful assisted living community! (5641) 564-2595

KENNEWICK ALZHEIMER'S SUPPORT GROUP: Third Thursday of each month. (Light meals served) 5:30-7:00 o at Callaway Gardens. For additional information call Karen Hayes, Exec Director, Kadlec Neurological Resource Center (509) 943-8455

CAREGIVER'S SUPPORT GROUP: (Men Only Support Group) 4th Monday of the month 12:30 pm. Lunh provided. oth are held at 5505 W Skagit Ct. In Kennewick. Sponsored by Kadlec Neurological Resource Center. Call (509) 943-8455

SUBSIDIZED HOUSING-KENNEWICK: 1-bdrm, utilities included near shopping & senior center. *Desert Villa*, 635 S Auburn, Kennewick. 509-586-4927

NEW SENIOR APARTMENTS: *Edison Terrace West*, 520 N Edison. One-Bedroom Independent Living Apartments for Seniors 62+, HUD subsidized, rent based on Income. Building has elevator plus other amenities. Jacque (509) 736-0800

INCOME QUALIFIED APARTMENTS-TRICITIES: Studio and one-bedrooms if one person does not make over \$21,650 and two people \$24,650. Come in and apply. The *Manor at Canyon Lakes* has some apartments for Qualified Seniors available. For an appointment call 509-586-5633

MILTON-FREEWATER ASSISTED LIVING, REHABILITATION, SKILLED NURSING available at Evergreen Healthcare, 120 Elzora St. Space now available in lovely furnished rooms. Call Jo Ann Parker (541)-938-3318

PENDLETON BEAUTIFUL APARTMENTS FOR SENIORS OVER 62. 50-Unit complex on one level featuring studio and one-bedroom apartments. All units furnished with stove, refrigerator and air conditioner. All utilities included. HUD subsidized. Contact Jodi Emanuel at *Oregon Trail Manor*, 2430 SW Perkins Ave. or call (541) 276-6910

STUDIO AND ONE BEDROOM apartments featuring retirement living. Each apartment features an individual climate control system, wall-to-wall carpeting, private bathroom ann kitchenette plus many other amenities. Call *Sun Ridge Retirement Community*, 3294 SW Nye or call (541) 276-2145

RICHLAND PRIVATE STUDIO APARTMENTS-RICHLAND: Two private studio apartments at *Eagle Assisted Living* offering many amenities, 24 hour staffing. 509-946-2717

TWO STUDIO APARTMENTS AVAILABLE: *Quail Hollow Alzheimer's/ Dementia Facility* has 24 hour staffing, quality meals, nursing oversight and a phenomenal activity program. Contact: Phyllis Green (509) 943-5353

ONE & TWO BEDROOM UNITS: Schedule a personal tour of *Wynwood of Columbia Edgewater* to view our special assisted living facility. We now have several units available. Christina Renz (509) 946-4600 crenz@brookdaleliving.com

WALLA WALLA RESPITE CARE, ASSISTED LIVING, one-bedroom, alcoves, studio apartments. Available now at *Emeritus at Garrison Creek Lodge*, 1460 Dalles Military Road. Call Ester Bock, (509) 525-4990

ONE & TWO BEDROOM UNITS in perfect rural setting in two different but connecting facilities. *Mike Foye Apartments* are connected to the *Garden Court Apartments* by a second floor walkway. Catholic Housing Communities manages, preserves, and maintains these affordable rentals for lower-income seniors & persons with mobility impairments. Communities are staffed with property managers, maintenance, social service coordinators and part-time nurses. Mike Foye offers HUD Project-based Section 8 subsidized units. Equipped with a complete kitchen, wall to wall carpet, window coverings & air conditioning. (509) 529-4706

CURRENT VACANCY at the historic Washington School Apartments located at 517 Cayuse St. in Walla Walla. Ground floor unit is fully wheelchair accessible. Rent is \$330 per mont with at \$200 security deposit. Pets less than 25 lbs. allowed with \$300 pet fee. Applications are available at the Walla Walla Housing Authority offices, 501 Cayuse or online at www.wallawallaha.org. For questions or additional information call Melissa Christy at (509) 527-4608 from 8:30 am-5:30 pm. Other expected vacancies include Majorie Terrace Apartments, linden Place Apartments and our Lariat Garden Apartments. applications are available in the office or on the website.

DELUXE 2-BEDROOM COTTAGE available now at *Park Plaza*, 1400 Dalles Military Rd. Contact: 509) 525-6513

DELUXE 1-BEDROOM Apartment available in Walla Walla. Now available at *Quail Run Retirement Community*, stop by for a complimentary lunch and tour. Contact: Kathleen or Jane at 509-529-2180

ONE BEDROOM APARTMENT: Now available at *Wheatland Village*. Stop by for a complimentary tour and meal in our restaurant. Voted Best of the Best, 2010, 2009, 2008, 2007, 2006, by readers of the Walla Walla Union Bulletin. Tamara Gordon Marketing Director at 888-373-6046 or visit www.wheatlandvillage.com

WE PUBLISH THE SENIOR PAGES FOR THESE AREAS:

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Link your website to the Senior Review... \$7.00 per week

VOLUNTEERS NEEDED

BENTON CITY

Lower Valley Hospice is opening its second thrift store in Benton City, following in the footsteps of their Prosser shop. The shops are volunteer-operated and clothing donated, proceeds go to extend hospice care, bereavement counseling and in-home care for children with complex medical conditions. Store number is (509) 588-3930. To volunteer call 1-800-474-6008 and ask for Jennifer.

HERMISTON

Hermiston Senior Center is always looking for volunteers in such programs as fund raising, food prep, bookkeeping, Meals on Wheels delivery, public relations and more. If you can help call (541) 564-3582

Sun Terrace Assisted Living in Hermiston, Oregon would love to speak to you if you are interested in volunteering your time with the wonderful people who live in our community. Call Robyn: (541) 567-8424

PENDLETON

Meals-On-Wheels needs drivers! Help our community by volunteering to deliver meals to elderly shut-ins in the Pendleton area. 10:30-Noon any weekday. Mileage reimbursement available & free lunch. Pendleton Senior Center, (541) 276-1926

St. Anthony Hospital has volunteer opportunities that make a positive difference in peoples' lives every day. Frequent volunteer opportunities include: Auxiliary Gift Shop, Information Desk where you greet and direct visitors, Shawl Ministry, Foundation, Patient Service, sewing including making stuffed animals for pediatric patients and passing quilts for those who are dying an Hospice home visitor. Discuss how you can join the St. Anthony Hospital family. June Mohrland, 1601 SE Court. Phone (541) 278-3218. e-mail: junemohrland@chiwest.com

RICHLAND

Anyone over the age of 18 can volunteer at *Kadlec Medical Center*. You can become a member of the Auxiliary or work under the direction of the Volunteer Coordinator and Unit Managers in specific areas, including education and rehabilitation. All volunteers undergo orientation and take a TB test before they begin service. For information contact Meg Fallows, volunteer coordinator at (509) 946-4611, Ext. 4666

Kadlec's Music Program is another way to volunteer at the Medical Center. Over 20 musical volunteers play a baby grand piano in the main lobby or walk the halls laying their instruments. The musicians range from age 10 to over 70. Volunteers provide music throughout the week which can be heard not only in the Lobby, but also in the Critical Care Waiting Area. For information call Meg Fallows, Volunteer coordinator at (509) 946-4611, Ex. 4666

KENNEWICK

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

WALLA WALLA

In becoming a part of the volunteer program at *Providence St. Mary Medical Center*, you are joining a team of people dedicated to high-quality patient care. It is our belief that working together as a team sharing a common objective of excellent service has earned Providence St. Mary Medical Center the recognition of being one of the finest health care providers in Southeastern Washington. Volunteer positions available: Information Desk, Escort-Errand, Cancer Center, Emergency Room, Charting, and Gift Shop. Contact Dennis Maughan, y Foundation Director, (509) 525-3320, etc. 2695

The *Volunteer Connection* is the community resource center for volunteers and a coordination center for community agencies and organizations that need volunteers. They have the ability to offer training and technical support to non-profit agencies n the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. To find out more call (509) 527-3775

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

Walla Walla Community Hospice is currently recruiting individuals to serve as Patient Care Volunteers. Volunteers work in tandem with the professional team of physicians, nurses, social workers, chaplains and aides. Volunteers provide companionship to hospice patients and allow family members and caregivers opportunities for needed breaks. No specific medical experience or training is necessary. for more information, contact Mary Wollmuth, Volunteer Coordinator at 525-5561 or mary@wwhospice.org. A video about a hospice volunteer is also available at <http://www.youtube.com/watch?v=3H4u9YKaBwc>.



FOURTEENTH ANNUAL
FAMILY CAREGIVER CONFERENCE
Sponsored By Aging & Long Term Care

DATE: NOVEMBER 3, 2010

**PLACE: MARCUS WHITMAN CONFERENCE CENTER
6 WEST ROSE ST.
WALLA WALLA, WA**

TIME: 10:00 AM TO 2:00 PM

**FEATURED SPEAKER:
KATHY MEDFORD, RN**

“ORAL CARE: IT’S MORE THAN YOU THINK”

Plus Self Care and Relaxation Techniques, complimentary lunch, door prizes and more!

To Register Call: ALTC @ 529-6470 before October 29th.

Brought to you by: Blue Mt. Community Foundation, Family Caregiver Support Program and Southeastern Washington Aging and Long Term Care



Alzheimer's Candlelight Vigil

Please join us as we commemorate **National Alzheimer's Disease Awareness Month** by honoring loved ones lost and those living with the disease. Join us for a candlelighting ceremony to **champion the Alzheimer's cause** by spreading awareness and hope.



Thursday, Nov. 4, 2010
6 to 7:30 p.m.

The Manor at Canyon Lakes
Community Club
2802 W. 35th Ave.
Kennewick, WA

Special music by
Harmony Hearts from Richland High School
Caleb Knutzen
Marlo Mackay

Heavy hors d'oeuvres will be served

Submit pictures for our memory wall at inlandnw@alz.org

For more information call the Alzheimer's Association at (509) 473-3390

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