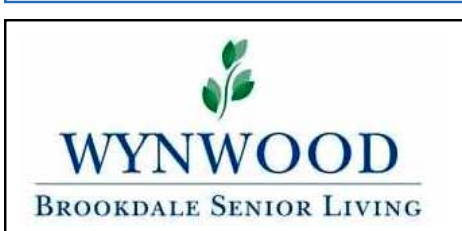


SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

Tri-Cities



Long Term Care Income Benefit for the Surviving Spouse of a Veteran

“Aid and attendance” is a commonly used term for a little-known veterans’ disability income. The official title of this benefit is “Veterans Pension.” The reason for using “aid and attendance” to refer to Pension is that many veterans or their single surviving spouses can become eligible if they have a regular need for the aid and attendance of a caregiver or if they are housebound. Evidence of this need for care must be certified by VA as a “rating.” With a rating, certain veterans or their surviving spouses can now qualify for Pension.

The purpose of this benefit is to provide supplemental income to disabled or older veterans who have a low income or high medical costs. Pension is for war veterans who have disabilities that are **not** connected to their active-duty service. Pension is primarily intended for very low income veterans, but a special provision in how Pension is calculated can allow veterans or single surviving spouses with high income to also receive the benefit which may be as much as \$1,949 a month. This special provision kicks in for veterans who have ongoing and expensive long term care costs.

Aid and Attendance Pension can pay a veteran household up to \$1,949 a month for qualifying long term care needs such as:

- ✓ Family members to provide home care
- ✓ Professional home care providers to come into your home
- ✓ Assisted Living or Adult Day services
- ✓ Nursing Home long term care



more on page 4...

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.

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. Certification cards are valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

MONDAY

KENNEWICK: "Clay Sculpting" – Meet other enthusiastic sculptors and sculpt new creations or finish an existing project, no experience necessary. Please bring your own supplies and projects. Class is ongoing, join anytime! Join us Mondays, 1 pm – 2 pm, \$1.00 per person. For information call the Kennewick Senior Center at (509) 585-4301

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

HERMISTON: "Look Good, Feel Better" FREE classes sponsored by the American Cancer Society for those seeking makeup and skin care strategies to help when cancer and cancer treatment causes sensitive skin and hair loss issues. Conducted by local cosmetologists with specialized training and licensing. 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? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for the series. (541) 667-3509

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. in the Good Shepherd Community Wellness Center. \$15 for 10 weeks; \$5 per resistance band. (541) 667-3509

TUESDAY

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

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

TUESDAY & THURSDAY

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



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

SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

WEDNESDAY

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

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

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

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

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

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

WALLA WALLA: Diabetes workshops at Providence St Mary Medical Center, Mother Joseph Room, 11:00am-2:00 pm on the second Wednesday of each month. Workshops are for newly diagnosed diabetic or those who need a review of diabetes self-management. Workshops provide information that is easily adaptable to your lifestyle. Information will be provided on nutrition, medications, home glucose monitoring, exercise, and avoiding long and short-term complications. Facilitated by certified diabetes educators, dietitians and other health care professionals. (509) 525-3320, etc. 282

WALLA WALLA: Grief support group March 23-May 25. A morning group will meet from 10:00-11:30 am and an evening group meets from 6:00-7:30 pm at the Walla Walla Hospice office. The WWCH bereavement team will facilitate the group. The book *Understanding Your Grief* by Dr. Allan Wolfelt is used as a guideline. There is no charge, register by calling the WWCH office at 525-5561 or by email to info@wwhospice.org before March 17, 2011

THURSDAY

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for the 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 given immediately. No appointments are necessary. 1:00-1:30 pm.

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

WALLA WALLA: Legal Counsel the fourth Thursday of the month with Larry Siegel or Carol Jean Thompson at The Center At The Park, 720 Sprague. (509) 527-3775

Link Your Website to the the Senior Review for Only \$10.00 a Month

CALENDAR

JUNE 2-KENNEWICK: "Edith Bishell Center For The Blind and Visually Impaired Golf Tournament & Fundraiser" To be held at Canyon Lakes Golf Course. info@edithbishellcenter.org

JUNE 2-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" Renewal course for healthcare providers that are current with BLS or about to expire. Not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Kennewick General. (509) 586-5119

JUNE 2-3-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: 1:00 pm, runs for 2-3 hours: Rhythm interpretation, 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.) Kennewick General.(509) 586-5119

JUNE 3-KENNEWICK: "Golf Tournament & Fundraiser" Benefitting the Edith Bishel Center for the Blind and Visually Impaired. Hosted at Canyon Lakes Golf Course. Call Jeff Spriggle, (509) 628-0892

JUNE 6-PENDLETON: "First Aid Class" 1:00-4:30 pm. Learn what to do for a stroke/heart attach/shock/seizure victim; First Aid Basics - bleeding wounds, allergic reactions, adult/child choking, broken bones/sprains, bandaging and splinting extremities, etc.. Certification good for two years. Registration in advance required. Sponsored by St Anthony Hospital in the Blues Room. Fee:\$50. (541) 278-3233 loriweaver@chiwest.com

CALENDAR

JUNE 7-WALLA WALLA: "American Heart Association CPR" 6:30 pm. In this one-night class you will learn how to perform cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver on adults as well as infants and children. Participants will receive an American Heart Association participation card. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509) 522-2424

JUNE 8-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of Adult and Child AED. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration required. (509) 586-5119

JUNE 13-WALLA WALLA: "American Heart Association CPR" 6:30 pm. In this one-night class you will learn how to perform cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver on adults as well as infants and children. Participants will receive an American Heart Association participation card. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509) 522-2424

JUNE 13-PASCO: You're Invited to a fun and educational Medicare seminar! 10AM at Pasco Senior Center, 1315 N 7th Ave. [Medicare 101](#). This one-hour educational program covers the basics of Medicare A, B, C, D, eligibility, benefits, and other aspects of the Medicare "puzzle." After the presentation, we hope you can stay to enjoy fun and engaging interactive activities. This is not a sales presentation. This event is only for educational purposes and no plan-specific benefits or details will be shared. The event is open to everyone. A coordinated care plan with a Medicare Advantage contract. Group Health Options, Inc.'s Clear Care® PPO. Y0033_MK11MED101 CPY File and Use 04-25-2011

JUNE 14-KENNEWICK: "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration required. Call (509) 586-5119

Many new Profiles of Senior Businesses can be found on www.SeniorPages.com

JUNE 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. Walla Walla General Hospital. Fee: \$25. (509) 522-2424

JUNE 15-PENDLETON: "CPR Class" 1:00-5:00 pm and 6:00-10:00 pm. Healthcare Providers/General public: learn adult/child/infant CPR/AED and obstructed airway/choking. Classes meet every 3rd Wednesday. Certification good for 2-7 years. Advance registration required Sponsored by St Anthony Hospital in the Blues Room. Fee: \$50. Contact Lori Weaver (541) 278-3233. loriweaver@chiwest.com

JUNE 15-RICHLAND: "Coping With Caregiver Stress" 6:30-8:30 pm. In the Richland Library, 955 Northgate Drive. Presenter: Elizabeth Hall. Sponsored by the Alzheimer's Association-Inland Northwest Chapter and Guardian Angel Homes.

JUNE 15-RICHLAND: "Coping With Caregiver Stress" 6:30-8:30 pm in the Richland Library, 955 Northgate Drive. Presenter: Elizabeth Hall. Presented by the Alzheimer's Association-Inland Northwest Chapter and Guardian Angel HOMes.

JUNE 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

JUNE 19-WALLA WALLA: "American Heart Association CPR" 6:30 pm. In this one-night class you will learn how to perform cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver on adults as well as infants and children. Participants will receive an American Heart Association participation card. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509) 522-2424

JUNE 23-WALLA WALLA: "Healthcare Provider CPR" 6:30 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Sponsored by Walla Walla General Hospital. Fee: \$25. For information call (509) 522-2424

A lesser amount of pension income up to \$1,056 a month is available to a single surviving spouse of a veteran and is known as "Death Pension."

A single surviving spouse of any age is eligible for Death Pension as long as the deceased veteran served at least 90 days during a period of war with based one of those days during the period of war. The couple had to be married at least a year prior to death or have a child as a result of the marriage. Unlike the Pension benefit for a living veteran, there is no requirement for total disability for the surviving spouse nor for the deceased veteran to have been totally disabled or age 65 or older prior to death.

A different form is used to submit an application for Death Pension, but all of the necessary documents and supporting evidence required for a claim for a living veteran are the same with the additional requirement of a death certificate proving the death of the veteran.

Sometimes claims for Death Pension are as simple as filling out the form and mailing it to the regional office. In cases where income is greater than \$1,056 a month, additional evidence must be submitted in order to get an award of benefit otherwise the claim will be denied. Also a certain level of assets that can be converted to cash may also disqualify the applicant. In these cases, a qualified consultant should be sought out in order to insure the award of a benefit.

CALENDAR (continued)

JUNE 24-25-HERMISTON: "Relay For Life of Hermiston" 6:00 pm Friday to 10:00 am Saturday. At the Umatilla County Fairgrounds. Come join us for our Silent Auction Friday evening. Call (541) 571-3454 or Register online at: www.relayforlife.org/hermistonor

JUNE 24-RICHLAND: 6:30-8:30 pm. "Food and Brain Presentation" David Kessler, MD, author of the instant New York Times bestseller, *The End of Overeating: Taking Control of the Insatiable American Appetite*. If you're struggling with your weight or simply don't understand why you can't seem to stop eating your favorite foods, Dr Kessler offers new insights and useful tools to help you find a solution "When we put food rich in sugar, fat, and salt in our mouths, we stimulate neurons. Neurons are connected in circuits and communicate with one another to create feelings, store information, and control behavior. Dr. Kessler served as Commissioner of the uS Food and Drug Administration under presidents George HW Bush and Bill Clinton. He reinvented the food label and tackled the tobacco industry. Fee: \$20. Visit www.neurologicalresource.org for more information or to register online or call (509) 943-8455

JUNE 27-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. Walla Walla General Hospital. Fee: \$25. (509) 522-2424

JULY 4-PENDLETON: "First Aid Class" 1:00-4:30 pm. Learn what to do for a stroke/heart attach/shock/seizure victim; First Aid Basics - bleeding wounds, allergic reactions, adult/child choking, broken bones/sprains, bandaging and splinting extremities, etc.. Certification good for two years. Registration in advance required. Sponsored by St Anthony Hospital in the Blues Room. Fee:\$50. contact Lori Weaver (541) 278-3233 loriweaver@chiwest.com

JULY 7-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

JULY 7-8-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 1:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

JULY 12-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. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509) 522-2424

JULY 12-KENNEWICK: "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration required. Call (509) 586-5119

JULY 13-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of Adult and Child AED. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration required. (509) 586-5119

JULY 14-RICHLAND: "Communication: The Key to Dementia Care" 6:30-8:30 pm. Held in the Richland Library 955 Northgate Drive. Program presented by the Alzheimer's Association-Inland Northwest Chapter.

JULY 14-RICHLAND: "Communication: The Key to Dementia Care" 6:30-8:30 pm at the Richland Library, 955 Nothgate Drive. Program presented by the Alzheimer's Association-Inland Northwest Chapter



JULY 20-PENDLETON: "CPR Class" 1:00-5:00 pm and 6:00-10:00 pm. Healthcare Providers/General public: learn adult/child/infant CPR/AED and obstructed airway/choking. Classes meet every 3rd Wednesday. Certification good for 2-7years. Advance registration required Sponsored by St Anthony Hospital in the Blues Room. Fee: \$50. (541) 278-3233. loriweaver@chiwest.com

JUL Y 21-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

AUGUST 17-PENDLETON: "CPR Class" 1:00-5:00 pm and 6:00-10:00 pm. Healthcare Providers/General public: learn adult/child/infant CPR/AED and obstructed airway/choking. Every 3rd Wed. Certification good for 2-7years. Advance registration required St Anthony Hospital in the Blues Room. Fee: \$50. (541) 278-3233. loriweaver@chiwest.com

JULY 25-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. Walla Walla General Hospital. Fee: \$25. (509) 522-2424

JULY 28-WALLA WALLA: "Healthcare Provider CPR" 6:30 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Sponsored by Walla Walla General Hospital. Fee: \$25. For information call (509) 522-2424

AUGUST 11-RICHLAND: "Know the 10 Signs" 6:30-8:30 pm. In the Richland Library, 955 Northgate Drive. Program presented by the Alzheimer's Association-Inland Northwest Chapter.

AUGUST 25-WALLA WALLA: "Healthcare Provider CPR" 6:30 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Sponsored by Walla Walla General Hospital. Fee: \$25. For information call (509) 522-2424

SeniorPages.com

VACANCIES

HERMISTON: Desert Sage Manor-affordable housing for seniors 62 and older has immediate openings for their 1-bedroom apartments. Rents based on income. Water, sewer, garbage and electric paid. Free Wi Fi hot spot. For information call (541) 667-8607

SUPPORT GROUPS

COLLEGE PLACE

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

HERMISTON

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

ALZHEIMER'S DISEASE: Meets the third Thursday of each month, 1:00-3:00 pm, Good Shepherd Wellness Center (behind the medical center). For information please call Dona Beck at (541) 720-7657

DIABETES SUPPORT 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

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

Blood Test Offers Clues to Longevity

Elizabeth H. Blackburn shared a Nobel Prize in 2009 for discoveries related to telomeres.

Blood tests that seek to tell people their biological age — possibly offering a clue to their longevity or how healthy they will remain — are now going on sale.

But contrary to various recent media reports, the tests cannot specify how many months or years someone can expect to live. Some experts say the tests will not provide any useful information.

The tests measure telomeres, which are structures on the tips of chromosomes that shorten as people age. Various studies have shown that people with shorter telomeres in their white blood cells are more likely to develop illnesses like [cancer](#), heart disease and [Alzheimer's disease](#), or even to die earlier. Studies in mice have suggested that extending telomeres lengthens lives.

Seizing on that, laboratories are beginning to offer tests of telomere length, setting off a new debate over what genetic tests should be offered to the public and what would be the ethical implications if the results were used by employers or others.

Some of the laboratories offering the tests emphasize that the results are merely intended to raise a warning flag.

"We see it as a kind of wake-up call for the patient and the clinician to say, 'You know, you're on a rapidly aging path,'" said Otto Schaefer, vice president for sales and marketing at SpectraCell Laboratories in Houston, which offers a test for \$290.

A company in Spain, provocatively named Life Length, has begun selling a test for 500 euros (\$712), that says that it can tell people their biological age, which may not correspond to their chronologic age.

Another company, Telome Health of Menlo Park, Calif., plans to begin offering a test later this year for about \$200. It was co-founded by Elizabeth H. Blackburn of the University of California, San Francisco, who shared a [Nobel Prize](#) in 2009 for discoveries related to telomeres.

Calvin B. Harley, the chief scientific officer at Telome Health, said the test would be akin to a car's dashboard signal, a "check engine light." He compared it with a [cholesterol test](#), but more versatile since it can predict a risk of various illnesses, not just heart attacks.

But among the critics of such tests is Carol Greider, a molecular biologist at Johns Hopkins University, who was a co-winner of the Nobel Prize with Dr. Blackburn.

Dr. Greider acknowledged that solid evidence showed that the 1 percent of people with the shortest telomeres were at an increased risk of certain diseases, particularly bone marrow failure and [pulmonary fibrosis](#), a fatal scarring of the lungs. But outside of that 1 percent, she said, "The science really isn't there to tell us what the consequences are of your telomere length."

SUPPORT GROUPS (continued)

BREAST CANCER: Meets on the third Monday of every month, 6:30 pm, Good Shepherd Medical Plaza (620 NW 11th) Meeting room 1. Call (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

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

KENNEWICK

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

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

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

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

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

GRIEF SUPPORT GROUPS: The Chaplaincy offers a variety of grief support groups that ease the pain after the loss of a loved one and promote emotional healing. three groups are open to anyone in the community. Coming to terms with Loss, Grieving Parent's Support Group, Men's Loss Group, Survivors of Suicide, Widowed Support Group, Understanding Grief. (509) 783-6243

MEN'S CANCER SUPPORT GROUP: The primary focus of this group is on prostate cancer, however, men with all types of cancer are welcome. Third Thursday of each month at Tri-Cities Cancer Center from 6:30-8:00 pm. Contact: (509) 737-3418 or visit www.tccancer.org

PENDLETON

CANCER SURVIVORS SUPPORT GROUP: Second Tuesday of each month. 1:00-2:00 pm at St. Anthony Hospital, 1601 SE Court Ave. For additional information please call (541) 276-5121

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

LIVING WITH GRIEF DROP-IN SUPPORT GROUP: 5:30-7:00 pm A drop in group is a group that individuals can attend one time or as often as they like. The group is an opportunity to be with other individuals who have also lost a loved one to share feelings and gain support. You may also drop-in every 3rd Wednesday at 12:00-1:00 pm. Sponsored by St. Anthony Hospital in the Home Care/Hospice Bldg. on corner of court & SE 17th. Free.

RICHLAND

"CAN SURVIVE" SUPPORT GROUP: This group focuses on all kinds of cancer and is for patients, family and caregivers. First and Third Thursday of each month 12:00-1:00 pm. Meets at Cathedral of Joy, 1153 Gage Blvd.. (509) 627-1109

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

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

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

STROKE SUPPORT GROUP: third Wednesday of each month, 2:00-3:00 pm at The Kadlec Neurological Resource Center, 712 Swift Blvd., Suite 1. Call to confirm times (509) 943-8455



A BEAUTIFUL LESSON IN LIFE AND LONGEVITY

Be nice to others because time
WILL make a difference!
One day you will no longer be the
big dog...Just the old dog!



SUPPORT GROUPS (continued)

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

WALLA WALLA

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

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

GRIEF SUPPORT GROUPS: Two new groups sponsored by Walla Walla Community Hospice will begin January 5 and will continue every Wednesday through March 9. A morning group will meet from 10:00-11:30 am and an evening group will meet from 6:00-7:30 pm at the Hospice office. WWCH bereavement team will facilitate the group. The book *Understanding Your Grief* by Dr. Allan Wolfelt is used as a guideline. No charge Register by calling the office at (509) 525-5561 or email to info@wwhospice.org

GRIEF SUPPORT GROUPS: March 23-May 25. A morning group will meet from 10:00-11:30 am and an evening group meets from 6:00-7:30 pm at the Walla Walla Hospice office. The WWCH bereavement team will facilitate the group. The book *Understanding Your Grief* by Dr. Allan Wolfelt is used as a guideline. There is no charge, but participants are encouraged to register by calling the WWCH office at 525-5561 email to info@wwhospice.org before March 17, 2011

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

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

Friendly Local Internet Solutions!

Locally Owned since 1994
Local Technical Support

Stop by with or without your computer!

Full range of services and support
Broadband (DSL, Fiber, Wireless)
Affordable Web Sites

One World Telecommunications, Inc.

415 N. Quay, Bldg. B
Kennewick, WA 99336

509-735-0408
info@owt.com

www.owt.com • www.owtweb.com



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. 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

Regency Hermiston is looking for volunteers to spend time with their residents. Contact Chirelia (541) 567-8337

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

PENDLETON

Meals-On-Wheels needs drivers! Would you or someone you know be willing to help our community by volunteering to deliver meals to elderly shut-ins in the Pendleton area. 10:30-Noon any weekday. Mileage reimbursement available and free lunch. (541) 276-1926

St. Anthony Hospital has volunteer opportunities that make a positive difference in peoples' lives every day. 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. Contact June Mohrland, 1601 SE Court. (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. Volunteers undergo orientation and take a TB test before they begin service. (509) 946-4611, Ext. 4666

Dr. Greider said that there was great variability in telomere length. "A given telomere length can be from a 20-year-old or a 70-year-old," she said. "You could send me a DNA sample and I couldn't tell you how old that person is."

Dr. Peter Lansdorp, a telomere expert at the British Columbia Cancer Agency, also had doubts. "If telomeres are short for you or me, what does it mean?" he said. Dr. Lansdorp started a company, Repeat Diagnostics, which conducts telomere testing for medical researchers only.

Recent media reports speculated on the tests and their possible implications, including ethical problems.

"You could imagine insurance companies wanting this knowledge to set rates or deny coverage," said Jerry W. Shay, a professor of cell biology at the University of Texas Southwestern Medical Center in Dallas, who is an adviser to Life Length.

Test vendors say the speculation is running wild.

"It doesn't mean we will tell anyone how long they will live," said María Blasco, a co-founder of Life Length and a molecular biologist at the Spanish National Cancer Research Center in Madrid. Even if a 50-year-old has the telomere length more typical of a 70-year-old, she said, "This doesn't mean your whole body is like a 70-year-old person's body."

Still, she said, "We think it can be helpful to people who are especially keen on knowing how healthy they are."

Generally tests offered by a single laboratory do not have to be approved by the Food and Drug Administration. But the F.D.A. has been cracking down recently on some tests offered to the public, saying they may need approval. The FDA said in a statement Wednesday that it was aware of the tests, and had not come to any conclusions.

Executives at both Telome Health and Life Length say they will require a doctor to be involved in ordering the test, though SpectraCell said it allowed individuals to order the test.

A Blood Test Offers Clues to Longevity



Spring Valley Vineyards, Walla Walla

VOLUNTEERS NEEDED (continued)

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.

Veteran Volunteers Needed For Hospice: Hospice at the Chaplaincy is looking for veterans (of any age, fro any branch of service) to volunteer to spend time with hospice patients who are also veterans. Please call (509) 783-7416 .

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. Volunteer positions available: Information Desk, Escort-Errand, Cancer Center, Emergency Room, Charting, and Gift Shop. Call (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 skills and talents. (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 required, training is provided. Volunteers needed in Benton, Franklin and Walla Walla Counties. (509) 545-6145.

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>.



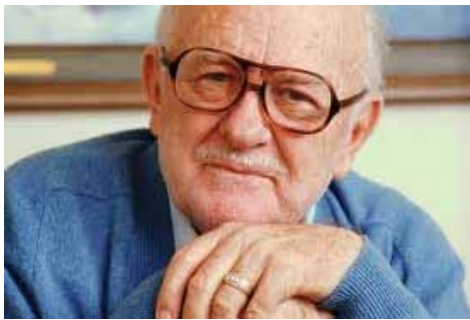
**Senior Pages,
the #1 Directory of
Senior Services...
....And it's FREE!**

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

**WE PUBLISH THE
SENIOR PAGES
FOR THESE AREAS:**

Spokane County • Northern Idaho
Tri-Cities • Moses Lake/Ephrata
Walla Walla/NE Oregon
Yakima/Ellensburg
Wenatchee Valley
Western Montana
Tacoma/Olympia/South Sound

800-735-7258
info@seniorpages.com
www.seniorpages.com



**WHAT AN OPPORTUNITY!
You can send us your events
seminars, announcements,
employment opening, vacancies
and anything for sale or trade**

THREE RIVERS
SENIOR
LIFE
SHOW
2011
FRIDAY, **JUNE 17th**
AT THREE RIVERS CONVENTION CENTER

10:00 AM
TO 4:00 PM



The 3rd Annual Senior Life Show is for seniors who want to live life to the fullest and achieve a safer, happier and healthier life style. It's a one-stop show for all of the information and resources that baby boomers and seniors need. **You don't want to miss this show!**



CALLING
ALL SENIORS!

- FREE Admission
- Vendor Booths
- Entertainment
- Refreshments
- And More!

www.threeriversconventioncenter.com

PRESENTED BY



AND



SPONSORED BY



Tri-City Herald

Registration Card

*Deadline to register is
May 27, 2011




Name _____
 Company _____
 Address _____
 City _____ State _____ Zip _____
 Phone (____) _____

Please select from the following

- Hole in One Sponsor \$ 1,000.00
 - Hole Sponsor w/Sign \$ 150.00
 - Closest to the Pin (KP) \$ 250.00
 - Longest Drive \$ 250.00
 - Golf Team \$ 320.00
 - Golf Player Only \$ 80.00
 - Other Donations () \$ _____
- Total \$ _____

Method of Payment

Check (payable to Edith Bishel Center)

Card # _____
 Expiration Date: _____
 Signature _____

MAIL REGISTRATION TO:
 Edith Bishel Center for the Blind
 628 N. Arthur St., Kennewick,
 Washington 99336
 FAX: 509-735-4074



628 N. Arthur Street
 Kennewick, WA 99336

Email:
info@edithbishelcenter.org
Contacts

Larry Weiss, Executive Director (509) 735-0699
 Cynthia McCreedy, Coordinator (509) 735-0699
 Jeff Spriggle, Tournament Chairman
 (509) 628-0892

Major Sponsor

Tri-City Optometric Society

Advertising Donated by

Townsquare Media
 Pasco, WA

Printing Services Provided by

Budget Print Center
 Kennewick WA (509) 736-7511

Hole-In-One Sponsor

Dr. Charles Sung

Blind Putt Contest

Community 1st Bank

7th Annual

“Hackin’

for Sight”

**Golf Tournament
 & Fundraiser**

Friday, June 3, 2011

**Benefitting the
 Edith Bishel Center
 for the Blind
 & Visually Impaired**
*A 501(c)(3) non-profit
 Organization*

HOSTED AT



www.canyonlakesgolfcourse.com
 Kennewick, WA

Senior Pages, the #1 Directory of Senior Services...And it's FREE!

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

WE PUBLISH THE SENIOR PAGES FOR THESE AREAS:

Spokane County • Northern Idaho • Tri-Cities • Moses Lake/Ephrata • Walla Walla/NE Oregon
 Yakima/Ellensburg • Wenatchee Valley • Western Montana • Tacoma/Olympia/South Sound

800-735-7258

info@seniorpages.com • www.seniorpages.com