

# SENIOR REVIEW

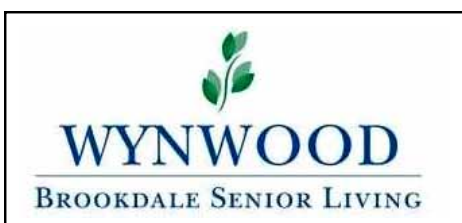
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## WE ARE LIVING LONGER

According to recent data from the Centers for Disease Control, the average life expectancy is now over 78 years for the first time in American history. For people who are healthy and have good genes, it's even higher. A 65-year-old healthy man has a 50% chance of living to age 85 and a 25% chance of living to 92, according to the Society of Actuaries. For a healthy 65-year-old woman, there's a 50% chance she'll see 88 and a 25% chance to reach 94. If those two people are married, there's a one-in-two chance one of them will celebrate a 92nd birthday.

Longer life spans also mean longer retirements. A couple in its 60s needs its nest egg to stretch 30 years or more – but advisers are having trouble convincing clients they'll need at least three decades of savings. In spite of the statistics and actuarial numbers, only about a quarter of retirees and 20% of pre-retirees think they'll live to turn 86. "Life expectancy has increased dramatically, and people have old numbers in their minds," says Kate Warne, investment strategist at Edward Jones.

There's also a strong financial incentive to bury one's head in the sand. Living longer – and stretching retirement savings – may very well *more on page 4...*

## Many Falls Can Be Prevented

Falls are a leading cause of injury in the United States, but some simple precautions can help prevent them, experts say.

"It's important to look around your everyday environment and minimize the risk . . . not only for yourself, but for others as well. There is a reason that unintentional falls are common injuries with our patients. They can happen at any time, any place and happen to anyone," Dr. Sandra Schneider, president of the American College of Emergency Physicians said.

Accidental falls are the leading injury-related reason why Americans seek emergency medical care, with nearly 9 million visits a year, according to the U.S. Centers for Disease Control and Prevention.

Falls are the leading cause (33 percent) of accidental home injury deaths and account for more than 40 percent of nonfatal injuries, the Home Safety Council has reported. The two highest risk age groups are children under 5 years and adults older than 70.

*more on page 9...*

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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, \$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 four-class series. For more information 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 are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Contact 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 please 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 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. To be held in the Wellness Center. Instructor: Judy Ricketts. For information call (541) 289-0656

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



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

## 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 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:** "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. 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. 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. For information call (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, but participants are encouraged to register by calling the WWCH office at 525-5561 or by email to [info@wwhospice.org](mailto: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 four-class series. For more information please call (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 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. For information call (509) 527-3775



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### CALENDAR

**APRIL 4-HERMISTON:** "CPR Classes" 6:00-9:00 pm. 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. Fee: \$25 Sponsored by Good Shepherd Hospital. For information call (541) 667-3509

**APRIL 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. For information contact Lori Weaver (541) 278-3233 [loriweaver@chiwest.com](mailto:loriweaver@chiwest.com)

**APRIL 4-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. Call: (509) 522-2424

**APRIL 7-HERMISTON:** "First Aid Classes" 6:00-9:00 pm. 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. Fee: \$25 Sponsored by Good Shepherd Hospital. For information call (541) 667-3509

**APRIL 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

**APRIL 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 (509) 586-5119

**APRIL 11-WALLA WALLA:** "American Heart Association CPR" 6:30 pm. In this one-night class learn to perform (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. For information and to register call: (509) 522-2424

**APRIL 11-PENDLETON:** "American Red Cross Blood Drive" 1:00-6:00 pm. Open to the public. Sponsored by St. Anthony Hospital in the Cascade Room. Preregistration required. For an appointment call (800) 733-2767

**APRIL 12-HERMISTON:** "Safety Belt Diversion Classes" 6:00-8:00 pm. These two hour classes demonstrate how safety belt use is an effective strategy for preventing injuries. Open to the public as well as court-mandated residents. Sponsored by Good Shepherd Medical Center. Fee: \$25. Call: (541) 667-3502

**APRIL 12-WALLA WALLA:** "Basic First Aid" 6:30 pm. In this one night class you learn how to perform basic first aid and receive American Heart Assn. First Aid Certification. Sponsored by Walla Walla General Hospital. \$25. (509) 522-2424

**APRIL 13-RICHLAND:** "Maintain Your Brain-How to Live a Brain-Healthy Lifestyle" 6:00-8:00 pm. As one of the latest developments in the national public awareness campaign to "maintain Your Brain," the Alzheimer's Association worked with a group of scientific and national experts to develop a new original curriculum targeting baby boomers with information on this timely topic. the workshop, Maintain Your Brain: How to live a brain healthy lifestyle, is approximately 2-hours and offers research-based advice ways to enhance brain health and vitality. Richland Public Library, 955 Northgate, Conference Room A & B. Free.

mean spending less. "The most important thing is really to make sure you stick to the spending plan you lay out in the beginning," says Bill Bengen, a financial adviser and author of "Conserving Client Portfolios During Retirement" in Chula Vista, Calif. "The first couple of years of retirement are the most important."

For example, a retiree with a \$1 million portfolio and assuming an annual average 7% rate of return and a nominal rate of inflation, could spend \$52,000 per year for 20 years, says Bengen. But if that pot needs to last 30 years, on the other hand, the annual budget drops to \$45,000.

To emphasize the new retirement reality, many advisers are using 90, 95, even 100 years as the expected life expectancy when designing a client's portfolio. "Initially, there is a blank stare," says Drew Denning, vice president of the retiree services division at Principal Financial Group. "At first clients think 15 years of retirement is reasonable." This also means preparing clients – who may have had relatively low out-of-pocket medical costs while employed – for significant health care expenses, especially at the end of that long retirement.

And those costs can really kick in as we age, says Anthony Webb, a research economist at the Center for Retirement Research at Boston College. "Bad health catches up with all of us," he says. And despite recent changes in Medicare, retirees – especially women – have significant out-of-pocket medical costs, according to a December 2010 report by the non-profit Employee Benefit Research Institute. Men retiring at 65 in 2010 will need an estimated \$124,000 to \$211,000 saved up to cover health insurance premiums

*more on page 6...*



## CALENDAR (continued)

**APRIL 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 is required. Please call (509) 586-5119

**APRIL 13-24-PENDLETON:** "Head 'em up for the Poker Round-Up" Poker aficionados are already looking ahead to the Spring Poker Round-Up at Wildhorse Resort & Casino. With total prize money topping \$1 million, the 12-day Round-Up is the biggest poker tournament in the Northwest. With their comfortable entry fees as low as \$10, low buy-ins of \$100-500 and two-day deep stacks, it's no wonder nearly 4,500 players are expected to head our way for the 28 cash game events. Plus every winner takes off with a fabulous vacation for two. Visit [www.wildhorseresort.com](http://www.wildhorseresort.com) or call Billie and Ernie at 541-966-1549 for reservations.

**APRIL 14-15-KENNEWICK:** Driver's Safety" 9:00 am-noon both days. The nation's first and largest classroom 2-day refresher course for motorists age 50 and older. Washington state law requires that certified participants receive discounted auto insurance. AARP members are eligible for the a discounted price. Sponsored by the Kennewick Senior Center

**APRIL 15-KENNEWICK:** "All You Can Eat Spaghetti Feed Fundraiser" 4:00-7:00 pm at the Kennewick Valley Grange. Proceeds to benefit Edith Bishel Center for the Blind and Visually Impaired. \$7 per person. For further information call (509) 735-0699. [www.edithbishelcenter.org](http://www.edithbishelcenter.org)

**APRIL 15-HERMISTON:** "Pattern for Healthy Living Luncheon" 11:30 am-1:00 pm Piecing together a lifestyle for healthy living. Enjoy a wonderful lunch while learning about the "pattern pieces" you can use to have a healthy lifestyle. Hear about women's health and well news issues from a health care expert. To be held in the Good Shepherd Medical Center conference rooms. Tickets will be available starting March 1. (541) 667-3509

**APRIL 18-HERMISTON:** "Red Cross Blood Drive: 1:00-6:00 pm in the Good Shepherd Conference Centers 1 & 2. For information and an appointment call 800-488-5428

**APRIL 19-RICHLAND:** "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. An American Heart Association initial course designed to train healthcare providers in the life saving skills of both BLS and relief of foreign-body airway obstruction. Using interactive scenarios, the following skills are covered: adult, child, and infant BLS, one and two rescuer BLS, airway management, barrier devices and legal issues. Advance preparation essential. Sponsored by Kadlec Regional Medical Center in the Chinook Rooms I & II, 3rd Floor of the Mountain Pavilion. [education@kadlecmed.org](mailto:education@kadlecmed.org)

**APRIL 19-KENNEWICK:** "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration (509) 586-5119

**APRIL 20-KENNEWICK:** "Easter Egg-Stravaganza" 3:00-4:00 pm. Toddlers ages 3-6 will color and decorate an Easter bag, enjoy an Egg-Stravagant Easter egg hunt for lots of sweet treats, and then while listening to animated children's songs snack on yummy cookies and punch. Bring your camera. Siblings, cousins and friends ages 7-9 are welcome to participate in the Easter egg hunt and enjoy cookies and punch (crafts not included). Presented by the Kennewick Activity Center & Keewayden Park, 500 S Auburn. <http://go2kennewick.com> or call (509) 585-4303

**APRIL 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 2-7 years. Advance registration required Sponsored by St Anthony Hospital in the Blues Room. Fee: \$50. Contact Lori Weaver (541) 278-3233. [loriweaver@chiwest.com](mailto:loriweaver@chiwest.com)

**APRIL 20-21-RICHLAND:** "AARP Driver's Safety Program" 5:00-9:00 pm both days. This program was designed and conducted AAARP, It provides a classroom instruction and covers the effects of aging and medication on driving, basic driving rules, license renewal and more. Sponsored by Kadlec Regional Medical Center at Columbia II & III, 3rd floor Mountain Pavilion. Fee at the door: \$12 per person for AARP members, \$14 non members. [http://www.aarp.org/families/driver\\_safety/driver\\_program/a2004-06-21-whatidsd.html](http://www.aarp.org/families/driver_safety/driver_program/a2004-06-21-whatidsd.html)

**APRIL 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

**APRIL 21-KENNEWICK:** "Group Health Options, Inc.'s Clear Care Medicare Advantage seminar" 10:00- am. At Group Health, 1009 N Center Parkway. A presentation on Group Health's Clear Care PPO plans by our Medicare consultant. For more information or to register online, go to [ghc.org/medicare](http://ghc.org/medicare) or call toll-free (800) 446-8882. TTY WA Relay contact information is optional. A sales person will be present with information and applications. For accommodations of persons with special needs, call toll-free (800) 446-8882. TTY WA Relay (800) 833-6388. A Medicare Advantage organization with a Medicare contract.

**APRIL 22-HERMISTON:** "CPR & First Aid Combo Classes" 6:00-9:00 pm. 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. Fee: \$50 Sponsored by Good Shepherd Hospital. Call (541) 667-3509

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### CALENDAR (continued)

**APRIL 22-RICHLAND:** "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. This is an American Heart Association initial course designed to train healthcare providers in the life saving skills of both BLS and relief of foreign-body airway obstruction. Using interactive scenarios, the following skills are covered: adult, child, and infant BLS, one and two rescuer BLS, airway management, barrier devices and legal issues. Advance preparation is essential. Sponsored by Kadlec Regional Medical in the Chinook Rooms I & II, 3rd Floor of the Mountain Pavilion. [education@kadlecmed.org](mailto:education@kadlecmed.org)

**APRIL 25-HERMISTON:** "Healthcare Provider CPR Renewal" 9:00 am-12:00 pm Fee: \$25. Sponsored by Good Shepherd Medical Center. (541) 667-3509

**APRIL 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. Fee: \$25. Sponsored by Walla Walla General Hospital. (509) 522-2424

**APRIL 25-26-RICHLAND:** "Advanced Cardiac Life Support (ACLS) Initial" Take the Initial Course if this is your first ACLS course or if your current ACLS provider card has expired by it's renewal course date. The course follows the American Heart Assn. ACLS guidelines. You must have a current (AHA) Basic Life Support (BLS) provider card to take the course. Sponsored by Kadlec Regional Medical Center. At Columbia II & III, Chinook I & II. For additional information contact: [education@kadlecmed.org](mailto:education@kadlecmed.org)

**APRIL 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

**MAY 2-HERMISTON:** "CPR Classes" 6:00-9:00 pm. Taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Covers basic techniques for providing first aid assistance. Layperson and healthcare provider classes available. Fee: \$25 Sponsored by Good Shepherd Hospital. (541) 667-3509

and out-of-pocket medical costs – and there's still a 10% chance they'll run out of savings, the report said; Women, who typically live longer, need \$143,000 to \$242,000. And those figures don't include the costs of a nursing home or assisted-living facility.

About 70% of those over 65 will end up living in a long-term-care facility, according to the U.S. Department of Health And Human Services. In 2009, the average cost for a room in an assisted living facility was \$3,131 a month; a semi-private room in a nursing home was roughly double that rate.

But in spite of these increasing costs and longer retirements, advisers say their strategies haven't changed much. Lisa Kirchenbauer, a financial planner, uses 100 as a life expectancy when planning. "Most of my clients won't live to 100, but what if they do? My job is to run the worst case scenario." That might mean cutting expenses, moving to a smaller house or working longer but she won't decrease estimated rates of inflation or life expectancy.

**MAY 2-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. For information contact Lori Weaver (541) 278-3233 [loriweaver@chiwest.com](mailto:loriweaver@chiwest.com)

**MAY 5-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

**MAY 9-PENDLETON:** "American Red Cross Blood Drive" 1:00-6:00 pm. Open to the public. Sponsored by St. Anthony Hospital in the Cascade Room. Preregistration required. For an appointment call (800) 733-2767

**MAY 11-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 is required. Please call (509) 586-5119

**MAY 12-13-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. \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General (509) 586-5119

**MAY 17-KENNEWICK:** "Keeping the Keys" 1:00 pm. AAA can help provide you with resources to continue to drive safely and maintain mobility to enhance your quality of life. Join Cassie Devancy at the Kennewick Senior Center for an overview of resources that can help you safely extend your driving career. Refreshments provided. (509) 585-4303

**MAY 18-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. Meet every 3rd Wed. Certification good for 2-7years. Advance registration Sponsored by St Anthony Hospital in the Blues Room. Fee: \$50. Contact Lori Weaver (541) 278-3233. [loriweaver@chiwest.com](mailto:loriweaver@chiwest.com)



### CALENDAR (continued)

**MAY 19-KENNEWICK:** "Basic Life Support for the Healthcare Provider Renewal" Renewal course offered for the 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. \$40. Sponsored by Kennewick General. (509) 586-5119

**MAY 25-KENNEWICK:** "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration (509) 586-5119

**MAY 25-RICHLAND:** "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. An American Heart Association initial course designed to train healthcare providers in the life saving skills of both BLS and relief of foreign-body airway obstruction. Interactive scenarios, adult, child, and infant BLS, one and two rescuer BLS, airway management, barrier devices and legal issues. Advance preparation is essential. Sponsored by Kadlec Regional Medical Center in the Chinook Rooms I & II, 3rd Floor of the Mountain Pavilion. [education@kadlecmed.org](mailto:education@kadlecmed.org)

**MAY 26-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

**MAY 26-KENNEWICK:** "18th Annual High Tea Social" 1:30-3:00 pm. Sign up today, seating is limited. Advance registration required. Sponsored by the Life Car Center of Richland at the Kennewick Senior Center. Call (509) 585-4303

**MAY 26-RICHLAND:** "Basic Life Support for the Healthcare Provider Initial" 9:00 am-12:30 pm. This is an American Heart Association initial course designed to train healthcare providers in the life saving skills of both BLS and relief of foreign-body airway obstruction. Using interactive scenarios, the following skills are covered: adult, child, and infant BLS, one and two rescuer BLS, airway management, barrier devices and legal issues. Advance preparation is essential. Sponsored by Kadlec Regional Medical Center in the Chinook Rooms I & II, 3rd Floor of the Mountain Pavilion. Contact [education@kadlecmed.org](mailto:education@kadlecmed.org)

**JUNE 6-PENDLETON:** "First Aid Class" 1:00-4:30 pm. Learn what to do for a stroke/heart attack/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. For information contact Lori Weaver (541) 278-3233 [loriweaver@chiwest.com](mailto:loriweaver@chiwest.com)

**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](mailto:loriweaver@chiwest.com)

*SeniorPages.com*

### 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, 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

**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. For information please call (541) 377-9761 or (541) 289-7501



### SUPPORT GROUPS (continued)

**HOPE FOR HEALING SUPPORT GROUP:** Free, ongoing bereavement group dealing with loss and grief issues. Second /thursday of each month, 2:00-4:00 pm and fourth Monday 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 (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 4<sup>th</sup> Monday of the Month 12:30 pm. Lunch provided. Both at 5505 W Skagit Ct in Kennewick. Sponsored by The Kadlec Neurological Resource Ctr. (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. 2<sup>nd</sup> Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. (509) 737-3418. [www.tccancer.org](http://www.tccancer.org)

**BREAST CANCER SUPPORT GROUP:** First and 3<sup>rd</sup> 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](http://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

**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. Call (509) 962-7373

**GENERAL CANCER SUPPORT GROUP:** 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at Tri-Cities Cancer Center from 3:00-4:30 pm. Contact: (509) 737-3418 or visit [www.tccancer.org](http://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) 737-3418 or visit [www.tccancer.org](http://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. Please 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 3<sup>rd</sup> 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.. For information call (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 3<sup>rd</sup> 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. For information call (509) 943-8455 or e-mail [knrc@kadlecmed.org](mailto:knrc@kadlecmed.org)

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### SUPPORT GROUPS (continued)

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

**CAREGIVER SUPPORT GROUP:** Third Tuesday of each month at The Neurological Resource Center, 712 Swift Blvd., Suite 1. (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. 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. (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 Medical 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. Barbara Bates, Providence St. Mary Regional Cancer Center, (509) 522-5700



"A fall can be a sentinel event in the life of an older person, potentially marking the beginning of a serious decline in function or the symptom of a new or worsening medical condition," Schneider said. "Identifying the cause of the fall and making appropriate interventions to improve function are as critical as treating injuries if future falls are to be prevented and quality of life and longevity are to be improved."

Here are some tips for preventing falls in the home:

- Get rid of clutter and make sure that stairs and walkways are kept clear of objects.
- Keep tops and bottoms of stairs well lit, and leave night lights on in the bedroom, hall and bathroom.
- Repair or replace any loose stairway carpeting or boards.
- Add handgrip bars in bathrooms and shower areas. Especially important for the elderly or those with disabilities. Tubs and showers should have a non-slip surface.
- Remove throw rugs and tack down larger rugs.



**GRIEF SUPPORT GROUPS:** Two new groups sponsored by Walla Walla Community Hospice will begin January 5 and will continue every Wednesday through March 9. Morning group will meet 10:00-11:30 am and an evening group will meet 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 but register by calling (509) 525-5561 or email [info@wwhospice.org](mailto:info@wwhospice.org)

**GRIEF SUPPORT GROUPS:** March 23-May 25. 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. WWCH bereavement team will facilitate the group. The book *Understanding Your Grief* by Dr. Allan Wolfelt is used as a guideline. No charge, but register by calling 525-5561 or by email to [info@wwhospice.org](mailto:info@wwhospice.org)

**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 the month from 6:00-7:00 pm in the Providence Room on Level 1 of Providence St. Mary Medical center. Becky Betts, Providence St. Mary /stroke Support Group Coordinator (509) 522-5821, ext. 2117



## 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

*Regency Hermiston* is looking for volunteers to spend time with their residents. 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. Robyn (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. For information call the 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. If you'd like to discuss how you can join the St. Anthony Hospital family contact June Mohrland, 1601 SE Court. Phone (541) 278-3218. e-mail: [junemohrland@chiwest.com](mailto:junemohrland@chiwest.com)

What do people think of the Senior Review?

### 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. Dennis Maughan, Providence St Mary 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 on 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. Provide companionship to hospice patients and allow family members and caregivers opportunities for needed breaks. No specific medical experience or training is necessary. Contact Mary Wollmuth, Volunteer Coordinator at 525-5561 or [mary@wwhospice.org](mailto:mary@wwhospice.org). A video about a hospice volunteer is also available at <http://www.youtube.com/watch?v=3H4u9YKaBWc>.

Happy  
Easter!

\* Back By Popular Demand \*

# Easter Egg-Stravaganza

**Wednesday, April 20**  
**3:00 pm - 4:00 pm**

Kennewick Activity Center & Kenwaydin Park  
500 South Auburn, down-town Kennewick

Toddlers ages 3, 4, 5 & 6 will color and describe an Easter bag, enjoy an Egg-Stravaganza Easter egg hunt for lots of sweet treats, and then while listening to animated children's songs snack on yummy cookies and punch. (Don't forget to bring your camera to capture the excitement on your child's face when the Easter bunny hops by for a visit! Parent or guardian required to attend with child.)

Siblings, cousins and friends ages 7, 8 & 9 are welcome to participate in the Easter egg hunt and enjoy cookies & punch (crafts not included).

**Ages 3-6**  
\$8 City or \$9 Non-City  
Includes ALL activities

**Ages 7-9**  
\$4 City or \$5 Non-City  
Easter egg hunt and  
cookies & punch

Sign up online at <http://go2kennewick.com>  
or call 585-4303 for more information

**REGISTRATION REQUIRED**  
**BY FRIDAY, APRIL 15**



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