

SENIOR REVIEW

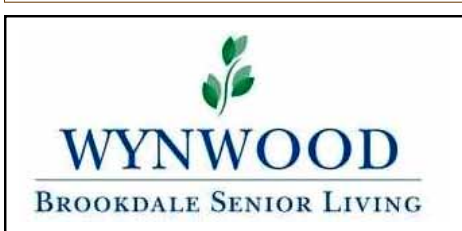
Information and Calendar/Classifieds from Senior Pages

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Tri-Cities



Advanced Medical & Respiratory Supply



Take Medications Properly

Medication can do great things for people—but only if they take it. And a lot of people aren't taking it.

Half of patients in the developed world don't properly take their drugs for chronic conditions, according to the World Health Organization. The additional costs for treating diseases that progress unchecked run into the hundreds of billions of dollars a year. One study estimates nearly 90,000 people die prematurely in the U.S. each year because of poor adherence to high-blood-pressure treatment alone.

So how do you get people to take their medicine? There isn't one answer, because there isn't one reason people aren't sticking to their regimens. Cost, forgetfulness, side effects and doubts about effectiveness can all be factors, among others. And for many people the health-care system isn't designed to monitor or encourage adherence to drug prescriptions.

But there are plenty of health-care professionals and researchers tackling this issue, and they have some ideas about what can be done and what should be done. Here are some of those ideas.



Follow Directions

A nationwide survey for a pharmacists' group found many people failed to take a medication—or couldn't remember whether they had. Key findings:

- 49%** Forgot to take a prescribed medication
- 38%** Forgot they had taken a medication
- 31%** Did not fill a prescription
- 29%** Stopped taking the medication before the directions said to or before the supply ran out
- 24%** Took less than the recommended dosage
- 13%** Took someone else's prescription
- 11%** Received a prescription from a physician but substituted an over-the-counter drug
- 8%** Did not understand the instructions on how to take a medication
- 6%** Took more than the recommended dosage

Source: Nationwide survey conducted by The Polling Co. for the National Community Pharmacists Association, November 2006

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.

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. 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

SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

WEDNESDAY

KENNEWICK: Free Tax Assistance each Wednesday February 2-April 13 from 12:30-3:30 pm. **Appointment only.** 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" 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. Kennewick Senior Center 1:00-3:00 pm. 50 cents. (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. 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. 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, but register by calling the WWCH office at 525-5561 or by email to info@wwhospice.org before March 17

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 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



CALENDAR

For information call (541) 667-3509

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. First Aid class covers basic techniques for providing first aid assistance. Layperson and healthcare provider classes available. \$25 Sponsor: Good Shepherd Hospital. (541) 667-3509

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

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. 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 9-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

MAY 10-HERMISTON: "Senior Health & Fitness Day" 9:00 am-2:00 pm. Vendors, Classes, Health Screenings & Wellness Materials. Give-aways and snacks. At the Hermiston Conference Center. Sponsored by Good Shepherd Community Health Foundation, Healthy Communities Coalition and Good Shepherd Education & Wellness.

MAY 10-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

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. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

MAY 17-KENNEWICK: "Keeping the Keys" 1:00 pm. Are you looking to extend your driving career? did you know that AAA is dedicated to helping senior drivers stay mobile as long as safely possible? 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 will provided. To reserve your seat call (509) 585-4303

MAY 17-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

SeniorPages.com

More Refill Information

Doctors and other health-care providers need "some way of tracking to know if patients are refilling their medications, so we can step in and help people" if they aren't, says Robert Reid, a physician and researcher at Group Health Cooperative, a Seattle-based nonprofit health-care system that coordinates care and coverage.

Providers like Group Health and Kaiser Permanente, a large managed-care consortium based in Oakland, Calif., can track refills because they manage all aspects of their patients' care, so all information for each of their patients is collected in one easy-to-access electronic record. Alec Does, a family-medicine physician at Kaiser Permanente Anaheim Hills, says that when he shows patients records indicating they haven't been consistently filling their prescriptions, "90% of the time, they'll open up" and start talking about any issues they're having.

But most people don't get their care from such comprehensive providers, so their doctors rarely have access to their pharmacy records.

The technology to fix that problem exists, says Valerie Fleishman, executive director of NEHI, a national health-policy research institute based in Cambridge, Mass. "Physicians are sending prescriptions to the pharmacy, so we have the capability to close that feedback loop," she

more on page 6...

CALENDAR (continued)

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. 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

MAY 23-PASCO: "Dementia Caregivers Conference" 9:00-11:30 am and 1:00-3:30 pm. Featuring Betsy Broyles Arnold and Molly Arnold, daughter and granddaughter of Frank Broyles, author of Coach Broyles' Playbook for Alzheimer's Caregivers. Fee: \$15/session or \$25 for both sessions. To be held at TRAC Center, 6600 Burden Center. Underwritten by Fleur de Lis To register by phone with a credit card (509) 473-3390

MAY 19-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. Call (509) 586-5119

MAY 20-RICHLAND: "Eleventh Annual Multi-Cultural Senior Fair" 11:00 am-2:00 am. To be held at Bethel Church, 600 Shockley Road in Richland.

MAY 21-RICHLAND: "Brain Injury Survival Kit, **Session One:** 1:00-2:00 pm. This presentation will provide Brain Injury survivors with tools and strategies to deal with cognitive challenges. Information will relate to memory, time management, organization, as well as general health issues effecting cognition. The presenter will share her experiences gained through physician and management training, learnings as a private pilot, skills learned through cognitive rehabilitation and information shared by other brain injury survivors and their supporters. this talk shares information from the book by Dr. Sullivan, *Brain Injury Survival Kit: 365 Tips, Tools & Tricks to Deal with Cognitive Function Loss*. To be held at Three Rivers Convention Center. Free.

Session Two: "Brain Fitness Training" 3:00-4:00 pm. Offers strategies to help improve our current brain function. Ideas will be shared on how to help ourselves slow the decline of our already brain injury-impaired cognitive function due to the aging process. Will include general health strategies as we can become overwhelmed with issues not related to our brain injury that impact our cognitive arena. Topics include nutrition, including supplements, diet, exercise, cognitive exercises, and stress relievers among other things. Pre-registration required. Call (509) 943-8455 for additional information or register at www.neurologicalresource.org

MAY 23-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. \$25. Call (509) 522-2424

MAY 25-KENNEWICK: "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-register (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, 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. 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. You don't want to miss this annual event! 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

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

JUNE 2-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. Not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsor: Kennewick General Hospital. Register (509) 586-5119

JUNE 2-3-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



CALENDAR (continued)

call (509) 586-5119

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

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 Assoc participation card. Sponsor: Walla Walla General Hospital. \$25. (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 is required. (509) 586-5119

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

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

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says. The problem, she says, is that most doctors are paid for specific services, like office visits and medical procedures—not for managing their patients' health outcomes. So there is no financial incentive for them to take on the cost of tracking prescription refills.

There is no quick fix for this problem, Ms. Fleishman says, but the recently passed health-care overhaul bill includes funding for new models for care and payment that might do a better job of rewarding providers for doing whatever it takes to keep patients healthy.

Get Pharmacists Involved

"Retail pharmacists appear to be able to play a really substantial role in encouraging patients to use their medications better," says William Shrank, an assistant professor of medicine in the division of pharmacoepidemiology at Brigham and Women's Hospital in Boston. "They are an underutilized resource."

At Stamford, Conn.-based customer-communications company Pitney Bowes Inc., on-site pharmacist Antonio Tierno says he talks with patients about their conditions and medications. If a patient is picking up a refill behind schedule, he'll ask what's up. "If a person is late, you need to find out why," he says.

Mr. Tierno says he always asks patients if they know why they're taking a drug. That conversation can help ensure that patients will take their medication, he says, by making the drug's benefits clearer to them and by making them feel more involved in their care.

A study by researchers at the Walter Reed Army Medical Center in Washington, D.C., published in the Journal of the American Medical Association, found that a pharmacy-care program for 200 people age 65 and older who were taking at least four medications for chronic conditions boosted adherence to 97% from 61% after six months. Patients were educated about their medications, including usage instructions; medications were dispensed in blister packs that made it easier to keep track of whether they had taken their pills for the day; and pharmacists followed up with patients every two months.

After 12 months, those who continued to get the pharmacy care kept their adherence at about 96%, while adherence among those for whom the program was discontinued dropped to 69%.

Nurses talking with patients as they were discharged from the hospital were right behind pharmacists in terms of how often they successfully encouraged patients to take their medications as directed.

CALENDAR (continued)

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 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 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

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 uUS 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

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.

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

WHAT AN OPPORTUNITY!

You can send us your events seminars, announcements, employment opening, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW Free! Send to: Dale@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 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

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

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

What do people think of the Senior Review?

SUPPORT GROUPS (continued)

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. For information call (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. these 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. for more information about these groups pl



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. For additional information 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 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.. 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 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. For information 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

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SUPPORT GROUPS (continued)

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 broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about management. Featured 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. 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. Helpful for people at any state of the cancer journey. Do not have to have received treatment at St. Mary. 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. 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. Understanding Your Grief by Dr. Allan Wolfelt is used as a guideline. No charge but register by calling (509) 525-5561 or 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 register by calling the WWCH office at 525-5561 or info@

Treat Patients as Individuals

Every patient's story is different—so every solution has to be tailored to the individual.

The first step is to engage the patient with a simple, open-ended question, says Elizabeth Oyekan, area pharmacy director at Kaiser Permanente South Bay Medical Center: What's getting in the way of picking up your medications?

"That will give you some concrete information, and then you target the solution to the individual patient," she says. Kaiser has created a set of online tutorials to help doctors and others engage more effectively with patients who are skipping their medications.

If a patient is worried about side effects, a health-care provider might offer a substitute for the medication, or a lower dose. For the forgetful, it could be as easy as using a simple pillbox, or maybe something more technologically advanced, such as text-message reminders or souped-up pillboxes with audio or visual alerts.

If money is the problem, the solution may be generic substitutes, a mail-order program (which not only provides drugs at a lower cost but also helps those who have trouble getting to a pharmacy), or a drug company's assistance program.

In many cases, though, problems can be addressed only by looking at medication adherence as a behavioral issue with often complex roots, says Alan Christensen, chairman of the psychology department at the University of Iowa. As with diet and exercise, getting people to change their behavior can be difficult.

"There's more and more interest in how to better motivate and engage patients beyond just simply reminding them or reducing financial barriers or simplifying therapy," says Dr. Shrank. Multifaceted programs that entail various combinations of those elements and education delivered by health-care professionals have shown promise in studies, but "we don't have a good sense of what precisely is the right mix," Dr. Shrank says. And, he says, if that ideal mix turns out to involve a lot of expensive face time, someone will have to figure out how to implement those efforts in a cost-effective way.

wwhospice.org before March 17, 2011

MS SUPPORT GROUP: 2nd Tues each month at 11:00 am at Trinity Lutheran Church, 109 S Roosevelt St. Candy S (509) 527-3340 or Gail S. (509) 529-7699

STROKE SUPPORT GROUP: Providence St Mary Medical Center Stroke Support Group meets third Tues each month 6:00-7:00 pm in the Providence Room on Level 1 of Providence St. Mary Medical center.

Link your website to the Senior Review: \$10.00 per month

VOLUNTEERS NEEDED

Becky Betts, (509) 522-5821, ext. 2117

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. Contact Robyn (541) 567-8424

PENDLETON

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

St. Anthony Hospital has volunteer opportunities that make a positive difference in peoples' daily lives. 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. 1601 SE Court. (541) 278-3218. 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. Meg Fallows, (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 main lobby or walk the halls laying their instruments. Musicians range from age 10 to over 70. Provide music throughout the week which can be heard in the Lobby, and the Critical Care Waiting Area. Meg Fallows, (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 our Volunteer Coordinators at (509) 783-7416 if you would like to help.

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 he 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 n the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. To find out more call (509) 527-3775

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers 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. Diane Hart or Carole Bowles at (509) 545-6145

Walla Walla Community Hospice is currently recruiting individuals to serve as Patient Care 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. Mary Wollmuth, 525-5561 or mary@wwhospice.org. A video about a hospice volunteer is also available at <http://www.youtube.com/watch?v=3H4u9YKaBWc>.

SeniorPages.com



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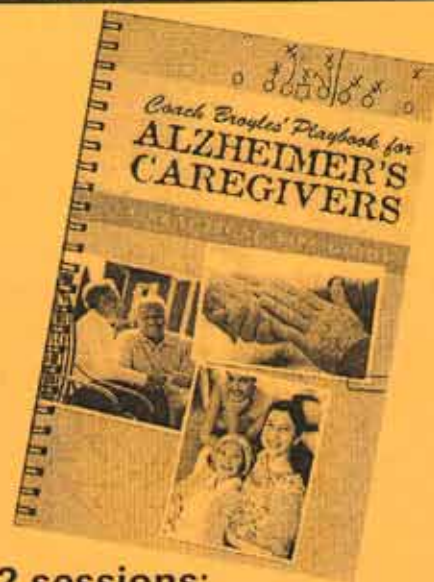
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