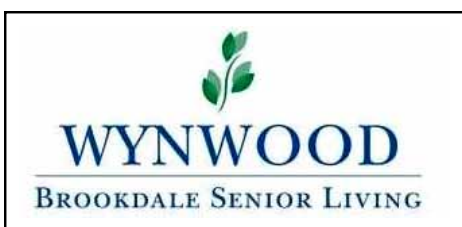


SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

Tri-Cities



Lynn Eckert, 69, and her new husband Richard Stelter, 71, stand with Lynn's two daughters and 91-year-old mother in the chapel where they were married at the Brookwood Retirement Center in Sharonville, Ohio on Saturday, June 25, 2011. / The Enquirer/Sam Greene

More Seniors Go Online For Love

By Jessica Brown

PROCEED WITH CAUTION

Online dating is a new frontier for Internet scams. Scam prevention sites note that love tends to make people more vulnerable. Online scammers may see older singles - especially those who are divorced or widowed - as easy targets.

"Online dating scams take hundreds of millions of dollars away from people every year," said Joe Tracy, publisher of Online Dating Magazine. "Someone will strike up a communication with you, they'll have a nice photo and they may even say they're local. They'll work hard to get you to fall in love with them on the Internet. Then they'll hit you up for money."

Romancescam.com, an online forum for scam victims, notes that most of its users are over age 40.

How to tell if your online sweetie might be a scammer

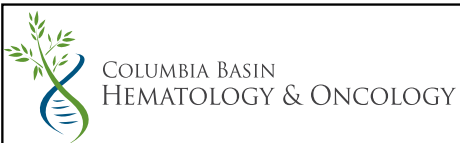
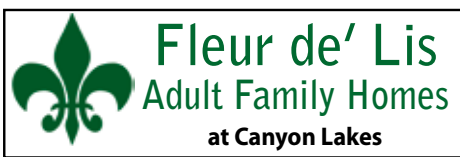
- They ask for money, your bank account info or want you to cash a check.
- You can rarely reach them on the phone.
- They claim to be in love within 24-48 hours.
- Their photo doesn't match their profile description.
- Their profile disappears shortly after the conversation begins.
- Their grammar is not consistent with their country of origin.
- They don't answer personal questions.
- They misspell the name of the town where they supposedly live.
- They want to send you packages and letters and have you forward them to another address. (The goods may be stolen.)
- They ask you to get on your webcam but don't have one of their own.
- They are "away on business" for long periods of time.

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. 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. St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

MONDAY & WEDNESDAY

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

TUESDAY

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

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

TUESDAY & THURSDAY

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

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

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)

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 or 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 by 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 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

AUGUST 1-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 tow years. Sponsored by St. Anthony Hospital in the Blues Room. Fee: \$50. Registration required. (541) 278-3233 loriweaver@chiwest.com

AUGUST 2-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 Assn. participation card. Fee: \$25. Sponsored by Walla Walla General Hospital. To register call (509) 522-2424

AUGUST 9-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

AUGUST 9-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

SeniorPages.com

CALENDAR (continued)

AUGUST 10-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 pm. Offered to those 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. \$35. Pre-reg required. (509) 586-5119

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

AUGUST 11-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" Renewal course offered for healthcare providers current with BLS or about to expire. Not for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

AUGUST 17-PENDLETON: "CPR Class" 1:00-5:00 pm and 6:00-10:00 pm. Healthcare Providers/General public: learn adult/child/infant CPR/AED and obstructed airway/choking. 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. Lori Weaver (541) 278-3233.

AUGUST 17-WALLA WALLA: "Basic First Aid" 6:30 pm. One night class. Learn to perform basic first aid and receive American Heart Assn. First aid Certification. \$25 Walla Walla General Hospital. (509) 522-2424

AUGUST 18-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" Renewal course offered for healthcare providers current with BLS or about to expire. Not for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. \$40. Kennewick General Hospital. 509 586-5119

**Click Here to see our
slideshow
ON
SeniorPagesVideos**

...continued from page 1

If you think you've been scammed

Contact your local authorities, the FBI's Internet Crime Complaint Center at www.ic3.gov or the Ohio Attorney General's Office (800-282-0515)

BY THE NUMBERS

According to the U. S. Census, nearly 32 percent of Americans ages 65 and older are widowed; 10 percent are divorced.

Match.com reports that 20 percent of its users are over age 50 and that group is its fastest-growing demographic. Senior membership has tripled since 2000.

Over the past five years, the senior market has been the fastest-growing group of subscribers to online dating services, according to Online Dating Magazine. The magazine cites Nielsen statistics showing nearly 17 percent of online dating site traffic is by those ages 55 and older.

Sue Malta, a Ph.D. student at Swinburne University of Technology in Melbourne, Australia, researched the topic in 2008. Her surveys of 50 volunteers ages 60-92 found that two-thirds had met new partners online.

Several major websites, including match.com and e-harmony.com, have sections devoted to seniors. Several dating sites cater specifically to the 50-plus crowd. Datingsitesreviews.com has a section that describes and reviews these sites.

At Match.com, the 50-plus age group, making up 20 percent of its users, is the fastest-growing demographic. At eHarmony.com, the oldest female user to find a spouse is 85.

Experts say the trend is fueled by a combination of older adults becoming more technically savvy and the difficulty finding singles their own age.

Research by Iowa State University sociologist Alicia Cast shows that older adults who go online to meet people generally find success. Cast says people who meet online tend to have had shorter courtships -18.5 months as opposed to 42 months for couples who met in a more traditional way.

It worked for Eckert and Stelter.

Their relationship started with an email in June 2010. She'd come across Stelter's profile and liked his bio - a description he later admitted he'd lifted from another user.

"I'm not a good writer," he explained.

She's long forgiven him.

Eckert e-mailed Stelter asking for a photo. He obliged. She liked what she saw. They arranged a phone call. Then a date.

more on page 6...

CALENDAR (continued)

AUGUST 18-19-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

AUGUST 22-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 Assn. First aid Certification. Fee: \$25 Sponsored by Walla Walla General Hospital. To register call (509) 522-2424

AUGUST 24-25-WALLA WALLA: "ACLS Advanced Cardiac Life Support-initial class. This two day ACLS course is designed for healthcare providers who do not have a current card. Fee: \$180. Sponsored by Walla Walla General Hospital. To register call (509) 527-8000, ext. 1079

AUGUST 24-RICHLAND: "Sports Concussions: What You Need to Know" 6:30-8:00 pm. Presented by Rich Jacobs, MD at the Doris Roberts Gallery Room, Richland Library, 955 Northgate Drive. Pre-registration is required as space is limited. Please call (509) 943-8455 to register. Presented by Kadlec Neurological Resource Center.

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

SEPTEMBER 1-2-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

SEPTEMBER 6-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 Assn. participation card. Fee: \$25. Sponsored by Walla Walla General Hospital. (509) 522-2424

SEPTEMBER 10-WALLA WALLA: "10th Annual Pond & Garden Tour" Sponsored by Walla Walla Community Hospice. For information call (509) 525-5561 or email info@wwhospice.org

SEPTEMBER 22-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. (509) 522-2424

SEPTEMBER 12-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 Assn. participation card. Fee: \$25. Sponsored by Walla Walla General Hospital. (509) 522-2424

SEPTEMBER 13-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 Assn. First aid Certification. Fee: \$25 Sponsored by Walla Walla General Hospital. (509) 522-2424



SEPTEMBER 14-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

SEPTEMBER 15-RICHLAND: "Dinner In The Dark" 6:00-8:30 pm Join the Edith Bishel Center for the Blind and Visually Impaired in a first hand experience of the world in which the blind and visually impaired live. Dinner guests will be blindfolded during the dinner. There is a no host bar and silent auction to be held at the Richland Clarion Hotel 1515 George Washington Way. \$35 person. (509) 735-0699

SEPTEMBER 15-RICHLAND: "18th Annual All-Senior Picnic. 11:00-2:00 pm at Howard Amon Park in Richland. Tickets \$5/\$8 at the door. Contact: (509) 942-7529

SEPTEMBER 15-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. To be held in the St. Anthony Hospital, Blues Room. Pre-registration required. Fee: \$50. Call (541) 278-3233 or email: loriweaver@chiwest.com

SEPTEMBER 15-KENNEWICK: "Walk To End Alzheimer's" Start a Team, Volunteer, Sponsor or Donate. The event will begin at the Light House on Lover Island. For more information contact: Angie Spleiss, Walk Coordinator. angie.spleiss@alz.org. or call (509) 473-3390

SEPTEMBER 20-KENNEWICK: "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration required. Call (509) 586-5119

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

CALENDAR (continued)

SEPTEMBER 21-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.

SEPTEMBER 26-KENNEWICK: 10:00 am-3:00 pm. "Community-Wide Mass CPR Training Event. Sponsored by Kennewick General Hospital at Three Rivers Convention Center. They will be teaching sessions every hour on the hour. Everyone trained will go home with a CPR Kit and instructional DVD to share with family and friends. For information call (509) 586-5824

OCTOBER 22-KENNEWICK: "Harvest Bazaar" 9:00 am-3:00 pm at the City of Kennewick, Senior Center, 500 S Auburn. For booth reservations call (509) 585-4303

OCTOBER 27-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

VACANCIES

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



SUPPORT GROUPS

COLLEGE PLACE

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

HERMISTON

ALCOHOLICS ANONYMOUS: Monday and Thursday nights, 6:00-7:00 pm at Good Shepherd Medical Plaza (620 NW 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

...continued from page 4

"We just talked and talked," said Eckert of their first date, which started at the Milford Applebee's and ended with a long talk on her deck.

"You know when you meet somebody special and you kind of know it?" she said. "I just felt so comfortable."

Four months after their first date, Stelter - appreciating Eckert's traditional family - called Eckert's 92-year-old mother in upstate New York to ask for Eckert's hand.

Then he popped the question, albeit casually.

"I said 'I know you're going to marry me, aren't you?'" Stelter said. "Afterward, (she) said that wasn't a proper proposal so I had to get down on my knees."

The couple planned on a simple wedding, but it soon ballooned to a formal affair with 70 guests. They tied the knot June 25 at the Brookwood Retirement Center in Sharonville, a venue recommended by a friend.

When the newlyweds took the floor for a dance, Stelter, a former accountant, suggested adding up the wedding costs. But they decided against it.

"We looked around and everyone was having a good time," Eckert said. "We said, 'Let's not add up all the prices. It's priceless. It was a splurge but it was something we'll always remember.'"

Stelter and Eckert were reluctant to return to the dating world. Stelter's wife of 32 years died in 2004. Eckert's husband of 28 years died in

...more on page 8

SUPPORT GROUPS (continued)

HOPE FOR HEALING SUPPORT

GROUP: Free, ongoing bereavement support group dealing with loss and grief issues. Second /thursday each month, 2-4 pm and fourth Monday each month, 7-9 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. Lunch provided. Held at 5505 W Skagit Ct in Kennewick. Sponsored by The Kadlec Neurological Resource Center. To confirm times call (509) 783-5433

ALZHEIMER'S SUPPORT GROUP MEN

ONLY: (Light meals served) 5:30-7:00 pm at Callaway Gardens. 4th Monday of the Month 12:30 pm. Lunch provided. Held at 5505 W Skagit Ct in Kennewick. Sponsored by The Kadlec Neurological Resource Center. (509) 783-5433

BETTER BREATHERS SUPPORT

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

BREAST CANCER SUPPORT GROUP:

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

CANCER SUPPORT GROUP:

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

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 please call (509) 783-6243

MEN'S CANCER SUPPORT GROUP:

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

PENDLETON

CANCER SURVIVORS SUPPORT

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

DIABETIC SUPPORT GROUP:

Third Wednesday of each month, 7:00-8:00 pm. St. Anthony Hospital, 1601 SE Court Ave. 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.

...continued from page 6

1992. But they decided they didn't want to miss out on another shot at love.

The biggest fear about cyber-dating, Eckert said, was safety. Her two daughters policed her picks to make sure that they were legit.

"I had reservations as far as her safety," said her daughter Liz Costa of Milford. "So we talked about how she should meet in a public place and let us know when she's leaving and to call us when she gets back to tell us about it. Once she did that, it was fine."

Costa said she couldn't be happier about her mother's choice.

"She dated a couple others and they definitely weren't a match," Costa said. "But he's a keeper."

Using the Internet let Eckert and Stelter be picky about finding someone they thought they'd be compatible with.

They have plenty of common interests. They travel, bike, hike and garden. He's also getting into her bird-watching hobby.

Their advice to older adults looking for love?

"Don't give up," Eckert said.

"Being in love every single day, you just thank God. It's just a blessing that we've got a second opportunity."

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



SUPPORT GROUPS (continued)

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. Group meets 3rd Wednesday every month from 5:00-6:00 pm. Make a reservation (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. Sponsors a variety of support groups including Alzheimer's, Parkinson's, chronic pain, and traumatic brain injury. Lending library also available. 712 Swift Blvd., Suite 1. (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. (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: Free community 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 of this disease. Features 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: 2nd & 4th Monday each month from 4-5 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, form newly diagnosed or those who are many years out. Do not have to have received treatment at St. Mary in order to attend. Facilitated by Barbara Bates, and Mardi Hagerman, a registered nurse. Providence St. Mary Regional Cancer Center, (509) 522-5700

GRIEF SUPPORT GROUPS: Sponsored by Walla Walla Community Hospice will begin January 5 and will continue every Wednesday through March 9. Morning group will meet from 10:00-11:30 am and evening group will meet from 6:00-7:30 pm at the Hospice office. WWCH bereavement team facilitates group. Understanding Your Grief by Dr. Allan Wolfelt is used as a guideline. Register (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 participants are encouraged to register by calling the WWCH office at 525-5561 or by email to info@wwhospice.org before March 17, 2011

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

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

SeniorPages.com



VOLUNTEERS NEEDED

BENTON CITY

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

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 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 and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Diane Hart or Carole Bowles at (509) 545-6145.

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

Friendly Local Internet Solutions!

Locally Owned since 1994

Local Technical Support

Stop by with or without your computer!

Full range of services and support

Broadband (DSL, Fiber, Wireless)

Affordable Web Sites

One World Telecommunications, Inc.

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

509-735-0408
info@owt.com

www.owt.com • www.owtweb.com





VOLUNTEERS NEEDED (continued)

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. Helps match needs with the skills and talents of volunteers. (509) 527-3775

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers, 60 and older to visit and help the elderly. Provide transportation, weekly visits, a caring heart and listening ears. Volunteers may receive a tax free stipend and reimbursement of expenses. Background checks required and training is provided. Volunteers needed in Benton, Franklin and Walla Walla Counties. (509) 545-6145.

Walla Walla Community Hospice is currently recruiting individuals to serve as Patient Care Volunteers. Volunteers work in tandem with the professional team of physicians, nurses, social workers, chaplains and aides. Volunteers provide companionship to hospice patients and allow family members and caregivers opportunities for needed breaks. No specific medical experience or training is necessary. For more information, contact Mary Wollmuth, Volunteer Coordinator at 525-5561 or mary@wwhospice.org. A video about a hospice volunteer is also available at <http://www.youtube.com/watch?v=3H4u9YKaBWc>.



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



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

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

WE PUBLISH THE SENIOR PAGES FOR THESE AREAS:

- Spokane County
- North Idaho
- Lewis-Clark Valley/Palouse
- Walla Walla/N E Oregon
- Tri-Cities
- Yakima/Ellensburg
- Wenatchee Valley
- Moses Lake/Ephrata/Othello

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

SeniorPages.com





18th Annual All-Senior Picnic
Ye Olde County Faire

Thursday, September 15
11:00am - 2:00pm

Tickets \$5 / \$8 at the door

942-7529 Richland Community Center richlandparksandrec.com





Edith Bishel Center FOR THE BLIND AND VISUALLY IMPAIRED

628 N Arthur Street, Kennewick, WA 99336

(509)735-0699

www.edithbishelcenter.org

Proudly
Presents....

Dinner IN THE DARK

Join the *Edith Bishel Center*
for the *Blind and Visually Impaired*
in a first hand experience of the world in
which the blind and visually impaired live.

Thursday, September 15, 2011

Richland Clarion Hotel

1515 George Washington Way

6:00pm to 8:30pm

Tickets are \$35.00 per person.

- Dinner guests will be blindfolded during the dinner.
- There will be a no host bar and a silent auction.
- Table sponsorship is \$350.00 for a table of 8.
- We except Visa, MasterCard, & Discover.
- Get your tickets today! Call or stop by our center.

(509) 735-0699

Our center assists 6 eastern Washington counties. Go to www.edithbishelcenter.org and discover how we offer help and hope to our clients. We offer low vision evaluations, visual aides & products, "Independent Living" training; computer classes; basic mobility training & much more.



*Photos from
2010's
Dinner in
the Dark*

*Kennewick Senior Center**August 2011*

Greetings!

Thank you for your interest in the Kennewick Senior Center. Please enjoy this summary of our fun and exciting activities. A complete listing is available on our website. Enjoy!



Kennewick Senior Center
500 South Auburn



<http://go2kennewick.com/seniorcenter>

509.585.4303 • seniorcenter@ci.kennewick.wa.us

Lite Done Right Fitness

Get ready for the health results you want for YOUR BODY. Benefit from workout modifications and feedback from the instructor during each class. Class will cover aerobics, muscle toning and exercises for the core in a fun, friendly and low key environment., Reap the benefits from this low intensity, yet effective fitness class. All ages welcome.

When: Monday, Wednesday & Friday

Time: 9:00—10:00am

Where: Kennewick Senior Center

July 11—September 9 \$36 City Discount or \$54
Sept. 12—Nov. 9 \$36 City Discount or \$54

NEW

BUNKO! BUNKO! BUNKO!

Join us for bunko every Friday starting August 5. Don't know how to play? Come by and we'll show you how. Be sure to mark your calendar for the tournament on **August 26**. You could win one of many gift cards. After the tournament bunko will continue on Fridays every week. Additional tournaments will be schedule d every few months.

Every Friday, 1:00pm-4:00pm \$1 per day

Tournament:

Friday, August 26 1:00pm-4:00pm \$5 Advanced/\$8 at door

Here's What's Happening

In This Issue

Trips: Historic Wallace, ID and Eagle Cap Excursion Train

Fitness: Two new classes to get you in shape!

Activities: New Bunko Games and Tournaments

Low Impact Aquatic Exercise

Low impact aquatic exercise offers a natural resistance taking pressure off your bones, joints and muscles. Plus it helps burn fat, improve flexibility and boost stamina. Ideal for arthritis sufferers and women who are pregnant. Participants can begin slowly, gradually increasing workout once you become more fit or start at the fitness level your body is comfortable with. Classes are taught in waist to shoulder deep water, in a heated outdoor pool located at Hawthorne Court. Classes are coordinated by the Kennewick Senior Center. Register early, space is limited. Cost is \$34 City Resident or \$51.

Two times to choose from
9:30-10:15am OR 10:30-11:15am
M/W/F - August 8 - September 2



Computer Tutor

Use one of our desktops in our computer lab to learn about email, internet, Windows Systems, the components, maintenance required, troubleshooting, short cuts, files, folders, recycle bin, and all the basics on how to operate a computer. You choose what you want to learn in this 2-hour ONE-on-ONE instruction. Registration required at the Kennewick Senior Center.

August 9 9:00-11:00am OR noon-2:00pm \$40/\$60
August 25 9:00-11:00am OR noon-2:00pm \$40/\$60