

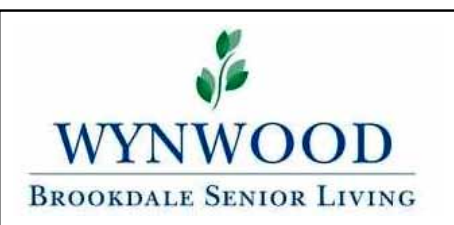
SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Please click on our
sponsors
below and view their
websites.

Tri-Cities

**Advanced Medical
& Respiratory Supply**



Caregiver Exhaustion And Stress

By Andree LeRoy, MD

Do you take care of someone in your family with a chronic medical illness or dementia? Have you felt depression, anger or guilt? Has your health deteriorated since taking on the responsibility of caregiving? If your answer is yes to any one of these, you may be suffering from caregiver stress.

This condition is increasingly being referred to as “caregiver syndrome” by the medical community because of its numerous consistent signs and symptoms. In the pamphlet, “Caring for Persons with Dementia,” Dr. Jean Posner, a neuropsychiatrist in Baltimore, Maryland, referred to caregiver syndrome as, “a debilitating condition brought on by unrelieved, constant caring for a person with a chronic illness or dementia.”

An increasing number of Americans are finding themselves taking care of someone who’s aging or ill or both. According to the American Academy of Geriatric Psychiatrists, one out of every four American families cares for someone over the age of 50. As America’s population ages, that number is expected to skyrocket. In 2000, the Census Bureau reported, just under 35 million Americans were 65 or over; by 2030, the number is projected to more than double, to more than 71 million.

Many exhausted, ill caregivers today don’t seek help because they don’t realize that they have a recognizable condition. According to a report from the National Consensus Development Conference on Caregiving, the most common psychological symptoms of caregiver syndrome are depression, anxiety and anger. Peter Vitaliano, a professor of geriatric psychiatry at the University of Washington and an expert on caregiving, said that the chronic stress of caring for someone can lead to high blood pressure, diabetes and a compromised immune system. In severe cases, caregivers can take on the symptoms of the person that they care for, he said. For example, a person caring for someone with dementia may develop progressive memory loss. Worse still, this syndrome can lead to death. Elderly caregivers are at a 63 percent higher risk of mortality than non-caregivers in the same age group, according to a study by University of Pittsburgh researchers Richard Schulz and Scott Beach reported in the Journal of the American Medical Association in December 1999.

Vitaliano suggests that the physical symptoms are a result of a prolonged and elevated level of stress hormones circulating in the body. He likened exhausted caregivers’ stress hormone levels to those suffering from post traumatic stress disorder.

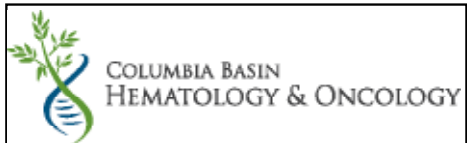
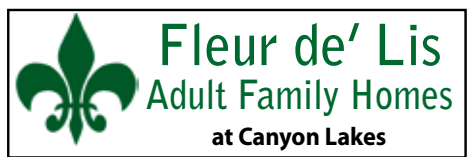
Caregivers are usually so immersed in their role that they neglect their own care, said Vitaliano. The stress is not only related to the daunting work

more on page 3...

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. Classes are interactive and provide free makeup kits for all participants. 2:00-4:00 pm at Good Shepherd Community Wellness Center. (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 4-class series. call (541) 667-3509

PENDLETON: "First Aid Class" First Monday of each month (unless holiday then Second Monday) 1:00-5:00 pm or 5:00-10:00 pm. Please call for further information. Certification cards are valid for two years. Registration in advance is required to ensure seat availability. Large group discounts 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



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

Walla Walla



GREEN & JACKSON MEDICAL
and Equipment Sales



NE Oregon



SEMINARS/CLASSES/ EVENTS/MEETINGS (continued)

WEDNESDAY

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

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-4303

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

...continued from page 1

of caregiving, but also the grief associated with the decline in the health of their loved ones. The majority of caregivers go through a period of shock followed by a major adjustment in their roles. Such emotions are reflected in online discussions among caregivers such as one at the Alzheimer's Association Online Community. A number of spouses described their role slowly evolving from partnership into a nurse-patient relationship. The caregivers described the difficulty of the change and talked about feeling anger, resentment and guilt. They also suggested that in such an emotional state, it's difficult to provide high-quality care to their loved ones.

YOUR HEALTH TOOLS

Physicians, too, are not always certain how to approach the issues raised by long-term caregiving. Although the term "caregiver syndrome" is widely used among allied health professionals such as hospice workers and nursing home assistants, the syndrome is not yet recognized in American medical literature. Without that official validation, it's not surprising that this problem is not addressed more by physicians. A survey in the American Academy of Family Physicians found that fewer than half of caregivers were asked by their doctors whether they had caregiver stress. Vitaliano believes that more research should be done to help spread awareness.

But Vitaliano isn't sure giving caregiver syndrome the status of an official diagnosis would be a good thing. He argues that if "caregiver syndrome" were listed in the Diagnostic and Statistical

more on page 4...

[Click Here to see our slideshow on SeniorPagesVideos](#)

SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

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

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

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

THURSDAY

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

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

PENDLETON: "Caregiver Support Group" Presented by the Alzheimer's Association at McKay Creek Estates, 1601 Southgate Pl 3rd Tues each month 6:30 pm. Duane Thomson. (541) 278-5683

RICHLAND: Free blood sugar and blood pressure testing 3rd Thurs each month. Nurse from Richland Rehab & Eagle Assisted Living will be giving free tests. Takes minutes, no need to fast prior. Results given immediately. No appointments necessary. 1:00-1:30 pm.

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

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

...continued from page 3

Manual of Mental Disorders (a text published by the American Psychiatric Association that defines all mental health disorders) it could stigmatize those that have it. "Caregiver stress is directly related to the way our society views the elderly and the people who care for them," Vitaliano says. Today, caregiving is viewed largely as a burden in this country. If it were viewed as more of a societal expectation and people were willing to offer more support, fewer caregivers would suffer in isolation, he says.

Others think giving caregiver syndrome an official name would be helpful. Kathryn Anderson, a researcher in families and chronic illness at Florida International University, argues that caregiver stress should be named a syndrome because it would help caregivers seek the help and resources they need. Naming it a syndrome would encourage health professionals to develop better treatment strategies and require health insurers to pay for treatment, she believes.

For now, the American Academy of Family Physicians and the National Center on Caregiving call for every caregiver to be screened for stress and depression. Caregivers who show signs of hostility, anxiety and a loss of interest in activities they used to enjoy are urged to talk to their doctors.

Experts agree that expanding the caregiver support system, finding sources of help for caregiver tasks and educating caregivers can significantly decrease the occurrence of this syndrome.



Walla Walla Sunset

CALENDAR

FEBRUARY 6-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

FEBRUARY 6-PENDLETON: "First Aid Class" 1:00-4:30 pm. Learn what to do for a stroke/heart attack/sock/seizure victim; First Aid Basics - bleeding wounds, allergic reactions, adult/child choking, broken bones/sprains, bandaging and splinting extremities, etc. Certification good for 20year. Advance registration required. Sponsored by St. Anthony Hospital. Fee: \$50. To register call Lori Weaver (541) 278-3233 or email loriweaver@chiwest.com

FEBRUARY 6-HERMISTON: "CPR Class" 6:00-9:00 pm. Classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Must pre-register and pre-pay. Fee: \$25 Sponsored by Good Shepherd Health Care, 610 NW 11th St. For information call (541) 667-3509 or email: healthinfo@gshealth.org

FEBRUARY 7-RICHLAND: 6:30-8:00 pm "An Evolving Science by Dr. Neil Rawlins. to be held at the Richland Public Library, Doris Roberts Gallery. Space is limited. Pre-registration is required. Sponsored by Kadlec Neurological Resource Center. to register call (509) 943-8455 or at www.NeurologicalResource.org

FEBRUARY 9-RICHLAND: "Alzheimer's Association Class" 6:00-8:00 pm. Activities-Plan the day with meaningful activities for the person with dementia to enhance their sense of dignity and self esteem and give more purpose and meaning to their life. To be held at the Richland Public Library, Doris Roberts Gallery 955 Northgate Drive. Presented by Joan Acres. Refreshments will be served. For information call (509) 943-8455. Presented by the Alzheimer's Assn. and Kadlec Neurological Resource Center

FEBRUARY 11-WALLA WALLA: "Evening of Elegance" Sponsored by Walla Walla Community Hospice. For information call (509) 525-5561 or visit our website at www.whospice.org

FEBRUARY 13-WALLA WALLA: "American Heart Association CPR" 6:30 pm. In this one-part 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 certification card. Sponsored by Walla Walla General Hospital. Fee: \$35. To register call (509) 522-2424

FEBRUARY 14-KENNEWICK: "Valentine Bingo & Dessert Social" 1:30-3:30 pm at Kennewick Senior Center, 500 S. Auburn. \$5 per person, open to the first 150 registered. Advance registration required. register online at <http://go2kennewick.com> or call KSC at (509) 585-4303

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

FEBRUARY 15-PENDLETON: "First Aid Class" 1:00-4:30 pm. Learn what to do for a stroke/heart attack/sock/seizure victim; First Aid Basics - bleeding wounds, allergic reactions, adult/child choking, broken bones/sprains, bandaging and splinting extremities, etc. Certification good for 20year. Advance registration required. Sponsored by St. Anthony Hospital. Fee: \$50. To register call Lori Weaver (541) 278-3233 or email loriweaver@chiwest.com

FEBRUARY 15-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of Adult and Child AED. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration required. (509) 586-5119

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

FEBRUARY 16-PENDLETON: "CPR Class" 6:00-10:00 pm. Healthcare Providers/General public: learn adult/child/infant CPR/AED and obstructed airway/choking. Classes meet every 3rd Wednesday. Certification good for 2-7years. Advance registration required Sponsored by St Anthony Hospital in the Blues Room. Fee: \$50. Lori Weaver (541) 278-3233.

FEBRUARY 16-KENNEWICK: "Free Blood Pressure Check: 9:30-10:00 am. The Kennewick Fire Department is providing free blood pressure checks at the Kennewick Senior Center, 500 S. Auburn. (509) 585-4303

FEBRUARY 16-17-KENNEWICK: "AARP Driving Class" 9:00 am-2:00 pm. The nation's first and largest classroom 2-day refresher course for motorists age 50 and older. Washington state law requires that certified participants receive discounted auto insurance. AARP members are eligible for the discounted price of \$12. Non-members \$14. T Kennewick Senior Center, 500 S. Auburn. (509) 585-4303

FEBRUARY 17-HERMISTON: "CPR & First Aid Combo Class" (Taught in one session) 9:00 AM-3:00 pm. Classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Must pre-register and pre-pay. Fee: \$50 Sponsored by Good Shepherd Health Care, 610 NW 11th St. For information call (541) 667-3509 or healthinfo@gshealth.org

FEBRUARY 20-HERMISTON: "Red Cross Blood Drive" 1:00-6:00 pm. American Red Cross Blood Drives are held the third Monday of each month. at Good Shepherd Health Care, 610 NW 11th St., in the Conference Centers 1 & 2. To schedule an appointment call (800) 733-2767

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

CALENDAR (continued)

FEBRUARY 21-WALLA WALLA:

"American Heart Association CPR" 6:30 pm. In this one-part 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 certification card. Sponsored by Walla Walla General Hospital. Fee: \$35. To register call (509) 522-2424

FEBRUARY 22-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

MARCH 5-PENDLETON: "First Aid Class" 1:00-4:30 pm. Learn what to do for a stroke/heart attack/sock/seizure victim; First Aid Basics - bleeding wounds, allergic reactions, adult/child choking, broken bones/sprains, bandaging and splinting extremities, etc. Certification good for 20year. Advance registration required. Sponsored by St. Anthony Hospital. Fee: \$50. To register call Lori Weaver (541) 278-3233 or email loriweaver@chiwest.com

MARCH 5-RICHLAND: "Communicating and Connecting with Teepa Snow, MNS, OTR/L, FAOTA" 1:00-5:00 pm. Teepa Snow is a dementia expert who trains and consults for healthcare professionals and families privately. As a certified Occupational Therapist, Teepa has the unique medical perspective on how the brain controls our body and our behaviors giving her the perfect medical degree to explain how a brain disease like dementia affects a person. This program is brought to you by Aging and Long Term Care of Eastern Washington and Kadlec Neurological Resource Center at the Richland Public Library, Doris Roberts Gallery. Space is limited. Pre-registration is required. Call (509) 943-8455 for more information.

MARCH 5-HERMISTON: "CPR Class" 6:00-9:00 pm. Classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Must pre-register and pre-pay. Fee: \$25 Sponsored by Good Shepherd Health Care, 610 NW 11th St. For information call (541) 667-3509 or email: healthinfo@gshealth.org

MARCH 13-KENNEWICK: "Alzheimer's Association Class" 6:30-8:30 pm. Legal and Financial Planning-Learn about the importance of advance planning and the steps to putting legal, financial and future care plans in place. To be held at Royal Columbian Retirement Inn, 5615 W Umatilla. Presented by Mark Havens. Refreshments served. For information call (509) 713-3390

MARCH 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

MARCH 15-16-KENNEWICK: "AARP Driving Class" 9:00 am-2:00 pm. The nation's first and largest classroom 2-day refresher course for motorists age 50 and older. Washington state law requires that certified participants receive discounted auto insurance. AARP members are eligible for the discounted price of \$12. Non-members \$14. Kennewick Senior Center, 500 S. Auburn. (509) 585-4303

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

MARCH 16-RICHLAND: "Variete, Every Life, a Masterpiece" 6:00-10:00 pm. Support Kadlec Neurological Resource Center with your attendance, donated item or sponsorship. Gather a group of friends and buy a table for a fun night out with dinner, wine, silent and live auctions. Funds raised at our annual signature event support our programs and library, and helps us make a difference in the lives of those affected by neurological disorders. To be held at Three Rivers Convention Center. Individual tickets and tables available. For more information call (509) 943-8455 or visit our website www.NeurologicalResource.org

MARCH 16-HERMISTON: "CPR & First Aid Combo Class" 9:00 AM-3:00 pm. Taught according to American Heart Association guidelines. CPR class includes adult, child & infant CPR & AED instruction. Pre-register, pre-pay. \$50 Good Shepherd Health Care, 610 NW 11th St. (541) 667-3509 or healthinfo@gshealth.org

MARCH 19-HERMISTON: "Red Cross Blood Drive" 1:00-6:00 pm. American Red Cross Blood Drives are held the third Monday of each month. at Good Shepherd Health Care, 610 NW 11th St., in the Conference Centers 1 & 2. To schedule an appointment call (800) 733-2767

MARCH 21-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. Kennewick General Hospital. \$35. Pre-registration required. (509) 586-5119

MARCH 21-PENDLETON: "CPR Class" 6:00-10:00 pm. Healthcare Providers/ General public: learn adult/child/infant CPR/AED and obstructed airway/choking. Classes meet every 3rd Wednesday. Certification good for 2-7years. Advance registration required Sponsored by St Anthony Hospital in the Blues Room. Fee: \$50. Contact Lori Weaver (541) 278-3233.

MARCH 21-HERMISTON: "Red Cross Blood Drive" 1:00-6:00 pm. American Red Cross Blood Drives are held the third Monday of each month. at Good Shepherd Health Care, 610 NW 11th St., in the Conference Centers 1 & 2. To schedule an appointment call (800) 733-2767



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

CALENDAR (continued)

MARCH 26-RICHLAND: "Doc Talks: MS 101 and Symptom Management with Huijan Zhang, MD, PhD" 6:30-8:30 pm. Talk openly and candidly about multiple sclerosis with a local MS expert during this interactive evening program. At the Richland Public Library, Doris Roberts Gallery. Space is limited. Sponsored by Kadlec Neurological Resource Center. Space is limited. Register by calling 800-344-4867 or visit www.MSnorthwest.org

APRIL 2-HERMISTON: "CPR Class" 6:00-9:00 pm. Classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Must pre-register and pre-pay. Fee: \$25 Sponsored by Good Shepherd Health Care, 610 NW 11th St. For information call (541) 667-3509 or email: healthinfo@gshealth.org

APRIL 12-RICHLAND: "Prescription for Caregivers: Take Care of Yourself" Nationally acclaimed speaker and author on caregiving, Wendy Lustbader, MSW will speak to caregivers about what's so hard about being dependent and what's so hard about taking care of someone who is dependent? Registration \$35, professionals seeking CEUs \$50, Family Caregivers \$25, scholarships available. Lunch and refreshments are included. Presented by Kadlec Neurological Resource Center at Three Rivers Convention Center. To register call (509) 943-8455 or online at www.NeurologicalResource.org.

APRIL 19-20-KENNEWICK: "AARP Driving Class" 9:00 am-2:00 pm. The nation's first and largest classroom 2-day refresher course for motorists age 50 and older. Washington state law requires that certified participants receive discounted auto insurance. AARP members are eligible for the discounted price of \$12. Non-members \$14. Kennewick Senior Center, 500 S. Auburn. (509) 585-4303

APRIL 18-HERMISTON: "Red Cross Blood Drive" 1:00-6:00 pm. American Red Cross Blood Drives held 3rd Mon each month. at Good Shepherd Health Care, 610 NW 11th St., Conference Centers 1 & 2. Schedule an appointment (800) 733-2767

APRIL 18-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 pm. 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. Kennewick General Hospital. \$35. Pre-register (509) 586-5119

APRIL 20-HERMISTON: "CPR & First Aid Combo Class" (Taught in one session) 9:00 AM-3:00 pm. Classes taught according to American Heart Association guidelines. CPR class includes adult, child and infant CPR and AED instruction. Must pre-register and pre-pay. Fee: \$50 Sponsored by Good Shepherd Health Care, 610 NW 11th St. (541) 667-3509 or healthinfo@gshealth.org

SUPPORT GROUPS

COLLEGE PLACE

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

HERMISTON

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

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

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

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

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

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



SUPPORT GROUPS (continued)

HOPE FOR HEALING SUPPORT

GROUP: Free, ongoing bereavement 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 meal served) 5:30-7:00 pm at Callaway Gardens. 5505 W Skagit Ct in Kennewick. Sponsored by The Kadlec Neurological Resource Center. (509) 783-5433

ALZHEIMER'S SUPPORT GROUP MEN

ONLY: 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. To confirm times call (509) 783-5433

BETTER BREATHERS SUPPORT

GROUP: For people who have breathing disorders. Education focuses on improved quality of life. Family members are encouraged o attend. 2nd Thurs 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:

Continuous educational support to help individuals manage their disease. Monthly meetings offer latest information on diabetes self-care, nutrition and an opportunity to talk to others with diabetes. (509) 962-7373

GENERAL CANCER SUPPORT GROUP:

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

GRIEF SUPPORT GROUPS:

The Chaplaincy offers a variety of grief support groups that ease the pain after the loss of a loved one and promote emotional healing. 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.

RICHLAND

"CAN SURVIVE" SUPPORT GROUP:

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

DIABETES SUPPORT GROUP: A free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. Topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about the management of this chronic disease. The group meets every 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

CAREGIVER SUPPORT GROUP:

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

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

SUPPORT GROUPS (continued)

WALLA WALLA

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

GRIEF SUPPORT GROUP: Sponsored by Walla Walla Community Hospice January 4-March 7, 2012, Wednesdays at 10-11:30 am and 6:00-7:00 pm. There is no charge, but please pre-register for the groups by calling the WWCH office at (509) 525-5561 or email to: info@wwhospice.org

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

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

VOLUNTEERS NEEDED

BENTON CITY

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

HERMISTON

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

Regency Hermiston is looking for volunteers to spend time with their residents. 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 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. (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. (509) 946-4611, Ext. 4666

Kadlec's Music Program is another way to volunteer at the Medical Center. Over 20 volunteers play a baby grand piano in the main lobby or walk the halls laying their instruments. Musicians range from age 10 to over 70. Volunteers provide music throughout the week which can be heard in the Lobby, and in the Critical Care Waiting Area. (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 provide transportation, weekly visits, a caring heart and listening ears. Volunteers may receive a tax free stipend and reimbursement of expenses. Background checks required, training is provided. Volunteers needed in Benton, Franklin & Walla Walla Counties. (509) 545-6145 for more information.

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 98336

509-735-0408
info@owt.com

www.owt.com • www.owtweb.com



Interested in
our Logo Sponsor
program?
Call Dale
509 979-6882

VOLUNTEERS NEEDED

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. For additional information contact 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 are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

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

SeniorPages.com

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

800-735-7258
info@seniorpages.com
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



Kennewick Senior Center

February 2012

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

Here's What's Happening

In This Issue

- Computer Tutor
- Valentine Bingo
- Seattle Mariners Trip
- Joseph, Oregon Trip
- Pinochle Potluck
- Free Income Tax Assistance

Computer Tutor

Bring your own laptop or 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.

February 7

9:00 - 11:00am

OR

noon - 2:00pm

\$40/\$60

February 21

9:00 - 11:00am

OR

noon - 2:00pm

\$40/\$60

March 6

9:00 - 11:00am

OR

noon - 2:00pm

\$40/\$60

March 20

9:00 - 11:00am

OR

noon - 2:00pm

\$40/\$60

Valentine BINGO & Dessert Social

Tuesday, February 14

1:30pm - 3:30pm

\$5 per person

Open to the first 150 registered!



Sponsored in part by:

THE MANOR AT CANYON LAKES
A Merrill Gardens Community

\$1500 WORTH OF GIFT CARD PRIZES!



Bring a friend, a loved one, all welcome... and spend the afternoon playing **BINGO** eating **DESSERT** and winning **PRIZES!**



Kennewick Senior Center
500 S. Auburn St.
Down town Kennewick

Advance Registration Required
Register online at <http://go2kennewick.com>
or call K.S.C. at 585-4303

LOCAL VETERANS COULD USE YOUR HELP!

CBC Students along with the Columbia Basin Veterans Coalition (CBVC) veteran organization need your help. Local veterans need donations of household goods to stock their veteran transition home, *The Wagenaar-Pfister Transitional House.*

A list of items needed include, but are not limited to:

- | | | |
|------------------|------------------------------------|------------------|
| ★ Hygiene Items | Drop Off Locations: | ★ Lotions |
| ★ Sponges | *American Legion in Pasco | ★ Razors |
| ★ Light bulbs | *Albertsons | ★ Shaving cream |
| ★ Paper Towels | *Columbia Basin College | ★ Shampoo/Soap |
| ★ Toothpaste | *Columbia Basin Veterans Coalition | ★ Cleaning items |
| ★ Body wash | 1600 N 20th, Pasco | ★ Garbage bags |
| ★ Foot powder | *Safeway | ★ Coffee/Tea |
| ★ Facial Tissues | *Starbucks | |

*Questions, please
Call (509) 545-6558*



CBVC is not a charitable 501 (c)(3) recognized nonprofit organization. Check with your tax adviser regarding the status your contribution may be eligible for.



Valentine **BINGO** & Dessert Social

Tuesday, February 14

1:30pm - 3:30pm

\$5 per person

Open to the first 150 registered!

Sponsored in part by:



THE MANOR AT CANYON LAKES

A Merrill Gardens Community

\$500 WORTH OF GIFT CARD PRIZES!



Fred Meyer
Target
Wal-Mart



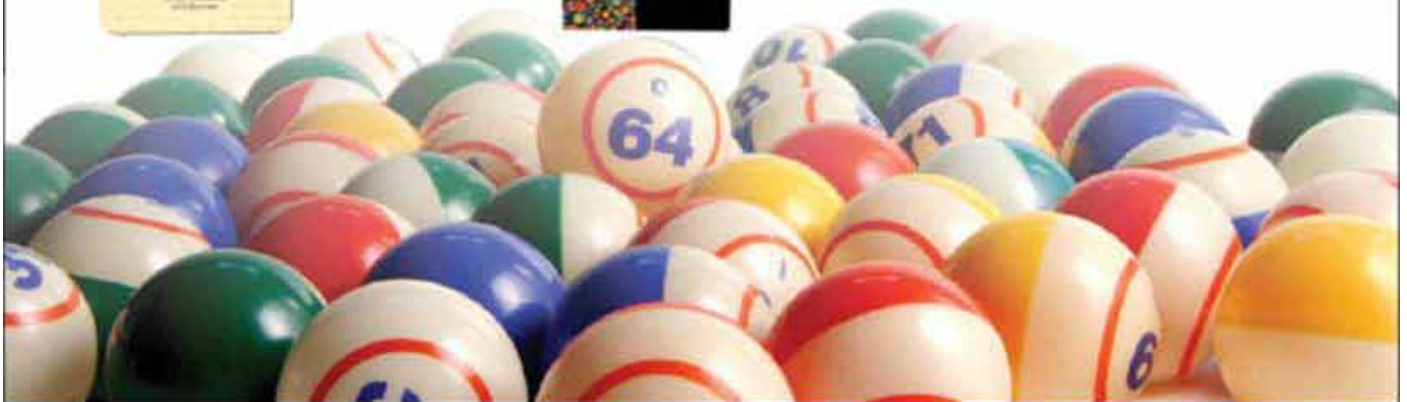
Barnes and Noble
Michael's Crafts
Old Country Buffet



Gas Cards



Bring a friend, a loved one, all welcome... and spend the afternoon playing **BINGO**, eating **DESSERT**, and winning **PRIZES!**



Kennewick Senior Center
500 S. Auburn St.
Down town Kennewick

Advance Registration Required
Register online at <http://go2kennewick.com>
or call K.S.C at 585-4303