

# SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

**Wenatchee**



Many new Profiles of Senior Businesses can be found on [www.SeniorPages.com](http://www.SeniorPages.com)

## WE ARE LIVING LONGER

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

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

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

*...more on page 5*

## Many Falls Can Be Prevented

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

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

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

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

*...more on page 6*

[SeniorPages.com](http://SeniorPages.com)

## Moses Lake



## SeniorPagesVideos



# SEMINARS/CLASSES/EVENTS/MEETINGS

### MONDAY & WEDNESDAY

**WENATCHEE:** "Free Movement and Exercise Programs" Join trained instructors at Eastmont Gold's Gym for a safe and effective exercise class. 4:15-5:15. For active individuals who are recovering from cancer, surgery or those who have chronic illness such as diabetes; perfect for every fitness ability level. Chairs are available for seated excises. No membership or fee required. Call Wellness Place for more information

**WENATCHEE:** "Fitness for Seniors" 10:15-11:15 at the Wenatchee Valley Senior Activity Center, 1312 Maple St. For information call (509) 662-7036

**EAST WENATCHEE:** "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 1:30-2:30 pm at Eastmont Presbyterian /church, 301 Kentucky. Instructor Lynne Barnhart (509) 884-4219

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 first week of each month. If you have any announcements similar to those below please e-mail them by the 25th of the previous month to [dale@seniorpages.com](mailto:dale@seniorpages.com)

### MONDAY & TUESDAY

**WENATCHEE:** "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:30-10:30 am at Blossom Valley Assisted Living, 1701 Orchard St. Instructor John Luce (509) 662-1231

### TUESDAY

**CHELAN:** "Diabetes Education". Held the third Tuesday of each month, 6:30 pm at Columbia Valley Community Health, 317 E Johnson. The group is being held in the classrooms. Various topics/specialties are covered based on availability. Sponsored by Wenatchee Valley Medical Center. Call Shelley Wold, RD (509) 682-6198

**ENTIAT:** "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. Sit or stand. Adapted for all levels of physical ability. Designed to help maintain and improve balance and mobility. Participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 5:30-6:30 pm at the Entiat Grange #1014, 14108 Kinzel St. Instructors: Cathy Montgomery & Arlene Horan, RN (509) 784-7117

### MOSES LAKE: "Diabetes Education"

The group classes are held monthly the first and fourth Tuesday of every month. During the winter classes are held 2:00-4:00 pm. Each session is four weeks in length. One-on-one appointments are also held with our Diabetes Educator. Instructor team includes a certified diabetes educator and registered dietitian. Covered by most insurance plans, including Medicare and Medicaid. A diabetic education referral must be completed by your provider to take this class. Sponsored by Wenatchee Valley Medical Center. (509) 765-5606

**WENATCHEE:** "Overeater's Anonymous" Tuesdays 7:00 pm at First United Methodist Church, 941 Washington St. This is a fellowship, not a diet club. No weigh-ins, no dues or fees. OA's program is designed to help stop eating compulsively. For people of all sizes and types of eating problems or disorders. (509)\_ 670-6046 or 662-0864.

### TUESDAYS & THURSDAYS

**MOSES LAKE:** "Stay Active & Independent for Life" It works...you'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls. It's safe, the instructors are experienced and skilled, and exercises have been tested with seniors. It's fun, you'll meet other seniors and make new friends. 10:00am At the Moses Lake Senior Center, 608 E Third Ave. For more information call (509) 765-7809 email: [mlsenior@gemsi.com](mailto:mlsenior@gemsi.com)



## SEMINARS/CLASSES/EVENTS/MEETINGS

**WENATCHEE:** "Stay Active & Independent For Life (SAIL)" Strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour three times per week taught by a qualified exercise instructor. Sit or stand. Adapted for all levels of physical ability. Designed to help maintain and improve your balance and mobility. Participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." (Check with your physician before you start any exercise program!) 9:00-10:00 am at Wenatchee Senior Activity Center, 1312 Maple St. Sarah Jicha (509) 716-1278

### WEDNESDAY

**WENATCHEE:** "Footcare" In the health room of the Wenatchee Valley Senior Activity Center. Professional foot care by Sue Anez, RN. Soak, trimming and filing. Contact Sue at (509) 669-0r 881-2022

**WENATCHEE:** "Legal Counseling" Conference Room B of the Wenatchee Valley Senior Activity Center. Volunteer Attorneys offer one-on-one basic legal information for seniors. Call (509) 663-2778

**WENATCHEE:** "Fitness for Seniors" 10:15-11:15 Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036

### THURSDAY

**WENATCHEE:** "Tops Take Off Pounds Sensibly" Nonprofit group for weight loss. Thursdays at 5:15 at the Nazarene Church, 1011 S Miller. (509) 548-5498

**WENATCHEE:** 11:30 am. Free blood pressure checks in the health room of the Wenatchee Valley Senior Activity Center. Home health nurses from Central Washington Hospital will check your blood pressure free of charge, just stop by.



### THURSDAY & FRIDAY

**WENATCHEE:** "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three times per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:30-10:30 at Blossom Valley Assisted Living, 1701 Orchard St, Instructor: Patty Getzin (509) 664-3007

### FRIDAYS

**WENATCHEE:** "Wine, Cheese & Chat Happy Hour" 5:00-7:00 pm third Friday of each month. Featuring a special local winery and great hors' d'oeuvres. at the Wenatchee Valley Senior Activity Center, 1312 Maple St. For information call (509) 662-7036

**ENTIAT:** "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three times per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+." It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 10:00-11:00 am at the Entiat Grange #1014, 14108 Kinzel St. Instructors: Cathy Montgomery & Arlene Horan, RN (509) 784-7117

**WENATCHEE:** "Hearing Aid Services" Free checks and cleaning. Confidential and free counseling about your hearing loss concerns. Just drop by, no appointment needed. Service provided by Aimee Seely-Fadich of Sonus. 10:00 am-Noon.

**WENATCHEE:** "Fitness for Seniors" 10:00-11:00 am. Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036

## CALENDAR

**APRIL 5-WENATCHEE:** "Exercise for Back Pain" 7:00 pm As a service to its patients and the community, Wenatchee Valley Medical Center is launching a series of talks by its physicians to provide helpful information about a variety of important medical topics. The next talk is presented by Stephen Hufman, M.D. (Sports Medicine and Occupational Medicine Departments) in the Mares Building's conference room A. There is no charge to attend

**APRIL 8-9-WENTACHEE:** "Spring Craft Show" 9:00 am-4:00 pm both days. Organized by Jodi Duncan, this event will be held in the Campbell Conference Center at Colonial Visa Retirement Community, 601 Okanogan Ave. Proceeds will benefit the Samara's Foundation a local non-profit in the Wenatchee Valley which assists the blind and visually impaired. The Craft Show will feature: plants, birdhouses, garden art, beaded jewelry, handmade soaps, lotions, candles, bunnies, baby items, homemade baked goods and much more!. Free Admission. Call (509) 663-3337

**APRIL 12-WENTACHEE:** "Annual Clinical Skills Day" Offer four times on this day. Designed to verify competency in specific hands-on skills. Topics include: BLS update, WAIVE testing, Glucometer verification, and Restrain Release demonstration. Sponsored by Central Washington Hospital. Open to outside participants if space allows. Fee: \$25. For more information contact Jan Fahl in Education Services (509) 664-3475. [education@cwhs.com](mailto:education@cwhs.com)

**APRIL 16-WENATCHEE:** "Easter Egg Hunt" Age group time schedule: 3 & under 10:00 am, 4-6 years old 10:30 am and 7-10 years old 11:00 am. Annual event (held at Vista Dome) will feature an egg hunt with fun prizes and candy, face painting, sidewalk chalk art, and refreshments. Free. Please bring your own Easter basket. Colonial Vista Retirement (509) 663-3337



Colonial Village  
Wenatchee

### CALENDAR (continued)

**APRIL 19-WENTACHEE:** "ACLS Provider 2011" The American Heart Assn. ACLS Provider Course provides the knowledge and skills necessary to perform as a member of an advanced cardiac life support team based on American Heart Assn. standards. Must be competent at identifying cardiac dysrhythmias, have soled knowledge of cardiac pharmacology, and be able to demonstrate one-rescuer BLS skills. Sponsored by Central WA Hospital, 1201 S Miller, Room c. Fee: \$270. Contact Connie Morris (509) 664-3494

**APRIL 26-WENATCHEE:** "Topics in Vascular Surgery" 7:00 pm As a service to its patients and the community, Wenatchee Valley Medical enter is launching a series of talks by its physicians to provide helpful information about a variety of important medical topics. Presented by Rachel Lungren, M.D. and Thomas Bergman, M.D. (Vascular Surgery Department) in the Mares Building's conference room A. Free

**APRIL 26-WENTACHEE:** "ACLS Provider 2011" The American Heart Assn. ACLS Provider Course provides the knowledge and skills necessary to perform as a member of an advanced cardiac life support team based on American zHeart Assn. standards. Must be competent at identifying cardiac dysrhythmias, have soled knowledge of cardiac pharmacology, and be able to demonstrate one-rescuer BLS skills. Sponsored by Central WA Hospital, 1201 S Miller, Room c. Fee: \$200. Contact Connie Morris (509) 664-3494

**MAY 4-MOSES LAKE:** "CPR Only Class" 10:00-11:00 am. This class provides training, practice sessions, and a completion card for adult CPR only (no First Aid). Infant CPR can be added to this class at no additional charge. Fee: \$25 To register contact the Samaritan Healthcare Education Center at (509) 793-9690

**MAY 11 -MOSES LAKE:** "Healthcare Provider CPR Renewal" 4:30-6:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. Samaritan Healthcare Education Ctr (509) 793-0690.

**MAY 13-MOSES LAKE:** "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care provides, and other job-required card holders. Fee: \$40. For information contact the Samaritan Health Care Education Center at (509) 793-9690

**MAY 16-17-MOSES LAKE:** "ACLS Provider Course" 8:00 am-5:30 pm. Advanced Cardiac Life Support Full Provider Course. This course is for those taking CLS for the first time, expired card holders, or renewing card holders who prefer complete review. Presented by Samaritan Healthcare. To register Contact Martha Wong, (509) 793-9691

**MAY 18-MOSES LAKE:** "ACLS Renewal Course" 8:00 am-4:30 pm. Class is intended for current Advanced Cardiac Life Support card holders who are comfortable with their skills. Sponsored by Samaritan Healthcare. For information and to register contact Martha Wong 9509) 793-9691

**MAY 19-WENTACHEE:** "Annual Clinical Skills Day" Offer four times on this day. Designed to verify competency in specific hands-on skills. Topics include: BLS update, WAIVE testing, Glucometer verification, and Restrain Release demonstration. Sponsored by Central Washington Hospital. Open to outside participants if space allows. Fee: \$25. For more information contact Jan Fahl in Education Services (509) 664-3475. [education@cwhs.com](mailto:education@cwhs.com)

**MAY 24-MOSES LAKE:** "Healthcare Provider CPR Renewal" 7:30-9:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

**MAY 28-MOSES LAKE:** "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care provides, and other job-required card holders. Fee: \$40. For information contact the Samaritan Health Care Education Center at (509) 793-9690

### SUPPORT GROUPS

#### CASHMERE

**RN/LPN:** Would you like to join a team that is making a difference? Family owned Cashmere Convalescent Center is looking for a motivated Registered Nurse or Licensed Practical Nurse for a Full Time evening position, Monday-Friday. Experience the difference by applying at Cashmere Convalescent Center. New grads welcome. Competitive wage and benefits. Contact: Erik (509) 782-1251

#### CHELAN

#### DIABETES EDUCATION AND SUPPORT GROUP:

Third Tuesday of each month, 6:30 pm at Columbia Valley Community Health Chelan, 317 E Johnson, (old DOT Building)/ The group is being held in the classrooms. Various topics/specialties are covered based on availability. Call Shelley Wold, Rd. (509) 682-6198

#### WENATCHEE

#### ALZHEIMER'S SUPPORT GROUPS:

2nd and 4th Tuesdays, 10:30 am-Noon. At Blossom Creek, 1740 Madison St. 10:00-11:00 am Grace Lutheran Church, 1408 Washington. The Alzheimer's Assn. support group is for caregivers and is designed to provide caring place for members to discuss the many challenges of caregiving for someone touched by this disease. The group provides a safe haven for participants to share their feelings, find emotional support, exchange information. Call Jan Ebert at (509) 782-0927

**CANCER SUPPORT GROUP:** First and Third Tuesdays at 7:00 pm at Wellness Place, 240 N Chelan. (509) 888-9933

**MS SUPPORT GROUP:** Second Wednesday of each month at 6:30 pm at Wenatchee Valley Medical Center, Conference Room. Contact: Jessica J. (509) 669-4067

**PARKINSON'S SUPPORT GROUP:** Meets on the third Tuesday of each month from 2:00-3:30 pm. No classes in July or August. Sponsored by Wenatchee Valley Medical Center. Call (509) 663-8711

#### STROKE AND BRAIN INJURY SUPPORT GROUP:

Meets the third Wednesday of each month from 1:30-3:00 pm. Sponsored by Wenatchee Valley Medical Center. For meeting location or more details please call Susan Howell at (509) 663-8711, ext. 5983



### WHAT AN OPPORTUNITY!

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

Send to:  
[Dale@SeniorPages.com](mailto:Dale@SeniorPages.com)



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

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

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

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

And those costs can really kick in as we age, says Anthony Webb, a research economist at the Center for Retirement Research at Boston College. “Bad health catches up with all of us,” he says. And despite recent changes in Medicare, retirees – especially women – have significant out-of-pocket medical costs, according to a December 2010 report by the non-profit Employee Benefit Research Institute. Men retiring at 65 in 2010 will need an estimated \$124,000 to \$211,000 saved up to cover health insurance premiums and out-of-pocket medical costs – and there’s still a 10% chance they’ll run out of savings, the report said; Women, who typically live longer, need \$143,000 to \$242,000. And those figures don’t include the costs of a nursing home or assisted-living facility.

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

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

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

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

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

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

Here are some tips for preventing falls in the home:

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



### VOLUNTEERS NEEDED

#### EPHRATA

The Columbia Basin Hospital Auxiliary is a volunteer organization promoting the advancement of welfare for the hospital through service and fundraising. The CBH Auxiliary is an active group that meets on the second Monday of every month at 1:00 pm in the hospital conference room. To become a member or to receive more information regarding the auxiliary please call Sue Alberti at (509) 246-1944

#### MOSES LAKE

*Samaritan Healthcare* has opportunities throughout the hospital. We make it our mission to place volunteers in the department that best suits their needs and skill level. Individuals interested in becoming a volunteer at Samaritan Healthcare are screened, interviewed, given an overview of volunteer positions available as well as volunteer benefits. Volunteers generally work only 4 hours per week or more if they prefer. Arrangements are made to fill in when the volunteer needs time off. Contact Bonnie Dirks at (509) 793-9724

#### WENATCHEE

*Long term care Ombudsmen* needed. Will you help advocate for the rights of vulnerable adults? Free training. Call Erin Nelson, NCW Ombudsman Program 886-0700, ext. 232

*Wenatchee Valley Senior Activity Center* has opportunities at the front desk and Crafters Corner. Other volunteers help out with special events. We have a vast number of volunteer opportunities available for our members to choose from depending on their interests, talents and skills. Senior Activity Center members have a lifetime of talents to share. If you would like to become an active WVSAC volunteer call our Volunteer Coordinator (509) 662-7036

*Central Washington Hospital* has many volunteer opportunities in the Hospital, Gift Shop, Guild House reception desk, Assist the chaplain with patients' spiritual needs, Hospice Volunteers visiting end of life patients in-home or nursing home, or Mended Hearts program visiting patients recovering from heart procedures. Pick up your application Mon - Fri from 8:00 am-4:30pm or call (509) 662-1511 ext. 2663.

*Wenatchee Valley Senior Activity Center* members are active volunteers either at the center or at various other non-profits in the community. Some volunteers have regularly scheduled volunteer shifts or others help out with special events. Vast number of opportunities available to choose from depending on interests, talents and skills. If you would like to become an active volunteer call our coordinator at (509) 662-7036

### SeniorPages

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](http://www.seniorpages.com)

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

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

**800-735-7258**

[info@seniorpages.com](mailto:info@seniorpages.com)  
[www.seniorpages.com](http://www.seniorpages.com)

Happy Easter!

# Kittitas Valley FAMILY WELLNESS & DIABETES FAIR

Saturday, April 16th from 10 am - 3 pm



APRIL 16, 2011

**Kittitas Valley  
Fairgrounds  
Home Arts Building**

OPEN TO PUBLIC



Guest Speaker: Frank King  
Program: Oil, Lube, and Valve Job

This year we are featuring guest talent, Frank King. Frank is a professional comedian who has been featured on CNN's Business Unusual and has written for Jay Leno for the last two decades. As an aortic valve transplant recipient, Frank shares his perspective through a comic rendition of his personal story.

Showtime: 10:30 a.m.

## FREE EVENT

- Over 50 Wellness & Diabetes Vendors
- Vegetarian Cooking Presentation & Sampling 12:30pm
- Health Screenings by Northwest Wellness
  - Bone Density – requires bare feet; \$25
  - Glucose – 8 hour fasting required; FREE
  - Lipid Profile (Total Cholesterol, HDL, TC/HDL Ratio, LDL and Triglycerides) –12 hour fasting required; \$30

Payment for Health Screens: Visa or MasterCard; cash/checks made payable to Northwest Wellness. Medicare will not reimburse because Northwest Wellness is not a primary provider. Results will be sent directly to you.



### INFORMATION:

Pam at 962-7373  
pdick@kvch.com

[www.kvch.com](http://www.kvch.com)

Design by Baxter Design • Print By ISPrintShop.com

