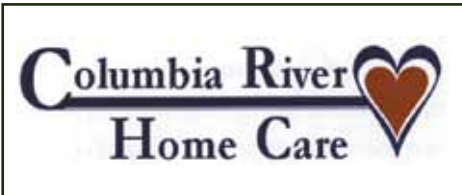


# SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

**Wenatchee**



## Long Term Care Income Benefit for the Surviving Spouse of a Veteran

“Aid and attendance” is a commonly used term for a little-known veterans’ disability income. The official title of this benefit is “Veterans Pension.” The reason for using “aid and attendance” to refer to Pension is that many veterans or their single surviving spouses can become eligible if they have a regular need for the aid and attendance of a caregiver or if they are housebound. Evidence of this need for care must be certified by VA as a “rating.” With a rating, certain veterans or their surviving spouses can now qualify for Pension.

The purpose of this benefit is to provide supplemental income to disabled or older veterans who have a low income or high medical costs. Pension is for war veterans who have disabilities that are **not** connected to their active-duty service. Pension is primarily intended for very low income veterans, but a special provision in how Pension is calculated can allow veterans or single surviving spouses with high income to also receive the benefit which may be as much as \$1,949 a month. This special provision kicks in for veterans who have ongoing and expensive long term care costs.

Aid and Attendance Pension can pay a veteran household up to \$1,949 a month for qualifying long term care needs such as:

- ✓ Family members to provide home care
- ✓ Professional home care providers to come into your home
- ✓ Assisted Living or Adult Day services
- ✓ Nursing Home long term care



...more on page 5

[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. Lynne Barnhart (509) 884-4219



### 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. Sit or stand. Adapted for all levels of physical ability. 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. 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. Group is 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. 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!) 5:30-6:30 pm at the Entiat Grange #1014, 14108 Kinzel St. Instructors: Cathy Montgomery & Arlene Horan, RN (509) 784-7117cc

### 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. Call (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)

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

## SEMINARS/CLASSES/EVENTS/MEETINGS

## CALENDAR

**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. Sit or stand. Adapted for all levels of physical ability. 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!) 9:00-10:00 am at Wenatchee Senior Activity Center, 1312 Maple St. Instructor: 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. Includes soak, trimming and filing. Make appointment by contacting Sue at (509) 669- 0r 881-2022

**WENATCHEE:** "Legal Counseling" Conference Room B of the Wentachee Valley Senior Activity Center. Attorneys from Volunteer Attorney Services offer one-on-one appointments for 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 support group for weight loss. Every Thursday at 5:15 at the Nazarene Church, 1011 S Miller. Contact Sherrie Schmitt (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 form 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 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 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' doeuvres. 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 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!) 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

**JUNE 7-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. Registrants must be competent at identifying cardiac dysrhythmias, have solid knowledge of cardiac pharmacology, and be able to demonstrate one-rescuer BLS sills. Sponsored by Central Washington Hospital, 1201 S Miller, Room c. Fee: \$270. Contact Connie Morris (509) 664-3494

**JUNE 8 -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. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

**JUNE 10-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

**JUNE 14-WENATCHEE:** "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)

**JUNE 14-WENATCHEE:** "BLS For Healthcare Providers" Provides basic skills and knowledge necessary to perform basic life support measures, both in and outside of clinical setting. This is an online course with an in-person skills test. Presented by Central Washington Hospital, 1201 S Miller St in Education Classroom 1. Fee: \$60. For additional information contact Jan Fahl: (509) 66403475

## CALENDAR (continued)

**JUNE 21-MOSES LAKE:** "CPR Only Class" 10:00-11:00 am. Provides training, practice sessions, and a completion card for adult CPR only (no First Aid). Infant CPR can be added at no additional charge. Fee: \$25 Contact the Samaritan Healthcare Education Center at (509) 793-9690

**JUNE 25-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. Samaritan Health Care Education Center at (509) 793-9690

**JUNE 28-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. Intended for healthcare providers, allied professionals. Fee: \$30. Samaritan Healthcare Education Center (509) 793-0690.

**JULY 6-MOSES LAKE:** "CPR Only Class" 10:00-11:00 am. Provides training, practice sessions, and a completion card for adult CPR only (no First Aid). Infant CPR can be added at no additional charge. Fee: \$25 Contact the Samaritan Healthcare Education Center at (509) 793-969

**JULY 8-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. Samaritan Health Care Education Center at (509) 793-9690

**JULY 14-MOSES LAKE:** "Healthcare Provider CPR" 8:00 am-Noon. This course is intended for healthcare providers and allied professionals, who have not taken a HCP CPR course before. To register call the Education Center of Samaritan Healthcare at (509) 793-9690 Fee: \$40

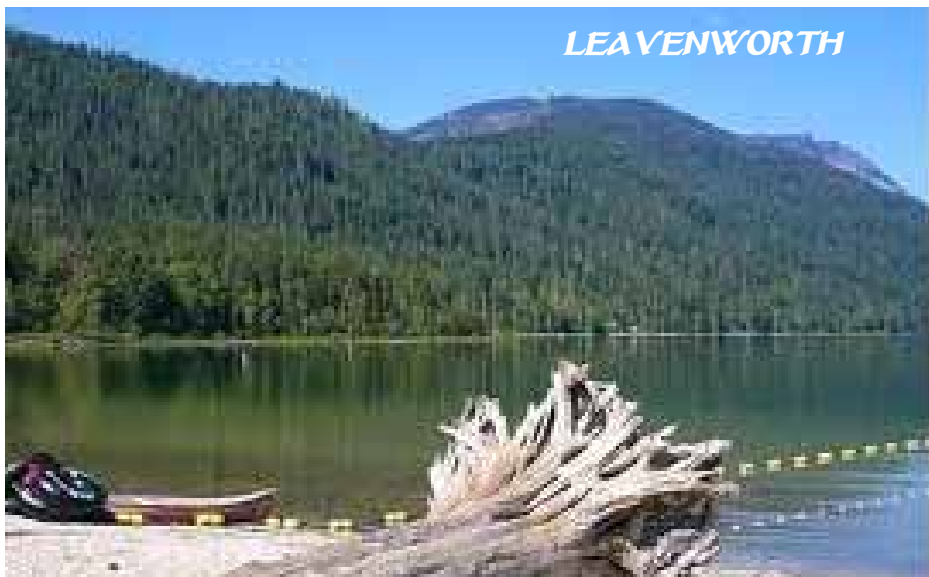
**JULY 14-WENATCHEE:** "Annual Clinical Skills Day" Offer four times on this day. Designed to verify competency in specific hands-on skills. Topics include: BLS update, WAIVE testing, Glucometer verification, and Restrain Release demonstration. Sponsored by Central Washington Hospital. Open to outside 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)

**JULY 23-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

**JULY 26-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. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

## A BEAUTIFUL LESSON IN LIFE AND LONGEVITY

*Be nice to others because time WILL make a difference!  
One day you will no longer be the big dog...Just the old dog!*



### 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. Safe haven for participants to share their feelings, find emotional support, exchange information. Jan Ebert at (509) 782-0927

**CANCER SUPPORT GROUP:** First and Third Tuesdays at 7:00 pm at Wellness Place, 240 N Chelan. For information call (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. For additional information 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



### 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. If you are interested in becoming a volunteer Contact Bonnie Dirks at (509) 793-9724

A lesser amount of pension income up to \$1,056 a month is available to a single surviving spouse of a veteran and is known as "Death Pension."

A single surviving spouse of any age is eligible for Death Pension as long as the deceased veteran served at least 90 days during a period of war with based one of those days during the period of war. The couple had to be married at least a year prior to death or have a child as a result of the marriage. Unlike the Pension benefit for a living veteran, there is no requirement for total disability for the surviving spouse nor for the deceased veteran to have been totally disabled or age 65 or older prior to death.

A different form is used to submit an application for Death Pension, but all of the necessary documents and supporting evidence required for a claim for a living veteran are the same with the additional requirement of a death certificate proving the death of the veteran.

Sometimes claims for Death Pension are as simple as filling out the form and mailing it to the regional office. In cases where income is greater than \$1,056 a month, additional evidence must be submitted in order to get an award of benefit otherwise the claim will be denied. Also a certain level of assets that can be converted to cash may also disqualify the applicant. In these cases, a qualified consultant should be sought out in order to insure the award of a benefit.

## Blood Test Offers Clues to Longevity

Blood tests that seek to tell people their biological age — possibly offering a clue to their longevity or how healthy they will remain — are now going on sale. But contrary to various recent media reports, the tests cannot specify how many months or years someone can expect to live. Some experts say the tests will not provide any useful information. The tests measure telomeres, which are structures on the tips of chromosomes that shorten as people age. Various studies have shown that people with shorter telomeres in their white blood cells are more likely to develop illnesses like [cancer](#), heart disease and [Alzheimer's disease](#), or even to die earlier. Studies in mice have suggested that extending telomeres lengthens lives. Seizing on that, laboratories are beginning to offer tests of telomere length, setting off a new debate over what genetic tests should be offered to the public and what would be the ethical implications if the results were used by employers or others. Some of the laboratories offering the tests emphasize that the results are merely intended to raise a warning flag. "We see it as a kind of wake-up call for the patient and the clinician to say, 'You know, you're on a rapidly aging path,'" said Otto Schaefer, vice president for sales and marketing at SpectraCell Laboratories in Houston, which offers a test for \$290. A company in Spain, provocatively named Life Length, has begun selling a test for 500 euros (\$712), that says that it can tell people their biological age, which may not correspond to their chronologic age. Another company, Telome Health of Menlo Park, Calif., plans to begin offering a test later this year for about \$200. It was co-founded by Elizabeth H. Blackburn of the University of California, San Francisco, who shared a [Nobel Prize](#) in 2009 for discoveries related to telomeres. Calvin B. Harley, the chief scientific officer at Telome Health, said the test would be akin to a car's dashboard signal, a "check engine light." He compared it with a [cholesterol test](#), but more versatile since it can predict a risk of various illnesses, not just heart attacks. But among the critics of such tests is Carol Greider, a molecular biologist at Johns Hopkins University, who was a co-winner of the Nobel Prize with Dr. Blackburn. Dr. Greider acknowledged that solid evidence showed that the 1 percent of people with the shortest telomeres were at an increased risk of certain diseases, particularly bone marrow failure and [pulmonary fibrosis](#), a fatal scarring of the lungs. But outside of that 1 percent, she said, "The science really isn't there to tell us what the consequences are of your telomere length." Dr. Greider said that there was great variability in telomere length. "A given telomere length can be from a 20-year-old or a 70-year-old," she said. "You could send me a DNA sample and I couldn't tell you how old that person is." Dr. Peter Lansdorp, a telomere expert at the British Columbia Cancer Agency, also had doubts. "If telomeres are short for you or me, what does it mean?" he said. Dr. Lansdorp started a company, Repeat Diagnostics, which conducts telomere testing for medical researchers only. Recent media reports speculated on the tests and their possible implications, including ethical problems. "You could imagine insurance companies wanting this knowledge to set rates or deny coverage," said Jerry W. Shay, a professor of cell biology at the University of Texas Southwestern Medical Center in Dallas, who is an adviser to Life Length. Test vendors say the speculation is running wild. "It doesn't mean we will tell anyone how long they will live," said María Blasco, a co-founder of Life Length and a molecular biologist at the Spanish National Cancer Research Center in Madrid. Even if a 50-year-old has the telomere length more typical of a 70-year-old, she said, "This doesn't mean your whole body is like a 70-year-old person's body." Still, she said, "We think it can be helpful to people who are especially keen on knowing how healthy they are." Generally tests offered by a single laboratory do not have to be approved by the Food and Drug Administration. But the F.D.A. has been cracking down recently on some tests offered to the public, saying they may need approval. The FDA said in a statement Wednesday that it was aware of the tests, and had not come to any conclusions. Executives at both Telome Health and Life Length say they will require a doctor to be involved in ordering the test, though SpectraCell said it allowed individuals to order the test. A Blood Test Offers Clues to Longevity

## VOLUNTEERS NEEDED (continued)

### WENATCHEE

Long term care Ombudsmen needed. 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. Others help out with special events. A number of volunteer opportunities available depending on interests, talents, skills. Senior Activity Center members have a lifetime of talents to share. Call (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 an application the Volunteer Services office is open Monday - Friday 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