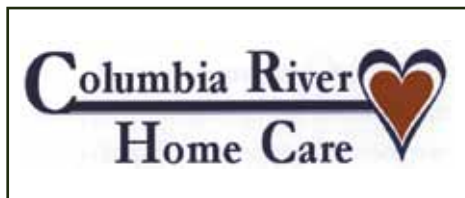
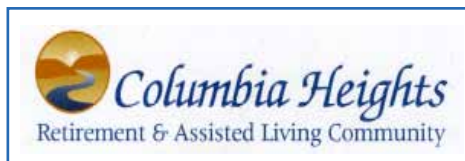


SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Wenatchee



Savvy Senior: How To Prevent Falls

By Jim Miller

Falls are a big concern for millions of elderly Americans and their families. In the US about one-third of the 65-and-older population will suffer a fall this year, often with bad consequences. But many falls can be prevented. Here are steps you can take to help keep your dad up on his feet and reduce his risk of falling:

Check his meds: Does someone in your family take any medicine or combination of medicines that make him dizzy, sleepy or lightheaded? If so, gather up all the drugs he takes — prescriptions and over-the-counter — and take them to his doctor or pharmacist for a drug review.

Get an eye exam: Poor vision can be another contributor to falls. If they wear glasses, check to see if they are wearing the correct prescription and beware of bifocals. Multifocal glasses can impair vision needed for detecting obstacles and judging depth.

Check balance: Balance disorders — which can be brought on by a variety of conditions like inner ear problems, allergies, a head injury or problems with blood circulation — are also a common cause of falls. If someone is having balance issues, make an appointment with his doctor to get it checked and treated.

Start exercising: Improving balance through exercise is one of the best ways to prevent falls. Strength training, stretching, yoga and tai chi are all great for building better balance. Some simple exercises that anyone can do



more on page 3...

Wenatchee



Moses Lake



Ellensburg



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

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. For questions 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 to register at (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. Call (509)_ 670-6046 or 662-0864 for information.

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+". (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

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

SEMINARS/ CLASSES/EVENTS/ MEETINGS (continued)

WENATCHEE: “Alzheimer’s Support Group” Second & 4th Tuesdays. 10:30 am-Noon. For caregivers, designed to provide caring place for members to discuss the many challenges of caregiving for someone touched by this disease. Provides a safe haven for participants to share their feelings, find emotional support, exchange information. Held at Blossom Creek, 1740 Madison St. (509) 782-0927

TUESDAYS & THURSDAYS

MOSES LAKE: “Stay Active & Independent for Life” Be stronger, have better balance, feel better & 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 Moses Lake Senior Center, 608 E Third Ave. (509) 765-7809 email: mlsenior@gemsi.com

WENATCHEE: “Stay Active & Independent For Life (SAIL)” A 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 balance and mobility. Receive a copy of “Stay Active and Independent for Life: Be more mobile, get balance, 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. 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. Make appointment (509) 669- Or 881-2022

WENATCHEE: “Legal Counseling” Conference Room B of the Wenatchee Valley Senior Activity Center. Attorneys from Volunteer Attorney Services offer one-on-one appointments for basic legal information for seniors. (509) 663-2778

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

...continued from page 1

anytime are walking heel-to-toe across the room, standing on one foot for 30 seconds or longer, or getting up from a chair and sitting back down 10 to 20 times.

Modify his home: Because about half of all falls happen around the home, some simple modifications can go a long way in making your dad’s living area safer. Start by picking up items on the floor that could cause him to trip like newspapers, books, shoes, cloths, electrical or phone cords. If he has throw rugs, remove them or use double-sided tape to secure them. In the bathroom put a nonslip rubber mat or self-stick strips on the floor of the tub or shower, and have a carpenter install grab bars inside the tub and next to the toilet. Also, make sure the lighting throughout the house is good, purchase some inexpensive plug-in night lights for the bathrooms and hallways, and if he has stairs, consider putting hand rails on both sides. And in the kitchen, organize his cabinets so the things he uses most often are within easy reach without using a step stool.

Other pitfalls: Believe it or not, the improper use of canes and walkers sends around 47,000 seniors to the emergency room each year. If your dad uses a cane or walker, be sure it’s adequately adjusted to his height and that he’s using it properly. A physical therapist can help with this. Another possible hazard is pets. If someone in your family has a dog or cat, he needs to be aware that — because they can get under foot — pets cause a lot of falls. Shoes are another issue to be aware of. Rubber-soled, low-heeled shoes are the best slip/trip proof shoes for seniors.

Savvy tip: Consider getting a home-monitoring system which is a small “SOS button” that anyone can wear that would allow him to call for help if he fell. Available through companies for about \$1 per day.

THURSDAY

WENATCHEE: “Tops Take Off Pounds Sensibly” Nonprofit support group for weight loss. Every Thurs at 5:15, 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 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. Call (509) 662-7036



SEMINARS/CLASSES/ EVENTS/MEETINGS (continued)

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

SEPTEMBER 7-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) 793-969

SEPTEMBER 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.

SEPTEMBER 8-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

SEPTEMBER 9-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

SEPTEMBER 14-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.

SEPTEMBER 23-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.

SEPTEMBER 23-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.

SEPTEMBER 27-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 and allied professionals. Fee: \$30. Samaritan Healthcare Ed Center (509) 793-0690.

SEPTEMBER 27-WENATCHEE: "Protecting Seniors: A Community Comes Together" 9:00 am-4:00 pm. Featuring Alzheimer's expert Teepa Snow. To be held at the Wenatchee Convention Center. Fee: \$25, \$10 for those 60+. For additional information contact Aging & Adult Care of Central Washington: (509) 886-0700

OCTOBER 12-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.

OCTOBER 14-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

OCTOBER 18-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) 793-969

OCTOBER 25-MOSES LAKE: "Healthcare



Send us your event pictures!

CALENDAR

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 Ed Center (509) 793-0690.

OCTOBER 29-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

NOVEMBER 2-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) 793-969

NOVEMBER 9-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 Ed Center at (509) 793-0690.

NOVEMBER 11-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

NOVEMBER 22-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.

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

EXPLORING SENIOR DISCOUNTS

By Gregory Karp

Discounts for seniors extend far beyond early-bird dinner specials and cheap tickets at the movie theater. Consumers in their golden years have plenty of golden opportunities for savings, including some in surprising places.

In the wake of the recession, some businesses, especially retail chains, have cut back on their discount programs for senior citizens, making it all the more important to know where to find them. Meanwhile, other businesses looking to drum up sales in a slow economy have created new programs for seniors.

It has become more widespread, from senior discounts on plumbers to the local Chinese restaurant. It's become smaller deals for some. For example, you don't get as much off on hotels as you once did. Almost everybody now has about 10 percent off with your AARP card. Even a few years ago, hotel discounts for seniors were more lucrative.

Here are tips to allow you to get all the discounts you can if you qualify as a senior, in some cases if you're 50:

Do ask, do tell. Ask whether a business offers a senior discount, even if it doesn't seem the type of sale that usually warrants one. For example, you might get a break on your oil change or muffler job, although that will vary by location. Senior discounts are sometimes available but are not company policy at chains.

Discounts are more prevalent, even in tiny, little places. Everybody has gotten into the act!

The good news for middle-age consumers is that many businesses don't want to administer their own senior discount program, so they offer them through AARP, whose members are as young as 50.

Join AARP. An AARP membership costs \$16 a year, or less annually with a multiyear membership. Many seniors could easily make that back in discounts. It offers discounts at more than 500 retailers, plus price breaks on travel, financial services and health products. Membership also gets you the AARP magazine.

Today's seniors have a wide range of discounts available to them. Discounts on groceries, restaurant meals and travel are especially common.

Most grocery stores have senior discount days, often midweek, although it varies by store. Large pharmacies have programs too.

Examples of chain restaurants that offer discounts are Applebee's, Chili's and Friendly's, along with most major fast-food chains.

You can get clothing discounts at such stores as Banana Republic and Ross.

Some U.S. airlines mention senior fares on their websites. But, as a practical matter, only [Southwest Airlines](#) regularly offers discounts to seniors, whom Southwest defines as those 65 and older.

more on page 7...

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. Ccall 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. For more 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 (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

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. 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. (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. (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. Volunteer Services office is open Mon - Fri 8am-4:30pm or (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 have regularly scheduled volunteer shifts or others help out with special events. Vast number of opportunities available (509) 662-7036

...continued from page 5

For travelers, there might also be discounts on hotels, rental cars and cruises. Older commuters might find half off on bus and train fares. Amtrak fares, however, are discounted only 15 percent.

[Kohl's](#) Department Stores often have senior days, which offer storewide discounts. Even thrift stores offer senior discounts.

Financial products and services might offer senior discounts. Examples include tax preparation, bank accounts and auto and home insurance.

Where do you find discounts? The Internet is a great resource for finding specific senior discounts. And one website, [seniordiscounts.com](#), is devoted to the topic.

Best deal ever? Maybe the best discount for seniors comes from the National Park Service. A senior pass, formerly called Golden Age Passport, is an admission pass for anyone age 62 and older. It gets you into any national park, along with your vehicle load of people if the park charges by vehicle. Or, if the park charges by the person, it gains admission for you plus three adults. It also gets you half off at parks' camping, swimming and boat launch facilities.

The cost? Ten bucks — for life. Compare that with the cost for those younger than 62: \$80 per year. For details, go to [nps.gov](#) and search for "senior pass."

Watch out. Just because you get a senior discount doesn't mean it's the best discount. You might pay less with a general sale or coupon than with the birth date on your driver's license.

Fortunately, many seniors have caught on to the idea of discounts and are speaking up. That even applies to baby boomers, who as a group aren't fond of admitting they are growing old. They don't like to be called seniors, but they don't want to miss on saving a couple of bucks.