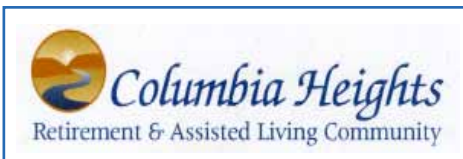


SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Wenatchee



Why Women Should Manage Their Own Money

By Kimberly Palmer

For many women, retirement isn't the relaxing haven it's cracked up to be. Because women earn less over their lifetime than men and live longer in retirement, they also tend to have less saved. According to a Government Accountability Office report, 12 percent of women over age 65 are living in poverty, compared with only 7 percent of men. For divorced and widowed women, the poverty rate is higher, at 21 and 15 percent, respectively. Even those with incomes over the poverty level often face hardship. Nursing homes, which women have a greater chance of entering because they generally live longer, cost an average of \$71,000 a year, and assisted-living facilities can cost \$32,000 annually. What can women do to protect themselves? A lot, it turns out. Here are six strategies: Save more. The Women's Institute for a secure retirement recommends that women develop three sources of money: Social Security, a pension or retirement savings plan such as a 401(k), and individual savings. Partly because women frequently take time out of the workforce to care for children or parents, their Social Security benefits and retirement savings tend to be less than men's, making it more important to store up additional dough. Start earlier. Manisha Thakor and Sharon Kedar, authors of *On My Own Two Feet: A Modern Girl's Guide to Personal Finance*, recommend that women dedicate 10 percent of their income to retirement savings, starting in their 20s. Saving 10 percent of a \$50,000 salary beginning at age 25, for example, would result in \$2.2 million at retirement. (That calculation assumes that investments grow at 10 percent a year, gains are reinvested, and annual salary increases offset inflation.) Maintain management skills. Traditionally, marrying couples turned over the finances to one person to manage. But women who want to keep their investing and budgeting skills sharp for life should keep a hand in their finances. Since women live to be 80 on average, versus 75 for men, even those in solid marriages are likely to have to manage their own money one day. According to the Women's Institute for a Secure Retirement, only one third of women between ages 75 and 84 are married. Over 85, the number drops to 13 percent. Consider a spousal IRA. Nonworking spouses, such as those who are taking time out of the workforce to care for children, can still contribute up to \$4,000 a year to a retirement account. (In 2008, the maximum contribution will increase to \$5,000, and after that it will be adjusted for inflation.) While in most cases wives are entitled to at least part of their husbands' retirement savings in the case of death or divorce, pensions often decrease if the working partner is no longer living. Overestimate money needs. Because people are living longer and inflation erodes the value of money, many underestimate their savings needs. The Women's Institute for a Secure Retirement says that women, given their longevity and lower savings, may want to consider replacing 100 percent of their income during retirement to keep up their lifestyle. Manage your own money. A study from the Hartford Financial Services Group and the MIT AgeLab found that couples who divide financial tasks, where one spouse handles day-to-day bill paying and the other investment management, fare better than those who hand over the financial reins to one person while the other takes a back seat. The couples with the divide-and-conquer approach were more likely to have more savings and develop a financial plan for the surviving spouse. Yet only 11 percent of respondents practiced this kind of shared division of labor. In couples where one spouse (usually the husband) took charge of all financial matters, the other spouse (usually the wife) often faced financial struggles later in life. The problem with that approach, practiced by one third of the couples, is that when husbands die, women often find themselves with less money than expected, and they don't know how to manage it.

more on page 2...

Wenatchee



Moses Lake



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 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

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

...continued from page 1

On average, Hartford reports, women experience a 50 percent decrease in income upon becoming widowed and only a 20 percent decrease in expenses. Although women 65 and older are three times as likely as men to survive their spouse, many men face the same challenge. That's why it's important for women—and men—to stay involved in managing their finances. Hartford suggests that every couple should be able to answer these three questions, well before retirement: • If my spouse were to die, how would that affect the household's income? • What would an expensive illness do to our retirement savings? • If either spouse were to die, would the survivor be prepared to take over management of the finances? Each spouse should also know how much the couple spends each month, the location of savings and investments, and how to access the funds. Couples can also involve a trustworthy financial adviser, especially if one spouse is not comfortable with investment decisions. As spouses have long known and behavioral economists confirm, a chief benefit of marriage is that it lets individuals focus on what they are good at—whether it's earning money, running a household, or a mix of the two—and benefit from their partners' skills as well. But too much specialization can one day leave a widow or widower in the dark when it comes to essential financial skills and knowledge. A system that involves both partners keeps either from having to teach himself or herself under stress later.



DON'T FORGET TO THANK A VETERAN THIS MONTH

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

SEMINARS/ CLASSES/EVENTS/ MEETINGS (continued)

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 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!) 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.

Ten Best Places to Retire

- Better weather, affordable [housing](#), and plenty of interesting things to do are just a few reasons people move to a new place when they retire. Whether you want to spend your golden years watching the sun set over the water or taking on a second career, we've identified an ideal place. Using data from [Onboard Informatics](#), U.S. News selected 10 key attributes that many people look for in a retirement spot, along with a city that excels in meeting each need. Here are 10 excellent places to retire in 2012. Pleasant year-round weather: [Flagstaff, Ariz.](#)
- Flagstaff's high altitude and low humidity generally lead to a pleasant four-season climate throughout most of the year. To select a place with great year-round weather, we used National Oceanic and Atmospheric Administration data to find places with the most sunny days. Among the sunniest cities, we looked for places where the temperature seldom rises above 90 degrees. The sun shines in Flagstaff an average of 78 percent of the year, according to NOAA data, but unlike most other sunny climates, the temperature only rises above 90 degrees an average of three days per year. Flagstaff can receive a significant amount of snow in the winter, but the prolific sunshine often quickly melts accumulation. "There is a lot of sunshine and no extremes of temperature," says Karen Haskins, 71, a retiree who moved to Flagstaff from Amherst, N.H., in 2007. "Summer and early fall are really pleasant. Winters are cold and you do get snow, but because of the intensity of the sun, it melts quickly."
- [In Pictures: [The 10 Best Places to Retire in 2012.](#)] [Affordable mountain town: Boone, N.C.](#)
- Pricey Aspen and Vail may be beyond your budget, but that doesn't mean you can't spend your retirement years appreciating spectacular mountain views or making runs on the slopes. Nestled in the [Blue Ridge](#) Mountains, Boone boasts three nearby ski resorts as well as trails for cross country skiing, winter hiking, and snowshoeing. Residents of this small town of 14,000 also have access to one of the country's most scenic roads, the Blue Ridge Parkway. A bonus: Boone provides residents with a free local bus service, AppalCART, and access to many of the amenities at Appalachian State University. In 2010, the median home sale price was \$215,250. [Water views on a budget: Traverse City, Mich.](#)
- Dream of retiring to a lake house? The Traverse City area offers more than 180 miles of Lake Michigan shoreline and 149 large lakes measuring 10 acres or more. Residents can climb the high sand dunes and lounge on the freshwater beaches at the Sleeping Bear Dunes National Lakeshore, or take a ferry out to the Manitou Islands. There are also plenty of opportunities for boating on the twin Grand Traverse Bays. Housing prices in this lakeside city average a reasonable \$155,715.
- [Find Your Best Place to Retire.] [Greenest place to retire: Walnut Creek, Calif.](#)

Retirees make up more than a quarter of the population of Walnut Creek, which combines the amenities of a city with abundant access to the wilderness. Downtown is filled with high-end shops, fine dining, and organic eateries, as well as the Leshar Center for the

more on page 5..

SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

WENATCHEE: "Alzheimer's Support Group" Second & 4th Tuesdays. 10:30 am-Noon. 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. Held at Blossom Creek, 1740 Madison St. For information call Jan Ebert at (509) 782-0927

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

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!) 9:00-10:00 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 Wenatchee 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 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' 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 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



CALENDAR (continued)

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. To register contact Samaritan Healthcare Education 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 15-WENATCHEE: "Doc Talks-Eye Care" Hear the latest in surgical treatment for glaucoma & cataracts, including laser surgery. By Dr. Jonathan Briggs. Sponsored by Wenatchee Valley Medical Center at the Miller Street Conference Room, 1000 N Miller (Next to Walgreens) Free.

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.

*Click Here to see our
slideshow
on
SeniorPagesVideos*

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Arts. The city also has 22 city parks and 2,704 acres of open space. "There's a great amount of open space available," says Joe Stadum, a resident of Walnut Creek's large 55-and-older gated community, Rossmoor. He enjoys hiking with the Rossmoor Trails Club, which counts more than 200 members. "You can [drive](#) or ride your bicycle or run and hike. It's a great asset." Residents may choose to drive up to the summit of 3,849-foot Mount Diablo or travel to nearby San Francisco. But life in the Bay Area doesn't come cheap. The median home price is \$411,000.

A college town for retirees: [Ithaca](#), N.Y.

[College towns](#) like Ithaca can be an ideal place to retire. For a median home price of just \$176,500, retirees can take classes at Cornell [University](#) or Ithaca College and attend speeches, concerts, and sporting events. They can also spend their days hiking to the more than 100 waterfalls and gorges within 10 miles of downtown or sampling the wares of the [Cayuga Lake](#) Wine Trail. Don Wilson, 65, a retired cardiologist from Rockford, Ill., bicycles throughout the Finger Lakes region three times a week. "The rural roads in the Finger Lakes region have so little traffic that you can ride three or four abreast on a bicycle in continuous conversation, learning from each other," he says. Wilson has also developed an interest in paleontology, and is taking a course on the subject at Cornell University and conducting research on fossils at the Museum of the Earth. "I think that university towns tend to attract interesting organizations, like the Museum of the Earth, and interesting people who may or may not be connected with the college." [See [10 Places to Reinvent Your Life in Retirement.](#)] [Place to launch a second career: Lincoln](#), Neb.

Clague Hodgson, 65, retired early from a faculty position at the Creighton University School of Medicine and founded his own biotech company, Nature Technology Corporation, in 1998. His Lincoln-based business now employs eight people who investigate the use of DNA as a medicine. Hodgson says the city's low unemployment rate and proximity to the University of Nebraska-Lincoln make it an excellent place to launch a second career. "The University of Nebraska Technology Park really takes a lot of the weight off your shoulders," he says. "For an entrepreneur, remaining affiliated with the university is a good source of information, the library is very helpful, and occasionally we collaborate with researchers there." Nebraska's state capitol had an unemployment rate of just 3.5 percent in 2010, among the lowest in the country. According to Onboard Informatics data, the city has added more than 15,000 jobs since 2000, many of which are in fields known to hire older workers, including government, higher education, and [healthcare](#). [See [10 Places to Launch a Second Career in Retirement.](#)] [Best mix of affordability and amenities: Pittsburgh](#), Pa.

Pittsburgh has a low cost of living coupled with a wide variety of amenities that retirees will need as they age. The median home sale price was \$97,900 in 2010, which is unusual for a city with a large university and top-notch hospitals. Senior citizens age 65 and older with proper identification are entitled to ride Port Authority buses and trains for free. You'll just have to decide whether you want season tickets to the ballet, symphony, or Steelers games, assuming all three won't fit into your retirement budget.

Port Charlotte home prices were battered by the housing [bust](#),

...more on page 6

CALENDAR (continued)

DECEMBER 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

DECEMBER 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.

DECEMBER 20-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

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which could mean bargains for retirees new to the area. The median home sale price was a shockingly low \$59,950 in 2010. And many of these homes are located along canals and waterways. "There are a tremendous number of houses on the water, and everybody's got their boats in their backyard," says [retiree](#) Chris Zwirner, 78. "All the people who live on water essentially have access to the Gulf of Mexico, and from there you can go around the world." The Charlotte Harbor Preserve State Park spans 42,000 acres, including 70 miles of shoreline along the Charlotte Harbor. An added bonus: Florida has no state [income tax](#). [See [10 Places to Buy a Retirement Home for Under \\$100,000](#).] [Best place for single retirees: Pittsfield, Mass.](#)

Dating is increasingly becoming a part of the retirement years. And Pittsfield is the only metro area where the majority of the 55-and-

older population (52 percent) is single, according to Census Bureau data. Carol Scott, 60, an event planner who has been widowed for three years, likes to connect with new people online and has arranged five in-person dates so far this year. "I usually like to meet for a coffee or a drink," she says. "If we find we enjoy each other's company, perhaps it runs over into dinner." But even if you move to Pittsfield, we can't guarantee that dating will be easy. There are nearly twice as many single women (14,237) age 55 and older as single men (7,869). "A lot of my women friends are single," says Scott. "And while I have met some very nice people, I have not met someone I am interested in pursuing."

[Best place for recreation and culture: Santa Fe, N.M.](#)

At more than 400 years old, Santa Fe is the country's oldest state capital. The city is known for its unique culture and art galleries, including the New Mexico Museum of Art and Institute of American Indian Arts. "Santa Fe has a [character](#) that is unlike other cities," says Karen Ralston, 67, a retired director of marketing for a publisher. She moved to Santa Fe in 2006. "The cultural mix that we get here—the Anglo culture and the Indian culture and the Hispanic culture—blends very beautifully here. We really love that mix," she says. An art history minor in college, Ralston rediscovered that interest by volunteering at the Georgia O'Keeffe Museum and the Center for Contemporary Arts. The creations of artists worldwide are also celebrated at a variety of annual festivals and markets, such as the Native Treasures Indian Arts Festival and the Santa Fe International Folk Art Market.

SUPPORT GROUPS

CASHMERE

RN/LPN: Family owned Cashmere Convalescent Center looking for a motivated RN or LPN for a Full Time evening position, Mon-Fri. Apply 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)/ Held in the classrooms. Various topics/specialties are covered based on availability. (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. Alzheimer's Assn. For caregivers, designed to provide caring place for members to discuss challenges of caregiving for someone touched by this disease. (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

WENATCHEE

Long term care Ombudsmen needed. We'll 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 at (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. To pick up your application the Volunteer Services office is open Monday through 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

SeniorPages

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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

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A free WVMC physician community talk series devoted to topics that matter most to you!

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WVMC Miller Street Conference Room
1000 N. Miller (Next to Walgreens)



WENATCHEE VALLEY
MEDICAL CENTER
Physician-owned and patient-centered since 1946.

Coming this fall!

Don't miss these **FREE** upcoming WVMC physician community talks:

SEPTEMBER 13

PHYSICAL MEDICINE

What is it and what are some of the treatment options? *By Dr. Steven Fowler & Dr. Doug Burns*

SEPTEMBER 27

INFLAMMATORY DISEASES

Learn about these diseases, including the most common — Rheumatoid Arthritis. *By Dr. Chad Byrd*

OCTOBER 11

DEMENTIA

Hear about the diagnosis and management of dementia. *By Dr. Mary Timiras*

OCTOBER 25

MOVEMENT DISORDERS

Living with and caring for people with disorders such as Parkinson's disease. *By Dr. Kelly Condefer*

NOVEMBER 15

EYE CARE

Hear the latest in surgical treatment for glaucoma & cataracts, incl. laser surgery. *By Dr. Jonathan Briggs*