

# SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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## Yakima



## 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 4...*

## 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 5...*

### Yakima



**Liz Trua, Realtor, SRES**

**ENGLEWOOD GARDEN APARTMENTS**

Affordable Housing For Independent Seniors 55 & Better

**EnTrust**  
Community Services

### Union Gap



### Ellensburg

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**Kittitas Valley HEALTH AND REHABILITATION CENTER**

**Royal Vista Nursing & Rehab**

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## SEMINARS/CLASSES/EVENTS/MEETINGS

### TUESDAY

**YAKIMA:** "Diabetes Screenings" 8:00-10:00 am on Tuesdays at Memorial Hospital's Community Education Center on 2506 Nob Hill Blvd. in Yakima. No appointment necessary. For the most accurate results, do not eat or drink anything for 12 hours prior to the screening. Fee: \$5 (\$3 for Memorial Third Age members). (509) 249-5243

**YAKIMA:** "Coming of Age With Aging Loved Ones" Sponsored by Memorial Hospital's Third Age at the Harman Center, 65th & Summitview, Tuesdays 6:00-8:00 pm No Charge. Subjects differ each week.

**YAKIMA:** "Dash Diet" 8:00-9:00 am and 3:00-4:00 pm. Discover how healthy eating lowers blood pressure and cholesterol, and improves your heart health. Held at Memorial Hospital's Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd Floor. No charge, no registration necessary



**YAKIMA:** "Exercised Breathing" 8:00-9:00 am and 3:00-4:00 pm. Breathing purposefully helps regulate heart rate, blood pressure, & psychological response. Held at Memorial Hospital's Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd Floor. No charge, no registration.

**YAKIMA:** "Blood Pressure Control" 8:00-9:00 am and 3:00-4:00 pm. Explore the risk factors of high blood pressure, otherwise known as the "silent Killer" Held at Memorial Hospital's Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd Floor. No charge, no registration necessary

### WEDNESDAY

**YAKIMA:** "Better Breathers Club" Support group for individuals and families with lung disease. 1:00-2:30 pm at Memorial Hospital Rehabilitation and Wellness Center, 406 S 30th Ave. No charge. Call (509) 576-7650

**YAKIMA:** "Ice Cream Social For Seniors" Presented by Rexford Manor Retirement Community, 1010 N 34th Ave. Contact Colleen Collins at (509) 248-7768

## CALENDAR

**APRIL 1-YAKIMA:** "Diabetes, Heart Education, Life Enrichment" 8:00-9:00 am and 3:00-4:00 pm. Improve your blood sugar levels, manage your diabetes, and control or reduce your risk of developing diabetes when you make healthy food choices. Memorial Hospital's Heart education classes help patients learn to manage coronary risk factors and maintain a health lifestyle. At Memorial's Institute for Heart and Vascular Health, 403 S 30th Ave, 2nd floor. No registration required. For information call (509) 575-7650

**APRIL 4-YAKIMA:** "Getting the Most From Your Inhalers" 12:15 pm. This class will help you understand the proper handling use, and care of various inhalers. Sponsored by Yakima Regional Cardiac Rehabilitation. classes are located in the Yakima Regional ICCU Conference Room. Free For information call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

**APRIL 5-YAKIMA:** "Falls: How to Prevent Them" Sponsored by Memorial Hospital's Third Age at the Harman Center 65th & Summitview.

**APRIL 5-YAKIMA:** "Hypertension and Stroke" 12:15 pm. Hypertension (or high blood pressure) is called the Silent Killer because it often has no symptoms. It increases risk of heart disease and stroke, so knowing your blood pressure numbers is important. Class provides information on normal blood pressure values, what causes high blood pressure, who is most likely to develop it, and ways to keep your blood pressure within normal limits. Sponsored by Yakima Regional Cardiac Rehabilitation. classes are located in the Yakima Regional ICCU Conference Room. Free call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)



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)

## Toppenish



## CALENDAR (continued)

**APRIL 6-YAKIMA:** "Heart Basics" 12:15 pm. Designed to give an understanding of cardiac risk factors and ways to reduce them, signs and symptoms of a heart attack, and the importance of early detection and treatment. Sponsored by Yakima Regional Cardiac Rehabilitation. Yakima Regional ICCU Conference Room. Free (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

**APRIL 7-YAKIMA:** "Introduction to Weight Training" 12:15 pm This class will describe the basics of weight training and why it is important for everyone. you will learn the major muscle groups and their function, as well as how you can safely strengthen each group to be able to perform every day tasks with greater ease. Sponsored by Yakima Regional Cardiac Rehabilitation. classes are located in the Yakima Regional ICCU Conference Room. Call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

**APRIL 11-YAKIMA:** "Principles of Exercise" 12:15 pm. Highlights: aerobic exercise, strength training, and flexibility and will answer the following questions: How often should I exercise? How long should I exercise? How do I know how hard to exercise? Sponsored by Yakima Regional Cardiac Rehabilitation. Located in the Yakima Regional ICCU Conference Room. Free (509) 573-3592 or [www.yakimaregional.com](http://www.yakimaregional.com)

**APRIL 9-ELLENSBURG:** "Magical Evening 2011" Sponsored by The Foundation at Kittitas Valley Community Hospital in the Ballroom/Student Union & Recreation Center, Central Washington University. 8th Annual Fundraising Benefit for Kittitas Valley Community Hospital Multi-course gourmet dinner, Semi-Formal/Black-tie optional, Distinctive entertainment straight from New York, Exciting social hour activities. Premium raffle prizes. Reserved seating \$75 per person /general seating \$50 per person. Heather Paul (509) 933-8669 or [hpaul@kvch.com](mailto:hpaul@kvch.com)

**APRIL 11-YAKIMA:** "Blood Pressure Control" 8:00-9:00 am. and 3:00-4:00 pm. Explore the risk factors of high blood pressure, otherwise known as the "silent killer". Memorial's Heart Education classes help patients learn to manage coronary risk factors and maintain a healthy lifestyle. Classes are one hour each. At Memorial Hospital's Institute for Hart and Vascular Health, 403 S 30th Ave, 2nd Floor. No registration required. (509) 576-7650

**APRIL 11-YAKIMA:** "Valley Fresh Fare" 7:00-7:30 pm. Explore the foods and flavors of the Yakima Valley with this monthly cooking show showcasing Yakima-area chefs as they create dishes featuring locally grown ingredients. Look for it on KYVE TV-47

**APRIL 12-YAKIMA:** "Heart Healthy Eating Part I" 12: 15 pm. Including a variety in health food choices is one of the most effective ways to reduce cholesterol, blood pressure, and maintain a healthy weight. This class covers nutritional guidelines supported by leading health organizations. I will help you take positive steps to a healthy lifestyle. Sponsored by Yakima Regional Cardiac Rehabilitation. this class is taught in the Medical Office Building. Free For information call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

**APRIL 12-YAKIMA:** "Red Hot Mamas Event" 6:00-8:30 pm. What's in it for me? Hormone therapy and menopause: Estrogen progesterone testosterone. Sponsored by Memorial Third Age at Memorial Hospital's Education Center, 2506 W Nob Hill Blvd. No charge, register at (509) 577-5015

**APRIL 12-YAKIMA:** "Blood Sugar and Foot Screenings" 8:00-10:00 am. For most accurate blood sugar screening results, do not eat or drink anything 8-12 hours prior to screening. Held at the Center for Diabetes Prevention and Control, Memorial Hospital Lower Level, 2811 Tieton Dr. Fee: \$5.

**APRIL 12-YAKIMA:** "Diabetes Sure Start Program" 9:00 am-12:00 pm and 1:00-3:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring=. Each participant will receive a personalized meal plan and class materials Most insurance companies will reimburse your for the cost of the class. Held at Memorial Hospital's Community Education Center. Fee: \$780. (509) 249-5243

### 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)

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

### CALENDAR (continued)

**APRIL 13-YAKIMA:** "Tools & Tips for Quitting Tobacco" 1:30 pm. A Tobacco Control Manger from the American Lung Association will help you to understand nicotine addiction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan. Sponsored by Yakima Regional Cardiac Rehabilitation. classes are located in the Yakima Regional ICCU Conference Room. Free For information call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

**APRIL 13-YAKIMA:** "Exercised Breathing" 8:00-9:00 am and also 3:00-4:00 pm. Breathing purposefully helps regulate heart rate, blood pressure, and your psychological response to physical and emotional stressors. Find out how. Memorial's Heart Education classes help patients learn to manage coronary risk factors and maintain a healthy lifestyle. Held at Memorial Hospital's Institute for Hart and Vascular Health, 403 S 30th, 2nd floor. Free and open to the public. no registration required. Call (509) 576-7650

**APRIL 14-YAKIMA:** "The ABCs of Diabetes" 1:30 pm. Diabetes is such an important risk factor for heart attack that it is often referred to as 'another name for heart disease.' Type 2 diabetes puts you at three times the risk for the development of cardiovascular disease and this class helps you recognize the signs and symptoms. Sponsored by Yakima Regional Cardiac Rehabilitation. classes are located in the Yakima Regional ICCU Conference Room. Free For information call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

**APRIL 15-YAKIMA:** "Take Charge Diabetes Management Class" 9:00 am-5:00 pm. Covering advanced label reading, preventing the complications associated with diabetes how to handle sick days how to travel safely, monitoring blood sugars and insulin adjustment, goal setting, exercise tips, and much more. tis class is for those who have already taken the introductory course. Held at Memorial Hospital's Education ceter. (509) 249-5243

**APRIL 16-ELLENSBURG:** "2011 Kittitas Valley Health and Diabetes Fair" 10:00 am-3:00 pm at the fairgrounds. Includes a free comedy program by Frank King who will talk about his Aortic Valve Transplant he calls his *Oil, Lube and Valve Job*. Pam Dick, Diabetes Educator & Registered Dietitian, (509) 962-7373 [pdick@kvch.com](mailto:pdick@kvch.com)

**APRIL 18-ELLENSBURG:** "Self-Management Diabetes Classes" 6:00-9:00 pm. Jump-start your understanding of diabetes by joining a KVCH class. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. Class covers understanding diabetes and prevention, treatment and medications, Exercise, foot care, sick day management, eating for blood sugar control and health and making sense of blood sugar numbers and glucose monitors. Sponsored by Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. For questions and to register call (509) 962-7373

**APRIL 18-YAKIMA:** "Intimacy and Heart Disease" 12:15. If you've been diagnosed with a heart condition or recently had heart surgery, you may be wondering about intimacy, This class will help answer your questions. Sponsored by Yakima Regional Cardiac Rehabilitation. classes are located in the Yakima Regional ICCU Conference Room. Free For information call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

**APRIL 19-YAKIMA:** "Coming of Age" 6:00-8:00 pm. Living trusts vs. wills: Myths and realities. Sponsored by Memorial Third Age at the Harman Center, 65th & Summitview. No charge. For information call (509) 577-5015

**APRIL 19-YAKIMA:** "Blood Sugar and Foot Screenings" 8:00-10:00 am. For most accurate blood sugar screening results, do not eat or drink anything 8-12 hours prior to screening. Held at the Center for Diabetes Prevention and Control, Memorial Hospital Lower Level, 2811 Tieton Dr. Fee: \$5.

**APRIL 19-YAKIMA:** "Diabetes Day Time Support Group" 10:00-11:00 am To be held at Harman Center, North Star Lodge. Free. For information call (509) 849-5243

**APRIL 19-YAKIMA:** "Heart Healthy Eating Part II" 12:15. This class will be a continuation of part 1 to include understanding label facts and foods/ products marketed as 'functional' (ie omega 3 fats, phytonutrients, plant stanols/sterols, prebiotics, probiotics, antioxidants, etc.) Sponsored by Yakima Regional Cardiac Rehabilitation. This class is taught in the Medical Office Building. Free Call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

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

more on page 8...

### CALENDAR (continued)

**APRIL 21-YAKIMA:** "Understanding Your Medications" 12:15. A pharmacist will help answer your medication questions with regard to problems frequently encountered, how to make your prescription dollar count and how to keep all your medications straight. Sponsored by Yakima Regional Cardiac Rehabilitation. classes are located in the Yakima Regional ICCU Conference Room. Free For information call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

**APRIL 21-ELLENSBURG:** "Golf Conditioning Workshop" 7:00-8:30 pm. For golfers of all levels and abilities. This workshop will include simple, valuable tips for improving posture, flexibility and stabilization techniques which will prevent injuries, increase your yardage and improve consistency. Held at Kittitas Valley Physical Therapy, 301 E Mt. View. Contact: Ken Kladnik (509) 962-7414

**APRIL 25-YAKIMA:** "Stress Reduction" 12:00 pm. Life is stressful! This class will introduce you to 15 different relaxation states, and, even better, several approaches to creating them. Sponsored by Yakima Regional Cardiac Rehabilitation. classes are located in the Yakima Regional ICCU Conference Room. Free For information call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

**APRIL 25-YAKIMA:** "Health Insurance Counseling OSHIBA" 10:00 am-12:00 pm. Get answers to your questions about supplemental health insurance Medicare long-term care options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. Sponsored by Yakima Memorial Hospital's Third Age program at the Harman Center. To schedule an appointment call (509) 574-1934

**APRIL 25-YAKIMA:** "Coping with Chronic Pain" 1:00 pm. At this class, you will learn practical strategies for improving your quality of life, even while suffering from chronic pain. Sponsored by Yakima Regional Cardiac Rehabilitation. classes are located in the Yakima Regional ICCU Conference Room. Free Call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

"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.



**APRIL 26-YAKIMA:** "Coming of Age" 6:00-8:00 pm. Scams and schemes and frauds. Sponsored by Memorial Third Age at the Harman Center, 65th & Summitview. No charge. For information call (509) 577-5015

**APRIL 26-YAKIMA:** "Blood Sugar and Foot Screenings" 8:00-10:00 am. For most accurate blood sugar screening results, do not eat or drink anything 8-12 hours prior to screening. Held at the Center for Diabetes Prevention and Control, Memorial Hospital Lower Level, 2811 Tieton Dr. Fee: \$5.

**APRIL 26-YAKIMA:** "Getting to Sleep" 12:00 pm. Would you like to look forward to going to bed and getting a good night's rest? This class covers the basics of good sleep hygiene. Come and sleep better. Sponsored by Yakima Regional Cardiac Rehabilitation. classes are located in the Yakima Regional ICCU Conference Room. Free For information call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

**APRIL 26-YAKIMA:** "Diabetes Sure Start Program" 9:00 am-12:00 pm and 1:00-3:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring=. Receive personalized meal plan and class materials Most insurance companies reimburse the cost of the class. Memorial Hospital's Community Education Center. \$780. Call (509) 249-5243

**APRIL 26-YAKIMA:** "Coming of Age 2011: Resource Fair" 5:00-6:00 pm Resource fair and ice cream social sponsored by Rexford Manor. Presentations follow. Free to the public at Harman Center. (509) 577-5015

**APRIL 26-YAKIMA:** "Planning a Lifestyle Consistent with your Values" 1:00 pm. This class will walk you through a self-check on your values and your current lifestyles and then support you in making a new plan. Practical guidance on how to sustain your chosen directions. Sponsored by Yakima Regional Cardiac Rehabilitation. classes are located in the Yakima Regional ICCU Conference Room. Free Call (509) 573-3592 or visit [www.yakimaregional.com](http://www.yakimaregional.com)

### CALENDAR (continued)

**APRIL 27-YAKIMA:** "Vascular Health: A Matter of Life & Limb" 2:30-3:30 pm. Sponsored by Memorial Third Age at Living Care, Meyer Auditorium, 215 N 40th Ave. No charge. Call (509) 577-5015

**APRIL 27-YAKIMA:** "Medication Management" 8:00-9:00 pm. Learn about common prescriptions used to manage heart disease, drug interactions and side effects you may experience. Memorial Hospital's heart education classes help patients learn to manage coronary risk factors and maintain a healthy lifestyle. Held at Memorial's Institute for Heart and Vascular Health, 403 S 30th Ave., 2nd Floor. No registration required. For additional information call (509) 576-7650

**MAY 4-ELLENSBURG:** "Self-Management Diabetes Classes" 6:00-9:00 pm. Jump-start your understanding of diabetes by joining a KVCH class. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. Covers understanding diabetes and prevention, treatment and medications, Exercise, foot care, sick day management, eating for blood sugar control and health and making sense of blood sugar numbers and glucose monitors. Sponsored by Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. I (509) 962-7373

**MAY 16-CLE ELUM:** "Self-Management Diabetes Classes" 6:00-9:00 pm. Jump-start your understanding of diabetes by joining a KVCH class. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. Covers understanding diabetes and prevention, treatment and medications, Exercise, foot care, sick day management, eating for blood sugar control and health and making sense of blood sugar numbers and glucose monitors. Sponsored by Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. (509) 962-7373

*What do people  
think of the  
Senior Review?*

### SUPPORT GROUPS

#### ELLENSBURG

**BEREAVEMENT SUPPORT:** Conducted by Hospice Friends (509) 962-7379

**BEREAVEMENT SUPPORT:** Kittitas Valley Community Hospital offers compassionate guidance and support for those grieving after the loss of a loved one. Please call the Hospice Department to make an appointment. (509) 962-7438

**CANCER SURVIVOR SUPPORT GROUP:** Guest speakers discuss cancer prevention, detection and treatment, as well as cancer research and he results of clinical trials. Second Monday of the month ant Kittitas Valley Community Hospital Conference Rooms A & B. Contact Karen Schock (509) 962-2844

**DIABETES SUPPORT GROUP:** Meets on the third Tuesday of each month at 6:30 pm at Kittitas Valley Community Hospital, 103 S Chestnut. Contact: Mary Jo Morrissey and Judy Heesacker (509) 962-7374

**SHIBA HELPLINE FOR KITTITAS COUNTY:** Statewide Health Insurance Benefits Advisors. Volunteers trained by the Wash. State Office of the Insurance Commissioner to help people of all ages with health insurance related concerns and questions. Free, confidential and unbiased information. New volunteers are always welcome to be trained to serve in Kittitas County. Sponsored by RSVP of Kittitas County. (509) 962-4311



#### YAKIMA

**ALZHEIMER'S SUPPORT GROUP:** Alzheimer's Association Dementia Support Group meets on the second Thursday of the month at 3:30 pm. Located at Living Care, 215 N 40th Ave in the activity center.

**ALZHEIMER'S SUPPORT GROUP:** Held in Memorial Hospital's Classroom A & B, 2811 Tieton Drive, the third Friday of every month at 7:00 pm.

**BEREAVEMENT SUPPORT GROUP:** Meets at Memorial Home Care office (1019 S 40th Ave) from 5:30-6:30 pm on the first and third Mon each month. (509) 574-3600

**CARDIAC PATIENT SUPPORT:** Meets on the first Wednesday of each month from 12:00-1:00 pm at 16th Avenue Station (1470 N 16th Ave) (509) 574-3300, ext 3022

**DIABETES DIALOG SUPPORT GROUPS:** Participants take opportunity to share common concerns. Screenings the second & fourth Tuesday of month in Diabetes and Wound Care in Yakima Valley Memorial Hospital basement. (509) 249-5243

**MEMORY CARE SUPPORT GROUP:** Held every third Thursday at 6:30-8:30 pm at Highgate Senior Living, 5605 W Chestnut Ave. (509) 972-4141 Fee: Free

**MEMORY LOSS SUPPORT GROUP:** Sponsored by Memorial Hospital's Third Age program. 3:30-5:00 pm at Living Care Retirement Community, Village Center Activity Room, 215 B 40th Ave. (509) 853-2504



### VOLUNTEERS NEEDED

#### ELLENSBURG

*Kittitas Valley Community Hospital Volunteer Department Patient Assistance Program.* A program for uninsured and low income patients. Located in the KVCH Community Health Library, 603 S Chestnut. Monday & Wednesday 1:00-3:00 pm, Friday 1:00-2:00 pm. Contact (509) 933-7565

The *Ellensburg Meals on Wheels* program is looking for a regular volunteer to deliver meals on Tuesday and Thursdays from 11:00 am to Noon in the Ellensburg area. If interested call Audrey Lyman at (509) 933-3333 or (509) 929-0692

*Retired and Senior Volunteer Program of Kittitas County – RSVP.* Engaging volunteers 55 and older in community service. 707 N Pearl St., Suite 1. (509) 962-4311. [www.rsvp-wa.org](http://www.rsvp-wa.org)

#### PROSSER

The *American Red Cross* is looking for a blood draw chairperson in Prosser. Chairperson would be responsible for running and organizing the blood draw. Duties include opening the doors, securing volunteers and putting up posters announcing the blood draw. Training will be provided. All potential volunteers must have a background check. If you would like more information please call Sirena at (509) 574-1933

#### TOPPENISH

*Toppenish Nursing & Rehab* is in need of volunteers willing to donate their time or talent. We would be happy to have musical entertainment (we have a piano on site) or people willing to donate time to visit and read to residents. we would also like people willing to help with crafts games, gardening or walks. there are opportunities available all day. For more information please contact Marketing director Jessica Riggs at (509) 865-3955

#### UNION GAP

*Union Gap Senior Center* needs volunteers to help on Mondays & Thursdays. Volunteers are needed to help in the kitchen setting up lunch tables, serve lunch and do dishes. Volunteers are also needed as bingo callers. All potential volunteers must have a criminal background check done by the agency before volunteering. Sirena 509-574-1933.

#### SELAH

The *Selah SHARES Clothing Bank*, located in the Selah Civic Center in downtown Selah, is in need of volunteers. The free clothing bank operates on Tuesdays and Thursdays from noon until 2:00 pm. Volunteers are asked to work only one 2-hour shift per month sorting donated clothing visiting with clients, and straightening shelves of clothing. Sirena Phillips (509) 574-1933

#### YAKIMA

“DO YOU DRIVE OVER I-90 SNOQUALMIE PASS ON A REGULAR BASIS? Conservation NW, a nonprofit organization that protects and connects wildlife and wild land from the Washington Coast to British Columbia s have created a wildlife monitoring program where we ask motorists to report wildlife sightings during their travels across I-90 Snoqualmie Pass. We need volunteers that regularly drive the pass to report their sightings. All the information received from the volunteers and other motorists will help inform transportation planning at the pass. Please visit [www.i90wildlifewatch.org](http://www.i90wildlifewatch.org)

AARP Tax-Aid provides free personal income tax assistance and preparation to low and moderate income taxpayers with special attention to those age 60 and older. Counselors, under the direction of the Local Coordinator, provide tax assistance and preparation service to clients. Counselors must pass the advanced level of the IRS test to be certified by the IRS for the purpose of providing tax assistance in this program and agree to by signing the IRS Volunteer Standards of Conduct Form. Tax season is late January to April 15. Counselors volunteer an average of four hours a week during the season. Steve Loeb (509) 731-4154 or [steve@bankonyakima.com](mailto:steve@bankonyakima.com)

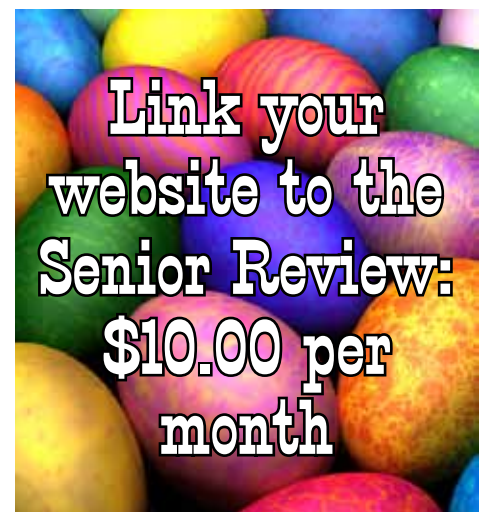
The *Compassion Connect* event in conjunction with Yakima Valley CityFest is being held the 17th of July, 2010 at the Sun Dome in Yakima. Guides needed for this rewarding Community event. Guides would be assisting in getting people in-need to the shuttle to go to the dental offices, the exam area for eye, hearing, physical exams etc. and to social services for food stamps, medical etc., to the area for the blood drive. General assistance. Rosemary-225-9310

The *Discovery Shop* has 2 volunteer opportunities available. Volunteers are needed to price household items and set up displays Thursday and some Saturday mornings. Volunteers are also needed as cashiers to fill when needed. Training is provided for both opportunities. If interested, Sirena 509-574-1933.

*Habitat for Humanity* has two opportunities for volunteers. The first is to help in the construction of new houses. Training is hands on on-the-job training. Construction or carpentry knowledge helpful, but not necessary. Must be 16 or older and bring own gloves. The second opportunity is for general office help. Volunteers are needed once/twice a week for filing answer phones, shredding paper. All volunteers must have a criminal background check. For information call Serena (509) 574-1933

*Harman Center*, 101 N 65<sup>th</sup>, needs volunteers in their Health Care room where they provide foot care services. Duties include receptionists and volunteers to change water. Contact: Traci Bennett at (509) 576-6348. Other volunteer jobs include kitchen help, coffee bar, greeters, and computer room. Most shifts are three to four hours Monday-Saturday. Jane Davis. (509) 575-6230

*Central Washington Disability Resources* is looking for reading and mathematics tutors to work with adults with significant learning disabilities. Tutors will help YVCC students with disabilities study for their GED exam and comprehend basic skills classes in math and reading. Contact: Patty Jordan, (509) 962-9620 or email [patty@mycwdr.org](mailto:patty@mycwdr.org)



### VOLUNTEERS NEEDED (continued)

The *Foster Grandparent Program of Yakima and Kittitas Counties* needs volunteers willing to assist youth (infant-18 years of age) in their community. Our volunteers choose which site and age group they would like to serve. Activities depend on the site and age group they choose. All volunteers work one-on-one or in small groups with the youth who need the most assistance. All potential volunteers must be at least 60 years of age and pass a physical wellness exam. Complete a volunteer application and have a criminal background check. Please contact Megan Turner/RSVP of Yakima county (509) 965-7100, 1-800-246-2962 or [mturner@cfcisyakima.org](mailto:mturner@cfcisyakima.org)

*Gleaning Volunteers Needed!* Harvest Against Hunger and Northwest Harvest of Yakima are looking to increase the amounts of local produce for the food banks in our area by having volunteers gathering fruit left in orchards/fields after harvest (gleaning). Farmers and growers throughout the valley are generously offering gleaning opportunities. Please consider whether you or your group might be interested in becoming a part of this project. Contact Jacklyn King or Lisa Hall at (509) 6956

*MCIP* (Mentoring Children of Incarcerated Parents) is looking for volunteers to create one-on-one relationships with a child, helping them build their self-esteem and motivating them to set goals to work towards. Volunteers should plan to give a one year commitment. Potential mentors must be at least 21 years of age and have a criminal background check done by the agency before volunteering. For more information on this volunteer opportunity, please call Sirena 509-574-1933.

*Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington* grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children There are a variety of volunteer opportunities available. For more information contact [www.northwestwishes.org](http://www.northwestwishes.org). To sign-up and receive application materials email Volunteer Manager Jeni Miller at [volunteer@northwestwishes.org](mailto:volunteer@northwestwishes.org)

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.

*Memorial Hospice and Transitions Program* needs compassionate volunteers to join its' team. Volunteers will assist patients and families living with terminal illness. Volunteers will have the opportunity to share time while supporting families in a variety of ways: caregiver relief, companionship, light meal preparation, light house and yard work, medication deliveries, leisure activities and bereavement support. Hospice/Transitions training is required and conducted by Memorial's staff. For more information call Dotties Hildebrand at (509) 574-3655

*Pegasus Project* is looking for sidewalker volunteers to help out at the Tumbleweed Ranch. Volunteers are directly responsible for assisting student horse riders. Volunteers will walk/jog on the side of the horse, supporting the rider, under the supervision of the riding instructor. Volunteers should have good communication skills; feel comfortable around horses and a ranch environment; and they enjoy and are comfortable working with riders with disabilities. Training (TBA) will take place in 2 parts. All potential volunteers will need to have a criminal background check done by the agency. 509-574-1933.

*The Respite Adult Day Center* is looking for enthusiastic, caring, responsible individuals to be volunteer program aides. Provide one-on-one assistance with elderly clients with moderate cognitive or physical deficits. Assist with serving snacks, serving lunch, exercises, walks, games, crafts, music, dancing and sharing hobbies. Training provided. Tues or Thurs 10:00-2:00 pm. (509) 574-1933, RSVP of Yakima County

*RSVP of Yakima County* is looking for a diverse group of individuals to serve as volunteer community educators. Present to professional and community groups on the topic of senior fall prevention. If you are concerned about the health of older adults in our community and the ability of seniors to age in their own homes, then this is a great opportunity. (509) 574-1933

*Senior Companions.* A volunteer age 55 and older that commits 15-20 hours per week to provide assistance to at risk elderly and adult individuals generally living alone. Senior Companions often assist the individuals to live independently by taking care of simple chores, provide transportation, and contact to the outside world. Receive modest tax-free stipends, mileage reimbursement, meal for service, annual medical examination and additional insurance while on duty. The program gives participants the opportunity to share lifetime experiences with other seniors and join more than 10,000 older Americans who are a part of the National Senior Service Corps. Contact the Senior Companion Program office in Yakima at (509) 965-7100. If interested in the program you must meet income eligibility requirements and be at least 55 years of age.



### VOLUNTEERS NEEDED (continued)

*The Senior Companion Program* is in need of low-income elders age 60 and older to provide loving care and support to other seniors who are isolated in their living setting in all parts of the Yakima Valley. Volunteers will need to undergo a background check as well as numerous hours of pre-service training. Qualified volunteers receive a stipend, mileage and meal reimbursements and insurance. Interested individuals are asked to call Jael Torres, Area Coordinator at (509) 965-7100 for more information.

*SHIBA* (Statewide Health Insurance Benefit Advisors) is looking for volunteers to educate consumers about their rights & options regarding prescription drug access, health insurance and access to health care, so they can make informed decisions. Hours are flexible and can be done from home. Volunteers should be interested in helping people; doing some public presentations; have basic computer skills; be interested in health care; have patience, compassion and enjoys a challenge. Training will be provided. For more information on becoming a SHIBA, call Donna 509-574-1934.

*Volunteer Chore Services* is looking for volunteers to help provide basic in-home assistance to low-income elders and adults with disabilities to enable them to continue living safely, independently and with dignity in their own homes. Volunteers help build wheelchair ramps; provide transportation to doctor's appointments, grocery shopping and other such errands; and also to provide light housekeeping. All potential volunteers must complete a criminal background check done by the agency before volunteering. For more information on Volunteer Chore Services and how you can help, call Sirena 509-574-1933.

*Wellness House* is looking for a volunteer for Tuesday afternoons 1:00-4:00 pm to work at the reception desk answering phones, greeting clients and performing other duties that may be required by the staff. Good computer skills are a plus. For more information please contact Eunice Koepe at [eunice@wellness-house.org](mailto:eunice@wellness-house.org) or (509) 575-6686

*Wynwood of Yakima* is looking for volunteers to work in their residents areas that include: crafts, baking, nail salon, board games and then a "wild card" volunteering opportunity where the person responds to the need of the day or week, group or individual. Interested individuals need to pick up a one page background release, wait week for the check to clear, complete an application and then you are ready to go! Volunteering is very rewarding, lots of wonderful people and staff call Wynwood their home and home away from home and most likely a volunteer will reap profound benefits by giving their time and energy. Contact Kathleen Parry, Life Enrichment Coordinator, Wynwood of Yakima Brookdale Senior Living (509) 965-0111 [kparry@brookdaleliving.com](mailto:kparry@brookdaleliving.com)

*The Yakima Victim Advocacy Program* is recruiting volunteer advocates for victims of crime and sexual assault. Advocates support victims through direct contact on the phone and in medical and legal settings. Volunteer hours are flexible and you can respond from your home. Advocate training, beginning February 23rd, is mandatory and, once completed, will help you provide responsive and effective advocacy to survivors of sexual assault and victims of crime. The training will be held at Comprehensive Mental Health. Build your skills, enhance your resume and have a rewarding experience by becoming an advocate. Call Kim Foley at 576-4326 for more information regarding core training.

*Yakima Valley Visitor Information Center* is looking for Travel Ambassador volunteers. Volunteers would help travelers find events and activities in the Yakima Valley, assist with customer purchases and keeping information racks and gift shop stocked. Volunteers needed May thru September Mondays-Friday 1:00-5:00 pm and Sunday 11:00 am-2:00 pm. For more information regarding this volunteer opportunity please contact Sirena Phillips (509) 574-2933

*Volunteer Tutors Needed:* The Southeast Community Center Tutoring Program is currently seeking adult volunteer tutors for youth in grades K-12. Tutors will provide homework assistance and basic tutorials. Training is provided. The Tutoring Program is open from 3:00-5:00

*Wellness House* again needs your help in securing volunteers. What we need are cancer survivors who are a year or more out of treatment to mentor newly diagnosed people with a like cancer. Secondly, one of the cancer centers needs volunteers to work in the infusion area. Volunteer duties include, but not limited to, taking blankets, pillows, juice, cookies, etc. to patients. The main purpose of volunteers is to provide comfort and support to the patients. Contact Eunice at (509) 575-6686 or email [Eunice@wellness-house.org](mailto:Eunice@wellness-house.org).

*Yakima Seventh Day Adventist Food Bank* is in need of drivers to pick up food donations at already established food sites. Drivers are needed Tuesdays, Thursdays, Fridays and every other Sundays at approx 8:00 am. Must have a valid driver's license and insurance. Gas reimbursed Contact Sirena (509) 574-1933

*Yakima Valley Trolleys* is in need of volunteers. We need trolley motormen (we will train), ticket sellers, museum docents, historical actors, woodworkers, machinists electricians, groundskeepers and community advocates. Motormen must be at least 21 years old and have a valid driver's license. All positions are well suited to retirees. Our main times of need are weekends from Memorial Day to Labor Day, but some of the positions can be done on weekdays and through the winter. Potential volunteers can email us at [yakimavalleytrolleys@hotmail.com](mailto:yakimavalleytrolleys@hotmail.com) or call Ken Johnsen (425) 432-8444. You can learn more about the trolleys by looking at our website, [www.yakimavalleytrolleys.org](http://www.yakimavalleytrolleys.org)



### VOLUNTEERS NEEDED (continued)

*Yakima County Juvenile Court CAB* (Community Accountability Board) is looking for volunteers to help hold youth accountable for his/her actions; to impress upon the youth that the community is concerned with his/her behavior; and to foster a positive change in the youth's attitude/behaviors. Volunteers will work as a team meeting with the juvenile and his/her parents/guardians to process cases involving juveniles who have committed minor criminal and /or traffic offenses. They will hold youngsters accountable for their behavior by determining a fair disposition for the offense. Volunteers work 1-2 CABs per month. Training is provided. All potential volunteers must have a criminal background check done by the agency before volunteering. If you are interested in becoming a CAB volunteer, please call Sirena 509-574-1933

*Yakima Greenway Foundation* is looking for Goodwill Ambassadors to be courtesy cart drivers. Volunteers will assist with questions, give out water and clean-up litter along Greenway path. Volunteers are needed starting May 3 and running towards the end of September. Need to have a current valid driver's license; be at least 18 years of age, be sociable, and enjoy meeting and working with the public. All potential volunteers must have a criminal background check. For more information contact Sirena at (509) 574-1933

*Yakima Neighborhood Health Services* is looking for volunteers for their "Reach Out and Read" program. Volunteers will promote early childhood development through literacy and demonstrate to parents how to read to their children. Potential volunteers should be patient, enjoy reading and working with children. Bilingual volunteers are desperately needed! Volunteers can work anytime Monday – Friday 8am – 6pm. For more information on this volunteer opportunity, please call Sirena 509-574-1933.

*Yakima Valley Partners Habitat for Humanity* is looking for volunteers to do general office duties such as filing and answering phones once a week. All potential volunteers need to have a background check. For more information please contact Sirena Phillips, RSVP of Yakima County, (509) 574-1933



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Improving The Quality of Your Life

### YAKIMA REGIONAL CARDIAC REHABILITATION APRIL CLASS SCHEDULE

#### Getting the Most From Your Inhalers

Monday, April 4 – 12:15 p.m.  
**Presenters:** Tom Utigard, RRT  
 Shirley Payne, RRT, RRT-NPS, RPFT, ABDA-D  
 This class will help you understand the proper handling, use, and care of various inhalers.

#### Hypertension and Stroke

Tuesday, April 5 – 12:15 p.m.  
**Presenter:** Jacqui Bush, BSN, RN  
 Hypertension (or high blood pressure) is called the Silent Killer because it often has no symptoms. High blood pressure increases your risk of heart disease and stroke, so knowing your blood pressure numbers is important. This class provides information on normal blood pressure values, what causes high blood pressure, who is most likely to develop it, and ways to keep your blood pressure within normal limits.

#### Heart Basics

Wednesday, April 6 – 12:15 p.m.  
**Presenter:** Carol Milliron, MSN, MHA, RN-BC  
 This class is designed to give you an understanding of cardiac risk factors and ways to reduce them, signs and symptoms of a heart attack, and the importance of early detection and treatment.

#### Introduction to Weight Training

Thursday, April 7 – 12:15 p.m.  
**Presenter:** Jessica DeMestre, BA, BS, Exercise Specialist  
 This class will describe the basics of weight training and why it is important for everyone. You will learn the major muscle groups and their function, as well as how you can safely strengthen each group to be able to perform every day tasks with greater ease.

#### Principles of Exercise

Monday, April 11 – 12:15 p.m.  
**Presenter:** Brian Cole, Exercise Specialist  
 This class will highlight the following areas: aerobic exercise, strength training, and flexibility and will answer the following questions: How often should I exercise? How long should I exercise? How do I know how hard to exercise? What if I don't even like to exercise?

#### Heart Healthy Eating Part I

Tuesday, April 12 – 12:15 p.m.  
**Presenter:** Theresa Roberts, RD, CD  
 Including a variety in healthy food choices is one of the most effective ways to reduce cholesterol, blood pressure, and maintain a healthy weight. This class covers nutritional guidelines supported by leading health organizations. It will help you take positive steps to a healthy lifestyle. \*Class taught in the Medical Office Building

#### Tools & Tips for Quitting Tobacco

Wednesday, April 13 – 1:30 p.m.  
**Presenter:** Dan Smith - American Lung Association of WA  
 A Tobacco Control Manager from the American Lung Association will help you to understand nicotine addiction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan.

#### The ABCs of Diabetes

Thursday, April 14 – 12:15 p.m.  
**Presenter:** Cameron Van Tassel, MS, RD, BC-ADM  
 Diabetes is such an important risk factor for heart attack that it is often referred to as 'another name for heart disease.' Type 2 diabetes puts you at three times the risk for the development of cardiovascular disease and this class helps you to recognize the signs and symptoms.

#### Intimacy and Heart Disease

Monday, April 18 – 12:15 p.m.  
**Presenter:** Jacqui Bush, BSN, RN  
 If you've been diagnosed with a heart condition, or recently had heart surgery, you may be wondering about intimacy. This class will help answer your questions.

#### Heart Healthy Eating Part II

Tuesday, April 19 – 12:15 p.m.  
**Presenter:** Theresa Roberts, RD, CD  
 This class will be a continuation of part I to include understanding label facts and foods/products marketed as "functional" (ie omega 3 fats, phytonutrients, plant stanols/sterols, prebiotics, probiotics, antioxidants, etc.). \*Class taught in the Medical Office Building.

#### Understanding Your Medications

Thursday, April 21 – 12:15 p.m.  
**Presenter:** Lani Steltz, PharmD  
 A pharmacist will help answer your medication questions with regard to problems frequently encountered, how to make your prescription dollar count and how to keep all your medications straight.

#### Stress Reduction

Monday, April 25 – 12:00 p.m.  
**Presenter:** Patricia Robinson, PhD  
 Life is stressful! This class will introduce you to 15 different relaxation states, and, even better, several approaches to creating them.

#### Coping with Chronic Pain

Monday, April 25 - 1:00 p.m.  
**Presenter:** Patricia Robinson, PhD  
 At this class, you will learn practical strategies for improving your quality of life, even while suffering from chronic pain.

#### Getting to Sleep

Tuesday, April 26 – 12:00 p.m.  
**Presenter:** Patricia Robinson, PhD  
 Would you like to look forward to going to bed and getting a good night's rest? This class covers the basics of good sleep hygiene. Come and sleep better.

#### Planning a Lifestyle Consistent with your Values

Tuesday, April 26 - 1:00 p.m.  
**Presenter:** Patricia Robinson, PhD  
 Life can push us around, and, unless we have super-skills, we can easily lose our focus on the directions we want to take. This class will walk you through a self-check on your values and your current lifestyle and then support you in making a new plan. We'll even provide some practical guidance on how to sustain your chosen directions.

**Classes are located in the  
 Yakima Regional ICCU Conference Room.  
 Call 573-3592 or visit yakimaregional.com  
 to sign up for these FREE classes!**



YAKIMA VALLEY

# Coming of Age

## With Aging Loved Ones

### Tuesday Evenings

**March 8 – April 19**

6 pm – 8 pm: Presentations

**April 26**

5 pm – 6 pm: Resource Fair and Ice Cream Social *sponsored by Rexford Manor*

6 pm – 8 pm: Presentation

### Location:

Harman Center  
101 North 65th Avenue  
(65th & Summitview)  
Yakima

### For more information:

Call Linda Henjum: 509-577-5015

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## March

**8 Hoarding: When Trash Is Treasured**

Judy Hawk, Comprehensive Mental Health

**Becoming My Age**

Martin Howell, Martin Howell Consulting

**15 Life in the Final Chapter**

Timothy Melhorn, MD, Cornerstone Medical Clinic  
Dottie Hildebrand, Memorial Home Care and Hospice  
Lyn Dasso, Langevein & Mussetter

**22 Living Better with Low Vision**

Mary Jepsen, The Springs Rehabilitation & Occupational Medicine

**Safety Solutions for Safe Living**

Tim Ippolito, Philips Lifeline

**29 Mouth & Feet: Answers to Your Concerns**

D.M. Buehler, DDS, Chalet Dental Clinic  
Donald Orminski, DPM, Central Washington Podiatry

## April

**5 Falls: How to Prevent Them**

Kathy Medford, RN, Aging and Long Term Care

**Aging & Your Orthopedic Health**

Thomas Eastman, MD, Valley Orthopaedic Specialists

**12 Colon Cancer Screening: Is It for Me and What Are My Options?**

Robert Williams, MD, Yakima Gastroenterology Associates

**Vaccinations: Do Seniors Need Them?**

Melissa Schafer, RN, Aging and Long Term Care

**19 Living Trusts vs. Wills: Myths & Realities**

Marcus Fry and Russell Gilbert, Lyon Weigand & Gustafson

**26 Scams & Schemes & Frauds, Oh My!**

Officer Jaime, Gonzalez Yakima Police Department  
Stacey Kellogg, Long Term Care Ombudsman Program

The listed organizations are not affiliated with each other.