

# SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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**Yakima**



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

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

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

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

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



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### Yakima



**Liz Trua, Realtor, SRES**

**ENGLEWOOD GARDEN APARTMENTS**

Affordable Housing For Independent Seniors 55 & Better



### Union Gap



### Ellensburg

**NORTHWEST AUDIOLOGY & HEARING AID CENTER**

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**Kittitas Valley HEALTH AND REHABILITATION CENTER**

**Royal Vista Nursing & Rehab**

www.PrestigeCare.com

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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)

## 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). For information and to register call (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. Different subjects 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, and your psychological response to physical and emotional. Held at Memorial Hospital's Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd Floor. No charge, no registration necessary.

**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. For information call (509) 576-7650

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

## CALENDAR

**JUNE 1-YAKIMA:** "Health Insurance Counseling-SHIBA" 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(509) 574-1934

**JUNE 2-YAKIMA:** "Memory Screening" 9:00 am-3:00 pm. Screening is a simple, safe and non-invasive evaluation tool conducted by a qualified health care professional. It takes about five to ten minutes to administer. The series of questions and/or tasks is designed to test memory, language skills, thinking ability and other intellectual functions. Sponsored by Memorial Hospital and Highgate Senior Living. Call: (509) 577-5015

**JUNE 5-YAKIMA:** "Hypertension and Stroke" 12:15-1:00 pm. 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 our 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. Presented by Yakima Regional Hospital in the ICCU Conference Room Call (509) 573-3592

**JUNE 7-YAKIMA:** "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243

**JUNE 8-YAKIMA:** "Getting To Sleep" 12:15-1:00 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! Held in the Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592



## Toppenish



## CALENDAR (continued)

**JUNE 8-YAKIMA:** "Tools and Tips for Quitting Tobacco" 1:30-2:30 pm. 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. Held In Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**JUNE 8-YAKIMA:** "Getting To Sleep" 12:15-1:00 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! Held in the Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**JUNE 8-YAKIMA:** "Stress Reduction" 3:00-4:00 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 Hospital in the ICCU Conference Room. (509) 573-3592

**JUNE 8-YAKIMA:** "MEDS-Your Personal Consultation With A Licensed Pharmacist" 12:00-1:30 pm. MEDS is your chance for a personal consultation with a licensed pharmacist. Please call (509) 577-5015 to reserve an appointment time with a pharmacist. Please bring all prescriptions and over-the-counter medications and supplements you are currently taking. Sponsored by Yakima Memorial Hospital Third Age program. No charge. Linda Henjum. [lindahenjum@yvmh.org](mailto:lindahenjum@yvmh.org)

**JUNE 9-YAKIMA:** "The ABCs of Diabetes" 12:15-1:00 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 to recognize the signs and symptoms. Held in the Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**JUNE 9-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

**JUNE 9-YAKIMA:** "The ABCs of Diabetes" 12:15-1:00 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 to recognize the signs and symptoms. Held in the Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**JUNE 10-YAKIMA:** "Take Charge Diabetes Management Class" 9:00 am-5:00 pm. Take Charge-A comprehensive course covering advanced label reading, preventing the complications associated with diabetes, hot to handle sick days, how to travel safely, monitoring blood sugars and insulin adjustment, goal setting, exercise tips, and much more. This class is for those who have already taken the Sure Start introductory course. Sponsored by Yakima Memorial Hospital in the Education Center. For information call (509) 249-5243

**JUNE 14-YAKIMA:** "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243

**JUNE 14-YAKIMA:** "Diabetes-Sure Start Class for Beginners" 1:00-4:00 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 you for the \$780 class fee. Held in Memorial's Hospital's Community Education Center. To register call (509) 249-5243

**JUNE 14-YAKIMA:** "Heart Healthy Eating Part I" 12:15-1:00 pm. 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 y leading health organizations. It will help you take positive steps to a health lifestyle. Class is taught in the Yakima Regional Hospital's Medical Office Building. For additional information call (509) 573-3592

**JUNE 14-YAKIMA:** "Diabetes-Sure Start Class for Beginners" 9:00 am-12:00 pm and 1:00-4:00 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 you for the \$780 class fee. Held in Memorial's Hospital's Community Education Center. To register call (509) 249-5243

**JUNE 14-YAKIMA:** "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243



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

### CALENDAR (continued)

**JUNE 16-YAKIMA:** "Understanding Your Medications" 12:15-2:00 pm. 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. To be held in Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**JUNE 21-YAKIMA:** "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243

**JUNE 21-YAKIMA:** "Heart Healthy Eating Part II" 12:15-1:00 pm This class will be a continuation of part 1 to include understanding label facts and foods/ products marked as 'functional' (ie omega 3 fats, phytonutrients, plant stanols/sterols, prebiotics, probiotics, antioxidants, etc.) To be held in Yakima Regional Hospital's Medical Office Building. For additional information call (509) 573-3592

**JUNE 22-YAKIMA:** "Getting To Sleep" 12:15-1:00 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! Held in the Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**JUNE 22-YAKIMA:** "Stress Reduction" 3:00-4:00 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 Hospital in the ICCU Conference Room. For additional information call (509) 573-3592

**JUNE 22-YAKIMA:** "Memory Screening" 9:00 am-3:00 pm. Screening is a simple, safe and non-invasive evaluation tool conducted by a qualified health care professional. It takes about five to ten minutes to administer. The series of questions and/or tasks is designed to test memory, language skills, thinking ability and other intellectual functions. Sponsored by Highgate Senior Living and Memorial Third Age. At the Memorial Education

Center, 2506 W Nob Hill Blvd. No Charge. Appointment required. (509) 577-5015

**JUNE 23-YAKIMA:** "Heart Basics" 12:15-1:00 pm. 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. Held in the Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**JUNE 27-YAKIMA:** "Health Insurance Counseling-SHIBA" 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

**JUNE 28-YAKIMA:** "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243

**JUNE 28-ELLENSBURG:** "Diabetes Class" 1:00-4:00 pm. Three hour class that jump-starts your understanding of diabetes. Learn or review the basic ideas for good blood sugar control. Designed for anyone living with diabetes or Pre-diabetes. The class will cover: Understanding diabetes and prevention, Treatment and medications, exercise, foot care, sick day management, Eating for blood sugar control and health, plus Making sense of blood sugar numbers and glucose monitors. A physician referral is needed for insurance billing. Rep-registration required. Sponsored by Kittitas Valley Community Hospital. Call (509) 962-7373 or email [pdick@kvch.com](mailto:pdick@kvch.com)

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

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

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

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

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

## CALENDAR (continued)

**JUNE 28-YAKIMA:** "Sleep Apnea and Cardiovascular Disease" 12:15-1:00 pm. This class will present information on the relationship between sleeping and the prevention of heart disease. Presented by Yakima REgional Hospital in the ICCU Conference Room. For information call (509) 573-3592

**JUNE 28-YAKIMA:** "Diabetes-Sure Start Class for Beginners" 9:00 am-12:00 pm and 1:00-4:00 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 you for the \$780 class fee. Held in Memorial's Hospital's Community Education Center. Call (509) 249-5243

**JULY 5-YAKIMA:** "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243

**JULY 6-YAKIMA:** "Health Insurance Counseling-SHIBA" 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

**JULY 12-YAKIMA:** "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. (509) 249-5243

**JULY 12-YAKIMA:** "Diabetes-Sure Start Class for Beginners" 9:00 am-12:00 pm and 1:00-4:00 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 you for the class fee. Held in Memorial's Hospital's Community Education Center. (509) 249-5243

## Blood Test Offers Clues to Longevity

Elizabeth H. Blackburn shared a Nobel Prize in 2009 for discoveries related to telomeres.

Blood tests that seek to tell people their biological age — possibly offering a clue to their longevity or how healthy they will remain — are now going on sale.

But contrary to various recent media reports, the tests cannot specify how many months or years someone can expect to live. Some experts say the tests will not provide any useful information.

The tests measure telomeres, which are structures on the tips of chromosomes that shorten as people age. Various studies have shown that people with shorter telomeres in their white blood cells are more likely to develop illnesses like [cancer](#), heart disease and [Alzheimer's disease](#), or even to die earlier. Studies in mice have suggested that extending telomeres lengthens lives.

Seizing on that, laboratories are beginning to offer tests of telomere length, setting off a new debate over what genetic tests should be offered to the public and what would be the ethical implications if the results were used by employers or others.

Some of the laboratories offering the tests emphasize that the results are merely intended to raise a warning flag.

"We see it as a kind of wake-up call for the patient and the clinician to say, 'You know, you're on a rapidly aging path,'" said Otto Schaefer, vice president for sales and marketing at SpectraCell Laboratories in Houston, which offers a test for \$290.

A company in Spain, provocatively named Life Length, has begun selling a test for 500 euros (\$712), that says that it can tell people their biological age, which may not correspond to their chronologic age.

Another company, Telome Health of Menlo Park, Calif., plans to begin offering a test later this year for about \$200. It was co-founded by Elizabeth H. Blackburn of the University of California, San Francisco, who shared a [Nobel Prize](#) in 2009 for discoveries related to telomeres.

Calvin B. Harley, the chief scientific officer at Telome Health, said the test would be akin to a car's dashboard signal, a "check engine light." He compared it with a [cholesterol test](#), but more versatile since it can predict a risk of various illnesses, not just heart attacks.

But among the critics of such tests is Carol Greider, a molecular biologist at Johns Hopkins University, who was a co-winner of the Nobel Prize with Dr. Blackburn.

Dr. Greider acknowledged that solid evidence showed that the 1 percent of people with the shortest telomeres were at an increased risk of certain diseases, particularly bone marrow failure and [pulmonary fibrosis](#), a fatal scarring of the lungs. But outside of that 1 percent, she said, "The science really isn't there to tell us what the consequences are of your telomere length."

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### CALENDAR (continued)

**JULY 12-CLE ELUM:** "Diabetes Class" 1:00-4:00 pm. To be held at the Cle Elum Medical Center Three hour class that jump-starts your understanding of diabetes. Learn or review the basic ideas for good blood sugar control. Designed for anyone living with diabetes or Pre-diabetes. The class will cover: Understanding diabetes and prevention, Treatment and medications, exercise, foot care, sick day management, Eating for blood sugar control and health, plus Making sense of blood sugar numbers and glucose monitors. A physician referral is needed for insurance billing. Rep-registration required. Sponsored by Kittitas Valley Community Hospital. Call (509) 962-7373 or email [pdick@kvch.com](mailto:pdick@kvch.com)

**JULY 15-YAKIMA:** "Take Charge Diabetes Management Class" 9:00 am-5:00 pm. Take Charge-A comprehensive course 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. This class is for those who have already taken the Sure Start introductory course. Sponsored by Yakima Memorial Hospital in the Education Center. For information call (509) 249-5243

**JULY 19-YAKIMA:** "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243

**JULY 25-ELLENSBURG:** "Diabetes Class" 6:00-9:00 pm. 3 hour class that jump-starts your understanding of diabetes. Learn or review the basic ideas for good blood sugar control. Designed for anyone living with diabetes or Pre-diabetes. The class will cover: Understanding diabetes and prevention, Treatment and medications, exercise, foot care, sick day management, Eating for blood sugar control and health, plus Making sense of blood sugar numbers and glucose monitors. Physician referral needed for insurance billing. Rep-registration required. Sponsored by Kittitas Valley Community Hospital. (509) 962-7373 or [pdick@kvch.com](mailto:pdick@kvch.com)

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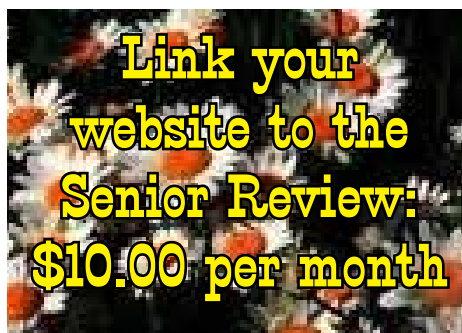
**JULY 25-YAKIMA:** "Health Insurance Counseling-SHIBA" 10:00 am-12:00 pm. Get answers to your questions about supplemental health insurance Medicare long-term care options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. Sponsored by Yakima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

**JULY 26-YAKIMA:** "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243

**JULY 26-YAKIMA:** "Diabetes-Sure Start Class for Beginners" 9:00 am-12:00 pm and 1:00-4:00 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 you for the class fee. Held in Memorial's Hospital's Community Education Center. To register call (509) 249-5243

### VACANCIES

**ONE APARTMENT AVAILABLE** at Crescent Place Retirement Apartments. 750 sq. ft of living space, living room, dining room and full kitchen, private, furnished patio, 3 meals daily. Weekly housekeeping, laundry and personal shopping. Daily maid service. Basic cable and power services. Emergency call system. Daily activities. Come take a tour and enjoy lunch on us. Call Linda at (509) 248-8383



### A BEAUTIFUL LESSON IN LIFE AND LONGEVITY

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



### SUPPORT GROUPS

#### 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 the results of clinical trials. Second Monday of the month at Kittitas Valley Community Hospital Conference Rooms A & B (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 40<sup>th</sup> Ave) from 5:30-6:30 pm on the first and third Monday of each month. For information call (509) 574-3600

**CARDIAC PATIENT SUPPORT:** Meets on the first Wednesday of each month from 12:00-1:00 pm at 16<sup>th</sup> Avenue Station (1470 N 16<sup>th</sup> Ave) For specific dates and times call (509) 574-3300, ext 3022

**DIABETES DIALOG SUPPORT GROUPS:** Participants take opportunity to share common concerns. Screenings the second and fourth Tuesday of month in Diabetes and Wound Care in Yakima Valley Memorial Hospital basement. For information and to register call (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, The Village Center Activity Room, 215 B 40th Ave. For information call (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

*Yakima Valley Rail and Steam Museum* in Toppenish is looking for volunteers to help out in their gift shop and volunteers to be shop/yard helpers. Museum is open Tuesdays – Saturdays from 10am – 4pm. If you would like more information regarding this volunteer opportunity, please call Sirena 509-574-1933.

#### 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. For more information, please contact 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. For information contact Sirena Phillips (509) 574-1933

### VOLUNTEERS NEEDED (continued)

#### 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. 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. The tax season is late January to April 15. Counselors volunteer at least an average of four hours a week during the season. If interested please contact 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. Compassion Connect would like to help the homeless community get the services they need. 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. Contact 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. Call Sirena 509-574-1933.

Dr. Greider said that there was great variability in telomere length. “A given telomere length can be from a 20-year-old or a 70-year-old,” she said. “You could send me a DNA sample and I couldn’t tell you how old that person is.”

Dr. Peter Lansdorp, a telomere expert at the British Columbia Cancer Agency, also had doubts. “If telomeres are short for you or me, what does it mean?” he said. Dr. Lansdorp started a company, Repeat Diagnostics, which conducts telomere testing for medical researchers only.

Recent media reports speculated on the tests and their possible implications, including ethical problems.

“You could imagine insurance companies wanting this knowledge to set rates or deny coverage,” said Jerry W. Shay, a professor of cell biology at the University of Texas Southwestern Medical Center in Dallas, who is an adviser to Life Length.

Test vendors say the speculation is running wild.

“It doesn’t mean we will tell anyone how long they will live,” said María Blasco, a co-founder of Life Length and a molecular biologist at the Spanish National Cancer Research Center in Madrid. Even if a 50-year-old has the telomere length more typical of a 70-year-old, she said, “This doesn’t mean your whole body is like a 70-year-old person’s body.”

Still, she said, “We think it can be helpful to people who are especially keen on knowing how healthy they are.”

Generally tests offered by a single laboratory do not have to be approved by the Food and Drug Administration. But the F.D.A. has been cracking down recently on some tests offered to the public, saying they may need approval. The FDA said in a statement Wednesday that it was aware of the tests, and had not come to any conclusions.

Executives at both Telome Health and Life Length say they will require a doctor to be involved in ordering the test, though SpectraCell said it allowed individuals to order the test.

#### A Blood Test Offers Clues to Longevity



Appletree Golf Course, Yakima

### VOLUNTEERS NEEDED (continued)

*Habitat for Humanity* has opportunities for volunteers. 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. Volunteers are also needed once/twice a week for filing answer phones, shredding paper. Must have criminal background check. (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. Contact 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)

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. Work one-on-one or in small groups with the youth who need the most assistance. Must be at least 60 years of age and pass a physical wellness exam. Must also complete an application and have a criminal background check done before volunteering. Contact Megan Turner/RSVP of Yakima county (509) 965-7100, 1-800-246-2962 or [mturner@cfcyakima.org](mailto:mturner@cfcyakima.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. Call (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. Plan to give a one year commitment. Must be at least 21 and have a criminal background check done by the agency. Call 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. Play a vitally important role in the delivery of wishes to eligible Children There are a variety of volunteer opportunities available. Visit [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)

*Memorial Hospice and Transitions Program* needs compassionate volunteers to join its' team. Assist patients and families living with terminal illness. 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 required and conducted by Memorial's staff. (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. Should have good communication skills; feel comfortable around horses; and enjoy and are comfortable working with riders with disabilities. Training (TBA) will take place in 2 parts. Potential volunteers will have a criminal background check done by the agency. 509-574-1933.

*People For People* will soon be the new administrator for the Senior Nutrition Program of Yakima County. Our agency seeks volunteers interested in assisting in the implementation of this program. This volunteer position will be responsible for helping to recruit, train, retrain, monitor, and provide events for recognizing volunteer drivers throughout Yakima County. In addition, this position will assist with the coordination of the home delivery of meals for seniors that reside in Yakima County. The Senior Nutrition Volunteer Coordinator will be located at the local Senior Nutrition Central Program office located in Yakima and volunteer 10-20 hours per week. For more information please contact Juliette Macias 509-248-6727 ext 249.

*The Respite Adult Day Center* is looking for enthusiastic, caring, responsible individuals to be volunteer program aides. Volunteers would provide one-on-one assistance with elderly clients who have moderate cognitive or physical deficits. Volunteers will assist with serving snacks, serving lunch, exercises, walks, games, crafts, music, dancing and sharing hobbies. Training will be provided. Volunteers are needed Tuesdays or Thursdays 10:00-2:00 pm. For more information on this opportunity contact Sirena (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. This group of volunteers will 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 to help the fastest growing segment of our population. For more information contact Sirena (509) 574-1933



### VOLUNTEERS NEEDED (continued)

**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 are essential in assisting 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. 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. Call (509) 965-7100. Must meet income eligibility requirements and be at least 55 years of age.

**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

**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 provided. 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. 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 Koeppel 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. 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. 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.

**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

*If you need additional copies of the Wenatchee or Moses Lake Senior Pages Call Dale at 800.575.9711*

**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. Anyone interested should contact Eunice at (509) 575-6686 or email [Eunice@wellness-house.org](mailto:Eunice@wellness-house.org).

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### VOLUNTEERS NEEDED (continued)

*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)

*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. Meet with the juvenile and his/her parents/guardians to process cases involving juveniles who have committed minor criminal and /or traffic offenses. Hold youngsters accountable for their behavior by determining a fair disposition for the offense. Volunteers work 1-2 CABs per month. Training provided. Must have a criminal background check done by the agency. Sirena 509-574-1933

*Yakima Greenway Foundation* is looking for Goodwill Ambassadors to be courtesy cart drivers. Assist with questions, give out water, clean-up litter along Greenway path. May 3 to the end of September. Need a current valid driver's license; be at least 18 years of age, be sociable, enjoy meeting, working with the public. Must have criminal background check. (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

**Be sure you are listed in the next Senior Pages**

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