

SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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Yakima



Savvy Senior: How To Prevent Falls

By Jim Miller

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

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

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

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

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



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Yakima



Union Gap



Ellensburg



Toppenish



SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAY/WEDNESDAY/FRIDAY
YAKIMA: "Water Aerobics-AOA (For older adults)" 2:00-3:00 pm at the Yakima Family YMCA. Free to memers. \$25/month for membership.

YAKIMA: "Fit Over Fifty" 9:00-10:00 am. Low impact aerobics, toning and stretching. Free to Y MCA members, \$16/month for non-members. To be held at the Yakima Family YMCA, 5 N Naches Ave. For information call (509) 248-1202

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.

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

TUESDAYS & THURSDAYS
YAKIMA: "Zumba Gold" 8:15-9:00 am, July 12-August 4 and August 9-September 1. Sponsored by Yakima YMCA, 5 N Naches Ave. \$20 member, \$30 non members. Call (509) 248-1202

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. (509) 576-7650

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

CALENDAR

SEPTEMBER 6-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

SEPTEMBER 6-YAKIMA: "Hypertension and Stroke" 12:15-1:15. 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 value, 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 Hospital in their ICCU Conference Room. For information call (509) 573-3592

SEPTEMBER 7-YAKIMA: "Health Insurance Counseling-SHIBA" 10:00 am-12:00 pm. Get answers to 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

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

CALENDAR (continued)

SEPTEMBER 8-YAKIMA: "Stress Reduction" 12:00-1:00 pm. Life is stressful! This class will introduce you to 15 different relation states, and, even better, several approaches to creating them. Presented by Patricia Robinson, PhD in the Yakima Regional ICCU Conference Room. For more information call (509) 573-3592

SEPTEMBER 8-YAKIMA: "The ABCs of Diabetes" 12:15-1:15 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. In the Yakima Regional Hospital's ICCU Conference Room. For information call (509) 573-3592

SEPTEMBER 8-YAKIMA: "Getting To Sleep" 1:00-2:00 pm. Would you like to look forward to going to bed and getting a good nights rest? This class covers the basics of good sleep hygiene. Come and sleep better! Sponsored by Yakima Regional Hospital in their ICCU Conference Room. For information call (509) 573-3592

SEPTEMBER 9-YAKIMA: "Coping With Chronic Pain" 12:00-1:00 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 Hospital in their ICCU Conference Room. For information call (509) 573-3592

SEPTEMBER 9-YAKIMA: "Memorial Outdoor Market" 10:00 am-2:00 pm. Shop for specialty gifts, arts and crafts, and homemade items. At Memorial Cafe courtyard, 2811 Tieton Drive. (509) 575-8053

SEPTEMBER 9-YAKIMA: "Planning A Lifestyle Consistent With Your Values" 1:00-2:00 pm. 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 guidances on how to sustain your chosen directions. Sponsored by Yakima Regional Hospital in their ICCU Conference Room. For information call (509) 573-3592

SEPTEMBER 9-YAKIMA: "Building Your Family's Safety Net" 10:00 am. You're invited to a free workshop where you'll learn how to start building our family's safety net. Protecting your income, savings and health is not as difficult as you think. Attend a no-obligation, informative workshop at the Harman Center, 101 N 65th Ave. Presented by Eva Angelina Ramirez of Humana. Reserve your space by calling (509) 594-5596

SEPTEMBER 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, 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

SEPTEMBER 11-YAKIMA: "Central Washington Walk To End Alzheimer's" To begin at State Fair Park Stadium. We are anticipating more than 500 event participants. For our other walk sites, the average age of a walk participant is 39. The male:female participant ratio is 1:3. In 2010, the Walk program raised more than \$530,000 across four walk sites. For additional information contact walk manager Stephanie Watson. (206) 363-500, ext. 236. email: stephanie.watson@alzwa.org

SEPTEMBER 12-YAKIMA: "Building Your Family's Safety Net" 10:00 am. You're invited to a free workshop where you'll learn how to start building our family's safety net. Protecting your income, savings and health is not as difficult as you think. Attend a no-obligation, informative workshop at the Harman Center, 101 N 65th Ave. Presented by Eva Angelina Ramirez of Humana. Reserve your space by calling (509) 594-5596

SEPTEMBER 12-13-YAKIMA: "2-Day Hospice Volunteer Training" 9:00 am-5:00 pm. More than medical care for the terminally ill, hospice offers comfort and a reassuring presence. Our experienced staff and volunteer provide patients an opportunity to live every moment to the fullest. To be held at Memorial Home Care, 1019 S 40th Ave. Registration required. Dottie Hildebrand at (509) 574-3655

SEPTEMBER 13-YAKIMA: "Heart Healthy Easting Part I" 12:15-1:15 pm. Including a variety of 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 health lifestyle. sponsored by Yakima Regional Hospital in the the Medical Office Building. (509) 573-3592

SEPTEMBER 13-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



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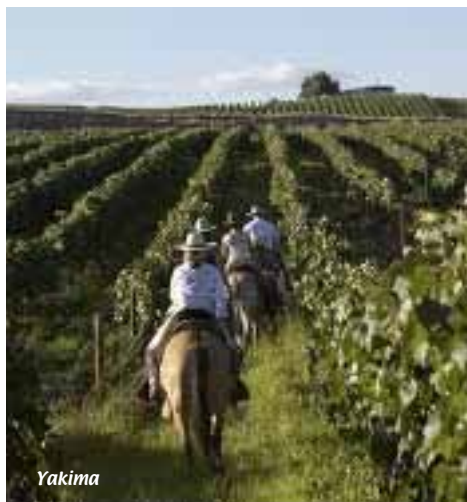
CALENDAR (continued)

SEPTEMBER 13-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

SEPTEMBER 13-YAKIMA: "Answers For Aching Hip & Knee Joints" 6:30-7:30 pm. Learn the latest in surgical and non-surgical options for relief of arthritis and joint pain. To be held at The Springs Rehabilitation & Occupational Medicine, 302 S 10th Ave. Free. Presented by Thomas Eastman, MD. Registration required, call (509) 575-8880

SEPTEMBER 14-YAKIMA: "MEDS-Your personal consultation with a licensed pharmacist" 12-1:30 pm. Please bring all prescriptions and over-the-counter medications and supplements you are currently taking. Consultations are held at Yakima Memorial Hospital. A part of Memorial's Third Age program. Free. Appointment is necessary. Call (509) 577-5015

SEPTEMBER 14-YAKIMA: "Power of Attorney/Living Wills" 4:00-5:00 pm. A sudden change in your health could necessitate changes in your medical wishes. Discover your options. To be held at the Memorial Hospital's Rehabilitation and Wellness Center. Free, no registration required. Contact: (509) 576-7650



Yakima

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

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

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

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

SEPTEMBER 14-YAKIMA: "Dementia, What Is It??. 1st of 3 Part Weekly Series" 10:00-11:00 am. To be held at the Harman Center 65th & Summitview. No charge. Sponsored by Yakima Memorial's Third Age program. To register call (509) 577-5015

SEPTEMBER 14-YAKIMA: "Sleep Well. Live Better" 6:00-7:30 pm. Attend this seminar and learn about the signs, symptoms and treatments of sleep disorders. Get a free sleep assessment and tour the Sleep Center at Memorial Hospital. Free. Presented by Susan Rausch, MD, PhD. Space is limited. To be held at the Sleep Center at Memorial Hospital, 406 S 30th Ave., Suite 206. To register call (509) 574-3383

SEPTEMBER 15-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. Registration required. Sponsored by Kittitas Valley Community Hospital. Call (509) 962-7373 or email pdick@kvch.com

SEPTEMBER 15-ELLENSBURG: "Self-Management Diabetes Classes" 1:00-4:00 pm. Jump-start your understanding of diabetes by joining a KVCH class. 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. Sponsor: Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. (509) 962-7373

CALENDAR (continued)

SEPTEMBER 15-YAKIMA: "Understanding Your Medications" 12:15-1:00 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 of your medications straight. Sponsored by Yakima Regional Hospital in their ICCU Conference Room. For information call (509) 573-3592

SEPTEMBER 15-YAKIMA: "Navigating the Medicare Maze". 1:00-4:00 pm. Learn ways to sort through the Medicare bureaucracy. To be held at the Harman Center, 65th & Summitview. No charge. Sponsored by Yakima Memorial's Third Age program. To register call (509) 577-5015

SEPTEMBER 19-YAKIMA: "Solutions For Varicose Veins" 6:30-7:30 pm. Whether your vein issues are cosmetic, or reflect a more serious medical concern, Yakima Vascular Associates provides an alternative to surgery using innovative and highly effective later treatment for varicose and spider veins. Learn if EVLT is right for you. No Charge. Space is limited, registration required. To be held at 'Ohana, 1515 W Yakima Ave. Call (509) 453-4614

SEPTEMBER 20-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

SEPTEMBER 20-YAKIMA: "Heart Healthy Easting Part II" 12:15-1:15 pm. 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 Hospital in the Medical Office Building. For information call (509) 573-3592

SEPTEMBER 20-YAKIMA: "Diabetes Day Time Support Group" 10:00-11:00 am. To be held at the Harman Center, North Star Lodge. Diabetes, Life Enrichment, Support Group. Sponsored by Yakima Memorial Hospital. Free. Contact: (509) 249-5243

SeniorPages.com

EXPLORING SENIOR DISCOUNTS

By Gregory Karp

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

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

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

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

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

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

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

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

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

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

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

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

Some U.S. airlines mention senior fares on their websites. But, as a practical matter, only [Southwest Airlines](#) regularly offers discounts to seniors, whom Southwest defines as those 65 and older. *more on page 7...*

CALENDAR (continued)

SEPTEMBER 21-YAKIMA: "Tools and Tips for Quitting Tobacco" 12:15-1:15 pm. This class 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 Hospital, ICCU Conference Room. (509) 573-3592

SEPTEMBER 14-YAKIMA: "Dementia, What Is It???. 2nd of 3 Part Weekly Series" 10:00-11:00 am. To be held at the Harman Center 65th & Summitview. No charge. Sponsored by Yakima Memorial's Third Age program. Call (509) 577-5015

SEPTEMBER 24-ELLENSBURG: "Diabetes Class" 9:00-NOON. 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



Ellensburg

SEPTEMBER 24-ELLENSBURG: "Self-Management Diabetes Classes" 9:00-12:00 pm. . 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 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

SEPTEMBER 26-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. Call (509) 574-1934

SEPTEMBER 27-YAKIMA: "Intimacy and Heart Disease" 12:15-1:15 pm. 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 our questions. Sponsored by Yakima Regional Hospital in their ICCU Conference Room. For information call (509) 573-3592

SEPTEMBER 27-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

SEPTEMBER 27-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

SEPTEMBER 28-YAKIMA: "Falls: Awareness & Fracture Prevention" 2:30-3:30 pm. Yakima Memorial's Third Age program. To be held in Meyer Auditorium at Living Care Retirement Community, 215 N 40th Ave. Free. For information call: (509) 577-5015

SEPTEMBER 29-YAKIMA: "Heart Basics" 12:15-1:15 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. Sponsored by Yakima Regional Hospital in their ICCU Conference Room. For information call (509) 573-3592

OCTOBER 1-PROSSER: "First Aid & CPR" 9:00 am-1:00 pm. Course combines basics of adult, child, and infant CPR with general First Aid and AED (Automatic External Defibrillator) use. Each class is taught by an American Heart Assn. instructor and includes an instructional booklet and a completion card valid for two years. Fee: \$50. Sponsored by Prosser Memorial Hospital. To register contact education assistant at (509) 788-6034

OCTOBER 4-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

OCTOBER 5-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

OCTOBER 11-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

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

CALENDAR (continued)

OCTOBER 11-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

OCTOBER 12-YAKIMA: "MEDS-Your personal consultation with a licensed pharmacist" 12-1:30 pm. Please bring all prescriptions and over-the-counter medications and supplements you are currently taking. Consultations are held at Yakima Memorial Hospital. A part of Memorial's Third Age program. Free. Appointment is necessary. Call (509) 577-5015

OCTOBER 14-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



OCTOBER 17-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

OCTOBER 17-ELLENSBURG: "Diabetes Class" 6:00-9:00 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

OCTOBER 18-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

OCTOBER 20-YAKIMA: "Save A Buck: Grown Up Drivers Ed" 2-day class 8:30-12:30 both days. Completion of this course entitles you to a reduction in auto insurance for those over 55. Registration Required. Fee: \$5. Sponsored by Memorial Hospital's Third Age program. To be held in Memorial's Community Education Center. To register call (509) 575-8484

Be sure you are listed in the next Senior Pages

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

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

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

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

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

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

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

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

CALENDAR (continued)

OCTOBER 24-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

OCTOBER 25-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

OCTOBER 25-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

NOVEMBER 19-ELLENSBURG: "Diabetes Class" 9:00 am-Noon. 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

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

NOVEMBER 19-ELLENSBURG: "Self-Management Diabetes Classes" 6:00-9:00 pm. 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 & health & making sense of blood sugar numbers & glucose monitors. Sponsored by Kittitas Valley Community Hospital in Conference Rooms A & B. Ins bill provided. (509) 962-7373

DECEMBER 1-PROSSER: "First Aid & CPR" 9:00 am-1:00 pm. Course combines basics of adult, child, and infant CPR with general First Aid and AED (Automatic External Defibrillator) use. Each class is taught by an American Heart Assn. instructor and includes an instructional booklet and a completion card valid for two years. Fee: \$50. Sponsored by Prosser Memorial Hospital. To register contact education assistant at (509) 788-6034

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 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. (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 always welcome to be trained to serve in 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 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 16th Avenue Station (1470 N 16th 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

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

VOLUNTEERS NEEDED

ELLENSBURG

Children's Activity Museum needs volunteers that can sew and mend costumes, artists, painters, and helpers to "tidy up." Please contact Angela Martin at (509) 925-6789 or e-mail hildrensmuseum@kvalley.com

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

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. 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. 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 work only one 2-hour shift per month sorting donated clothing visiting with clients, and straightening shelves of clothing. (509) 574-1933

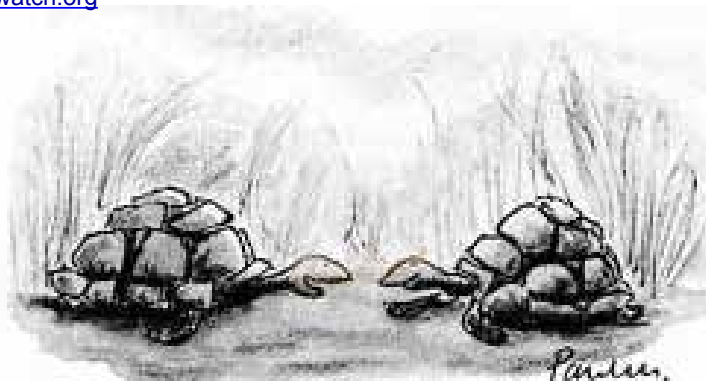
YAKIMA

"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. 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

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. If you would like to help please 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. If interested, please call Sirena 509-574-1933.



"Let's grow older together."

VOLUNTEERS NEEDED (continued)

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. Must have a criminal background check. Serena (509) 574-1933

Harman Center, 101 N 65th, 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. Volunteer jobs include kitchen help, coffee bar, greeters, and computer room. Most shifts are three to four hours Mon-Sat. (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@mycwndr.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. Potential volunteers must be at least 60 years of age and pass a physical wellness exam, and complete a volunteer application and have a criminal background check. Megan Turner/RSVP of Yakima county (509) 965-7100, 1-800-246-2962 or mturner@cfcsyakima.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.

The Meals on Wheels program is looking for volunteer drivers for Upper Yakima County (Selah, Moxee, and West Valley) and Lower Yakima County (Granger, Grandview, Mabton and Sunnyside). Volunteers are needed within the hours of 11:00am to 1:00pm for 1 to 2 hours per day. There will be mileage reimbursement. Must have a clean driving record, insurance, and pass a criminal history background and drug screening. For more information regarding this volunteer opportunity, please contact 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. To sign-up and receive application materials email Volunteer Manager Jeni Miller at volunteer@northwestwishes.org

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

OIC of Washington/Southeast Community Center is recruiting volunteers to drive Medicaid clients to their doctor appointments. All Volunteers will be reimbursed .51 per mile, and meal reimbursement is offered for trips that are more than 4 hours long. To qualify you must be 21 years of age and older, have a clean drivers record (no accidents or moving violations for past three years) and have a Washington State Drivers License and proof of insurance. Drivers must pass a Washington State Patrol Criminal History background check as well as an FBI Finger Print and must have reliable vehicle that will pass inspection. For more information about this opportunity please contact Vernita Adolf or Christina Villarreal at 509-575-6114

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 before volunteering. If you are interested in helping out with this worthwhile project, please call Sirena 509-574-1933.

Many new Profiles of Senior Businesses can be found on www.SeniorPages.com

VOLUNTEERS NEEDED (continued)

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. 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. (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. 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. Senior Companions receive modest tax-free stipends, mileage reimbursement, meal for service, annual medical examination and additional insurance while on duty. Senior Companion 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. Senior Companion Program office in Yakima at (509) 965-7100. You 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. 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. 509-574-1934.

Yakima Food Bank is in need of volunteers on Thursdays from noon-2:00 pm to help prepare food for distribution. Volunteers under supervision will bag bulk foods (beans, rice, oatmeal) into family size portions; stock distribution tables, removing packaging, etc.; review perishable product to remove items unfit for distribution; sort miscellaneous product into similar types of product; and other duties as time permits or needs require. (509) 574-1933

Vision for Independence Center (VIC) is looking for a volunteer greeter. Volunteers will greet the patient as they arrive for their low vision evaluation; review patient's paperwork with them and answer phone as needed. Interested volunteers need to have legible handwriting; a pleasant & cheery personality; and ability to carry on an interesting conversation with a stranger. Volunteers should also feel comfortable around people with vision loss, mobility issues and the elderly. Knowledge of medical terms helpful. For more information on this volunteer opportunity, please call Sirena 509-574-1933

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 Koeppel at 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. Wynwood of Yakima Brookdale Senior Living (509) 965-0111 kparry@brookdaleliving.com

VOLUNTEERS NEEDED (continued)

Yakima Food Bank is in need of volunteers on Thursdays from noon – 2pm to help prepare food for distribution. Volunteers under supervision will bag bulk foods (beans, rice, oatmeal) into family size portions; stock distribution tables, removing packaging, etc.; review perishable product to remove items unfit for distribution; sort miscellaneous product into similar types of product; and other duties as time permits or needs require. For more information, please contact Sirena 509-574-1933

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. 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

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 provided. Tutoring Program is open 3-5pm

Wellness House again needs your help in securing volunteers. We need 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. Duties include, taking blankets, pillows, juice, cookies, etc. to patients. Main purpose of volunteers is to provide comfort/support to patients. (509) 575-6686 Unice@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 or call Ken Johnsen (425) 432-8444. You can learn more about the trolleys by looking at our website, 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. 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. 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. 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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Look for the Senior Pages for your area! It's the most complete directory for 55+ Seniors that live, work, and retire here. You can find all the services, care, retirement facilities and medical resources you need for an active, mature life. Pick up your free copy at your local senior center, retirement facility, medical clinic or senior service business today! If you can't find one in your area give us a call, send us an email, or download our entire directories at www.seniorpages.com

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Do you have a safety net in case of the unexpected?

In today's economy, many do not.

A major life change – a serious illness, an extended hospital stay – often creates expenses you don't see coming.

For example, if you became seriously ill today, how would you cover:

- Mortgage, rent, and other household expenses?
- School tuition?
- Health insurance deductible and copayments?
- Travel costs for out-of-town treatment?
- Child care?

You're invited to an upcoming free workshop where you'll learn how to start building your family's safety net. Protecting your income, savings and health is not as difficult as you think.

Attend a no-obligation, informative workshop at the following location:

YAKIMA

Harman Center

101 North 65th Avenue

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Dear Corporate Partner:

Why should your company sponsor an Alzheimer's Association event?

You will be helping thousands of families. **Alzheimer's is not a normal part of aging.** It is a progressive disease of the brain for which there is **no cure**. There are 5.3 million Americans with Alzheimer's today – this number will **triple by 2050**. The 110,000 Washingtonian residents diagnosed with the disease will double during this same period, as will the number of families involved in providing care. For every person with the disease, another four are touched by it as family members, friends, co-workers, or caregivers. Talk to anyone who is a relative of an Alzheimer's patient and you will quickly understand that this is **not an individual's disease, but a family's disease.**

The **exposure associated with sponsoring an Alzheimer's Association event** will lend additional opportunities in achieving your marketing objectives. Alzheimer's disease is gaining visibility in **national media** and in the **public's awareness**. **Walk to End Alzheimer's** has grown into a high-profile event with indisputable marketing value. **Tasteful Evening** attracts a younger audience with an interest in fine food and wine. The regional **Education Conference** is highly respected among health care professionals and family caregivers. Our **Community Breakfast** reaches a wide and diverse audience of Seattle's finest businesses and families.

Enclosed is information about our sponsorship opportunities in a format that should enable easy identification and comparison of sponsorship demographics and benefits. We will then work with you to build a suitable package. Please contact the appropriate event contact directly if you would like to discuss your interests further.

I hope you will join us in **giving a voice** to the thousands of Washington state residents affected by Alzheimer's, and their family and friends, by sponsoring one or more of our key events. **Thank you** for your consideration in advance.

Warm regards,

Melissa Kreptul
Corporate Relations Manager

facts

- **alzheimer's disease costs companies \$61 billion in lost productivity**
- **every 69 seconds, someone develops alzheimer's**
- **alzheimer's is the 6th leading cause of death in the united states**
- **10 million baby boomers will develop alzheimer's in their lifetime**

did you know?

- **78 % of consumers would be more likely to buy a product or patronize a business that is associated with a cause they care about**
- **68% of people would switch brands to support a cause they care about**

The Western & Central Washington State Chapter provides services for individuals with Alzheimer's disease and their families in 23 counties at no cost:

24/7 Information & Support: Often the first point of contact for those we serve, our confidential telephone helpline is available 24 hours a day, seven days a week. Trained specialists help people find needed resources and services, and we have the capacity to serve individuals in 140 different languages. Our website also has a wealth of information about Alzheimer's disease and related memory loss disorders.

Connections Care Consultation: The knowledgeable and experienced social workers in this program strive to optimize the health and function of the person with memory loss while maintaining the health and well-being of the caregiver.

Support Groups: The Chapter is firmly rooted in the belief that peer interaction and support can help a family caregiver with the many challenges of caring for a loved one with Alzheimer's disease. We host approximately 100 support groups, including ESML, all facilitated by trained volunteers, that provide a safe environment for individuals and caregivers to share and gain support.

Education: The Education Department presents a rich curriculum about Alzheimer's disease and dementia both for people working in the field and for the general public. Our trainings are interactive and based on the latest and best practices in dementia care.

Advocacy: We are investing energy in advocacy with the goal of increasing awareness and concern about the disease, letting people know that we are here to help, and motivating people to get involved.

contact us

western & central washington state chapter
100 west harrison street suite n200
seattle, wa 98119

phone: 800-848-7097 or 206-363-5500
fax: 206-363-5700
www.alzwa.org