

SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

Yakima



Lynn Eckert, 69, and her new husband Richard Stelter, 71, stand with Lynn's two daughters and 91-year-old mother in the chapel where they were married at the Brookwood Retirement Center in Sharonville, Ohio on Saturday, June 25, 2011. / The Enquirer/Sam Greene

More Seniors Go Online For Love

By Jessica Brown

PROCEED WITH CAUTION

Online dating is a new frontier for Internet scams. Scam prevention sites note that love tends to make people more vulnerable. Online scammers may see older singles - especially those who are divorced or widowed - as easy targets.

"Online dating scams take hundreds of millions of dollars away from people every year," said Joe Tracy, publisher of Online Dating Magazine. "Someone will strike up a communication with you, they'll have a nice photo and they may even say they're local. They'll work hard to get you to fall in love with them on the Internet. Then they'll hit you up for money."

Romancescam.com, an online forum for scam victims, notes that most of its users are over age 40.

How to tell if your online sweetie might be a scammer

- They ask for money, your bank account info or want you to cash a check.
- You can rarely reach them on the phone.
- They claim to be in love within 24-48 hours.
- Their photo doesn't match their profile description.
- Their profile disappears shortly after the conversation begins.
- Their grammar is not consistent with their country of origin.
- They don't answer personal questions.
- They misspell the name of the town where they supposedly live.
- They want to send you packages and letters and have you forward them to another address. (The goods may be stolen.)
- They ask you to get on your webcam but don't have one of their own.
- They are "away on business" for long periods of time.

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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 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

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. For information call (509) 576-7650

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

CALENDAR

AUGUST 2-YAKIMA: "Heart Healthy Easting Part I" 12:1501:15 pm. A variety of healthy food choices is one of the most effective ways to reduce cholesterol, blood pressure, and maintain a healthy weight. Covers nutritional guidelines supported by leading health organizations. Take positive steps to a health lifestyle. sponsored by Yakima Regional Hospital in the Medical Office Building. (509) 573-3592

AUGUST 2-YAKIMA: "Diabetes Blood Sugar and Foot Screenings. 8:00-10:00 am. For most accurate blood sugar screening results, do not eat or drink anything 8-12 ours prior to screening. A part of Memorial Hospital's Third Age program. Center for Diabetes Prevention and Control, Memorial Hospital Lower Level, 2811 Tieton Dr. \$5, Third Age members \$3. 509 249-5243

AUGUST 3-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

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)

AUGUST 4-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

AUGUST 9-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

AUGUST 9-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

AUGUST 10-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

AUGUST 11-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

AUGUST 11-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. (509) 573-3592

AUGUST 12-YAKIMA: "Memorial Outdoor Market" 10:00 am-2:00 pm. Specialty gifts, arts and crafts, and homemade items. At Memorial Cafe courtyard, 2811 Tieton Drive. (509) 575-8053

AUGUST 12-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

AUGUST 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

AUGUST 12-YAKIMA: "Jazz in the Cellar" 5:30-9:00 pm. at Le Chateau(the old YWCA building) at 15 N Naches Ave. Benefit for the Dispute Resolution Center. Will include dancing, silent and live actions with great jazz music by the Bart Rodererick trio. Tickets are \$35, \$45 at the door. For additional information contact Matt Fairbank at (509) 453-8949 or email: matt@drcyakima.org

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AUGUST 16-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

AUGUST 16-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

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\$10.00 per month



CALENDAR (continued)

AUGUST 16-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

AUGUST 16-ELLENSBURG: "Self-Management Diabetes Classes" 1:00-4:00 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

AUGUST 18-YAKIMA: "Understanding Your Medications" 12:15-1:00 pm. A pharmacist will help answer your 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. (509) 573-3592



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If you think you've been scammed

Contact your local authorities, the FBI's Internet Crime Complaint Center at www.ic3.gov or the Ohio Attorney General's Office (800-282-0515)

BY THE NUMBERS

According to the U. S. Census, nearly 32 percent of Americans ages 65 and older are widowed; 10 percent are divorced.

Match.com reports that 20 percent of its users are over age 50 and that group is its fastest-growing demographic. Senior membership has tripled since 2000.

Over the past five years, the senior market has been the fastest-growing group of subscribers to online dating services, according to Online Dating Magazine. The magazine cites Nielsen statistics showing nearly 17 percent of online dating site traffic is by those ages 55 and older.

Sue Malta, a Ph.D. student at Swinburne University of Technology in Melbourne, Australia, researched the topic in 2008. Her surveys of 50 volunteers ages 60-92 found that two-thirds had met new partners online.

Several major websites, including match.com and e-harmony.com, have sections devoted to seniors. Several dating sites cater specifically to the 50-plus crowd. Datingsitesreviews.com has a section that describes and reviews these sites.

At Match.com, the 50-plus age group, making up 20 percent of its users, is the fastest-growing demographic. At eHarmony.com, the oldest female user to find a spouse is 85.

Experts say the trend is fueled by a combination of older adults becoming more technically savvy and the difficulty finding singles their own age.

Research by Iowa State University sociologist Alicia Cast shows that older adults who go online to meet people generally find success. Cast says people who meet online tend to have had shorter courtships -18.5 months as opposed to 42 months for couples who met in a more traditional way.

It worked for Eckert and Stelter.

Their relationship started with an email in June 2010. She'd come across Stelter's profile and liked his bio - a description he later admitted he'd lifted from another user.

"I'm not a good writer," he explained.

She's long forgiven him.

Eckert e-mailed Stelter asking for a photo. He obliged. She liked what she saw. They arranged a phone call. Then a date.

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CALENDAR (continued)

AUGUST 22-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

AUGUST 22-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

AUGUST 23-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

AUGUST 23-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

AUGUST 24-YAKIMA: "Falls-Learn To Prevent Them" 2:30-3:30 pm. Learn to prevent them. Meyer Auditorium at Living Care Retirement Community, 215 N 40th Ave. Presented by Yakima Memorial Hospital. Call (509) 577-5015

AUGUST 29-YAKIMA: "Tai Chi" 9:30-10:30 am. Treat your body to a gentle and relaxing workout. Sponsored by Yakima Memorial Hospital at the Harman Center, 65th and Summitview. A part of their Life Enrichment, Seniors, Stress Reduction, Third Age. Call (509) 575-6166

AUGUST 29-YAKIMA: "Stress Reduction" 12:00-1:00 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 their ICCU Conference Room. For information call (509) 573-3592

AUGUST 29-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

AUGUST 30-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

AUGUST 30-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

AUGUST 30-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



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"We just talked and talked," said Eckert of their first date, which started at the Milford Applebee's and ended with a long talk on her deck.

"You know when you meet somebody special and you kind of know it?" she said. "I just felt so comfortable."

Four months after their first date, Stelter - appreciating Eckert's traditional family - called Eckert's 92-year-old mother in upstate New York to ask for Eckert's hand.

Then he popped the question, albeit casually.

"I said 'I know you're going to marry me, aren't you?'" Stelter said. "Afterward, (she) said that wasn't a proper proposal so I had to get down on my knees."

The couple planned on a simple wedding, but it soon ballooned to a formal affair with 70 guests. They tied the knot June 25 at the Brookwood Retirement Center in Sharonville, a venue recommended by a friend.

When the newlyweds took the floor for a dance, Stelter, a former accountant, suggested adding up the wedding costs. But they decided against it.

"We looked around and everyone was having a good time," Eckert said. "We said, 'Let's not add up all the prices. It's priceless. It was a splurge but it was something we'll always remember.'"

Stelter and Eckert were reluctant to return to the dating world. Stelter's wife of 32 years died in 2004. Eckert's husband of 28 years died in

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CALENDAR (continued)

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SEPTEMBER 2-YAKIMA: "Medication Management" 9:00-10:00 am. Learn about common prescriptions used to manage heart disease, drug interactions, and side affects you may experience. Classes are one hour each, offered at 9:00 am and 3:00 pm at Memorial Hospital's Institute for Heart and Vascular Health, 403 S. 30th Ave., 2nd Floor. Free. (509) 576-7650

SEPTEMBER 6-YAKIMA: "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsor: Memorial Hospital's Third Age program. Center for Diabetes Prevention and Control. \$5, Third Age Members \$3. (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 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. Sponsor: Yakima Memorial Hospital's Third Age program at the Harman Center. (509) 574-1934

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. Patricia Robinson, PhD in the Yakima Regional ICCU Conference Room. (509) 573-3592

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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

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CALENDAR (continued)

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

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

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Be sure you are listed in the next Senior Pages

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1992. But they decided they didn't want to miss out on another shot at love.

The biggest fear about cyber-dating, Eckert said, was safety. Her two daughters policed her picks to make sure that they were legit.

"I had reservations as far as her safety," said her daughter Liz Costa of Milford. "So we talked about how she should meet in a public place and let us know when she's leaving and to call us when she gets back to tell us about it. Once she did that, it was fine."

Costa said she couldn't be happier about her mother's choice.

"She dated a couple others and they definitely weren't a match," Costa said. "But he's a keeper."

Using the Internet let Eckert and Stelter be picky about finding someone they thought they'd be compatible with.

They have plenty of common interests. They travel, bike, hike and garden. He's also getting into her bird-watching hobby.

Their advice to older adults looking for love?

"Don't give up," Eckert said.

"Being in love every single day, you just thank God. It's just a blessing that we've got a second opportunity."



CALENDAR (continued)

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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. 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. Memorial Hospital's Community Education Center. (509) 249-5243

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

OCTOBER 17-ELLENSBURG: "Self-Management Diabetes Classes" 1:00-4:00 pm. Jump-start your understanding of diabetes by joining a KVCH class. Designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management. Covers understanding diabetes and prevention, treatment and medications, Exercise, foot care, sick day mgmt, blood sugar control and health and making sense of blood sugar numbers and glucose monitors. Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. (509) 962-7373

VACANCIES

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. (509) 248-8383



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 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:

Sponsor: Memorial Hospital's Third Age program. 3:30-5:00 pm at Living Care Retirement Community, Village Center Activity Rm, 215 B 40th Ave. 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. (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. (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. (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. Jessica 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, 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

YAKIMA

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

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.

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



SeniorPages.com

VOLUNTEERS NEEDED (continued)

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. Other volunteer jobs include kitchen help, coffee bar, greeters, and computer room. Most shifts are three to four hours Monday-Saturday. Please contact Volunteer Coordinator 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

The Foster Grandparent Program of Yakima and Kittitas Counties needs volunteers willing to assist youth (infant-18 years of age) in their community. Our volunteers choose which site and age group they would like to serve. Activities depend on the site and age group they choose. All volunteers work one-on-one or in small groups with the youth who need the most assistance. All potential volunteers must be at least 60 years of age and pass a physical wellness exam. They also need to complete a volunteer application and have a criminal background check done before volunteering. For more information please contact 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. 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



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. The 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. Contact the Senior Companion Program office in Yakima at (509) 965-7100. You must meet income eligibility requirements & 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. Call Jael Torres (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 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. Contact Eunice Koeppel at eunice@wellness-house.org or (509) 575-6686

Wynwood of Yakima is looking for volunteers to work in the areas of: 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 (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. 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. 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 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. 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 provide homework assistance and basic tutorials. Training provided. 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. Duties include, but not limited to, taking blankets, pillows, juice, cookies, etc. to patients. Provide comfort and support to the patients. (509) 575-6686 or email Eunice@wellness-house.org.

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

Yakima Valley Trolleys is in need of volunteers. We need trolley motormen (we will train), ticket sellers, museum docents, historical actors, woodworkers, machinists electricians, groundskeepers and community advocates. Motormen must be at least 21 years old and have a valid driver's license. All positions are well suited to retirees. Our main times of need are weekends from Memorial Day to Labor Day, but some of the positions can be done on weekdays and through the winter. Potential volunteers can email us at yakimavalleytrolleys@hotmail.com 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. Potential volunteers must have criminal background check done by the agency. 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. (509) 574-1933

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

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

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Harman Center

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