

# SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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**Yakima**



## DEPRESSION AND SENIORS

*Although depression is common among older adults, it isn't a normal part of aging. Treatment helps most people reclaim a better quality of life.*

Here's a message for seniors who are feeling blue: Depression is not a normal part of growing older, and it's not something to keep quiet about or deal with on your own. It's a serious illness that can often be successfully treated.

Recognizing when you or a loved one might be depressed and seeking treatment if necessary are crucial and potentially even lifesaving steps.



### BEYOND THE BLUES

No one is a stranger to the occasional blue mood that lifts after awhile. But depression is a chronic

*more on page 4...*

## Help For Long-Term Care Costs

Workers are getting a new long-term-care insurance option. But with many details yet to be worked out, it may be too soon to tell how much impact it will have.

A public program is in the works, part of the health-care legislation that President Obama signed into law earlier this year.

Known as the Community Living Assistance Services and Supports, or CLASS, Act, it's designed to help people plan ahead for when they're disabled or frail and need assistance so they can stay independent as long as possible. And it's meant to supplement other funding sources, such as personal savings, family caregiving and private long-term-care insurance.

The voluntary, government-administered program -- which will be funded by premiums, not tax dollars -- is expected to work like this: If a company agrees to participate, workers will be automatically enrolled in the program unless they opt out. People who are self-employed or whose employers choose not to participate will be able to enroll through a different mechanism. All participants will have to pay monthly premiums for five years, have some employment for three of those first five years and have a qualifying disability in order to be eligible to receive the benefit. *more on page 8...*

[SeniorPages.com](http://SeniorPages.com)

### Yakima



**Liz Trua, Realtor, SRES**

**ENGLEWOOD GARDEN APARTMENTS**

Affordable Housing For Independent Seniors 55 & Better



### Union Gap



### Ellensburg

**NORTHWEST AUDIOLOGY & HEARING AID CENTER**

Ellensburg • 509 962-9575

**Kittitas Valley HEALTH AND REHABILITATION CENTER**

**Royal Vista Nursing & Rehab**

www.PrestigeCare.com

**Affordable FUNERAL CARE**

## SEMINARS/CLASSES/ EVENTS/MEETINGS

### TUESDAY

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

### 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. Contact Colleen Collins at (509) 248-7768



## CALENDAR

**FEBRUARY 1-YAKIMA:** "Sleep: The Heart of the Matter" 6:30-7:30 pm. Learn about the important connection between sleep and cardiovascular disease and what you can do to sleep better and be heart healthy. Sponsored by Memorial Hospital's Third Age program at Memorial's Auditorium, 2811 Tieton Dr. No charge. Contact: (509) 575-8484

**FEBRUARY 2-YAKIMA:** "Health Insurance counseling-SHIBA" 10:00 am -12:00 pm. Get answers to your questions about supplemental health insurance Medicare long-term car options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. At the Harman Center, 101 N 65th. (509) 574-1934

**FEBRUARY 4-YAKIMA:** "Healthy Heart Expo" 11:00-2:00 pm. At the Yakima Regional Auditorium in the St. E's Nursing School at Chestnut & South 10th Ave. Free Admission, Free Massages, Free Blood Pressure Checks, New interactive zone with fitness classes and heart healthy food samples. Drawings for more than \$1,500 in prize baskets. Sponsored by Yakima Regional Hospital.

**FEBRUARY 4-YAKIMA:** "Heart Education: Diagnostic Procedure" 8:00-9:00 am. Learn about current tests your doctor can use to determine if your heart disease is treatable. At Memorial Hospital's Rehabilitation and Wellness Center. Free, No registration required. (509) 576-7650

**FEBRUARY 5-YAKIMA:** "Save A Life, The Great CPR Blitz 2011" This second annual free community event provides life-saving instruction on how to use CPR and automated external defibrillators. English language classes at 8, 9, & 10:00 am., Spanish at 11:00 am. Sponsored by Yakima Memorial Hospital at the Yakima Convention Center. No charge. Contact: (509) 574-5990



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

This "SENIOR REVIEW" is a free service to and for the advertisers of Senior Pages throughout the Northwest. It is e-mailed to individuals and businesses in the senior industry on first week of each month. If you have any announcements similar to those below please e-mail them by the 25th of the previous month to [dale@seniorpages.com](mailto:dale@seniorpages.com)

## Toppenish



**WHAT AN OPPORTUNITY! You can send your events, seminars, announcements, employment openings, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW Free! send to: Dale@SeniorPages.com**

## CALENDAR (continued)

**FEBRUARY 5-SUNNYSIDE:** "Lower Valley Hospice Annual Auction". Proceeds to offset the cost of providing quality hospice and palliative care. Funds raised pay for patient care costs that otherwise are not covered by Medicare, Medicaid, or private insurance and their Heartlinks Bridge Program, a non-funded program for those who do not meet the prognosis requirement for hospice admission. Please consider making a donation of cash, advertising, or any item for the auction. Please contact Stacey Campbell if you have any questions (509) [837-1676](tel:837-1676). [lvhpc@lowervalleyhospice.com](mailto:lvhpc@lowervalleyhospice.com)

**FEBRUARY 7-YAKIMA:** "Heart Education: Label Reading" 8:00-9:00 am. Label reading is easy with a few easy to learn tips and tools provided in this empowering class. Held at Memorial Hospital's Rehabilitation and Wellness Center. Free. No registration required. for more information call (509) 576-7650

**FEBRUARY 8-YAKIMA:** "Senior Network Meeting" Noon. This month's meeting will be hosted by Keith Jones of Jones Scooters. Keith has arranged for us to meet for a no host lunch at El Porton, 420 S 48th Ave. Please RSVP by replying to Keith directly [jonescooters@hotmail.com](mailto:jonescooters@hotmail.com)

**FEBRUARY 8-YAKIMA:** "Diabetes-Sure Start Class for Beginners" 9:00-12:00 pm. A dynamic 3 hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Participants will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the \$70 class fee. To be held at Memorial Hospital's Community Education Center, 2506 W Nob Hill Blvd. (509) 249-5243

**FEBRUARY 10-YAKIMA:** "Memory Loss Support Group" 3:30-5:00 pm. To be held at Living Care Retirement Community, The Village Center Activity Room, 215 B 40th Ave. Sponsored by Memorial Hospital's Third Age program. For more information call (509) 853-2504

**FEBRUARY 10-YAKIMA:** "Memorial Rehabilitation and Wellness Center Open House" 3:00-5:00 pm. Meet or staff and learn more about our services, including free educational programs. Sponsored by Memorial Hospital's Third Age program at 406 S 30th. No Charge.

**FEBRUARY 12-ELLENSBURG:** "Self-Management Diabetes Classes" 9:00 am-12 Noon. 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

**FEBRUARY 17-YAKIMA:** "What You Should Now About Heart Failure". 12:00-1:00 pm. Are you or someone you know at risk for heart failure? Learn more about this silent epidemic that affects nearly 5 million Americans. Sponsored by Memorial Hospital's Third age program at the Harman Center, 101 N 65th. No charge. Registration required, call (509) 575-8484

**FEBRUARY 17-YAKIMA:** "Memory Loss Support Group" 6:30-8:30 pm at Highgate House, 5605 West Chestnut Ave. Sponsored by Memorial Hospital's Third Age program. For more information call (509) 972-4141

**FEBRUARY 21-CLE ELUM:** "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

**FEBRUARY 22-YAKIMA:** "Diabetes-Sure Start Class for Beginners" 9:00-12:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participation will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the \$70 class fee. To be held at Memorial Hospital's Community Education Center, 2506 W Nob Hill Blvd. Contact (509) 249-5243

**FEBRUARY 24-YAKIMA:** "Caring for the Caregiver" To be held at Living Care Retirement Community, 215 N 40th Ave. For additional information contact Carleena Belton at (509) 965-5260

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

### CALENDAR (continued)

**FEBRUARY 28-YAKIMA:** "Health Insurance counseling-SHIBA" 10:00 am -12:00 pm. Get answers to your questions about supplemental health insurance Medicare long-term car options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. At the Harman Center, 101 N 65th. (509) 574-1934

**MARCH 2-YAKIMA:** "Health Insurance counseling-SHIBA" 10:00 am -12:00 pm. Get answers to your questions about supplemental health insurance Medicare long-term car options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. At the Harman Center, 101 N 65th. (509) 574-1934

**MARCH 8-YAKIMA:** "Diabetes-Sure Start Class for Beginners" 9:00-12:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participation will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the \$70 class fee. To be held at Memorial Hospital's Community Education Center, 2506 W Nob Hill Blvd. Contact (509) 249-5243

**MARCH 10-YAKIMA:** "Memory Loss Support Group" 3:30-5:00 pm. To be held at Living Care Retirement Community, The Village Center Activity Room, 215 B 40th Ave. Sponsored by Memorial Hospital's Third Age program. (509) 853-2504

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

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



"WHY ARE YOU ALWAYS SUCH A PESSIMIST? WE MAY ALREADY BE A WINNER!"

problem. And it can have a major effect on an older person's life, says Peggy Szwabo, PhD, a member of the [American Geriatrics Society's](#) Education Committee.

*The effects of depression in seniors can include:*

#### Disrupted daily life.

Depression can affect eating habits, cause sleepless nights, drain your energy and put a halt to life's usual pleasures. "It prevents you from enjoying and doing things," Dr. Szwabo says. "You can get stuck in it."

**Complicated health problems.** Depression can make it difficult to manage other serious illnesses, such as heart disease.

**Suicide.** Although seniors are a comparatively small portion of the population, they have a disproportionately high rate of suicide, which research has linked to depression, according to the [National Institute of Mental Health](#).

#### WHY SENIORS BECOME DEPRESSED

Depression has no single cause, according to the [National Institute on Aging](#). Factors such as a personal or family history of depression may increase an older person's risk for the problem.

Although depression is not a normal part of aging, some potentially difficult life changes and stressful events that can occur as we get older may contribute, such as:

- Isolation and loneliness.
- Loss of a loved one or friend.
- Having a serious illness.
- Changes in finances.

For some people, these events trigger only a temporary reaction. However, in other cases, the change or stressful event can lead to depression. *more on page 6...*

### 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. Contact Karen Schock (509) 962-2844

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

#### SHIBA HELPLINE FOR KITTITAS

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

#### YAKIMA

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

**ALZHEIMER'S SUPPORT GROUP:** Held in Memorial Hospital's Classroom A & B, 2811 Tieton Drive, 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 the 1st & 3rd Monday of each month. (509) 574-3600

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

### SIGNS OF DEPRESSION

Depression's symptoms last for two or more weeks. They typically involve profound sadness and lack of interest in usual activities, such as a weekly hair appointment or a favorite hobby.

When you're depressed, "the things you normally do to pick you up don't work anymore," Dr. Szwabo notes.

Other symptoms of depression include:

Feeling fatigued or sluggish.

- Unexplained changes in weight or loss of appetite.
- Trouble sleeping or sleeping too much.
- Feelings of worthlessness, emptiness, hopelessness or guilt.
- Trouble concentrating or making decisions.
- Chronic aches or pains.
- Feeling nervous, restless or irritable.
- Crying a lot.
- Thoughts of death or suicide.

If you notice any of these signs, see your health care provider for an evaluation. If you suspect them in a loved one, you may want to gently suggest he or she discuss them with a doctor.

In some cases, symptoms of depression can actually be due to another problem, such as a thyroid condition or dementia. Blood pressure drugs or steroid medications also can cause mood changes, Dr. Szwabo notes.

Your doctor can help you identify the cause of your symptoms.

### TREATMENT CAN HELP

Seeking help for depression isn't a sign of weakness. And, despite what some may suggest, depressed people can't simply pull themselves up by their bootstraps, Dr. Szwabo notes.

Fortunately, there are a variety of treatments, such as antidepressant medications and talk therapy, that can help ease depression. Your doctor can help you decide on the treatment plan that will be best for you.

"Once identified, depression is highly treatable," Dr. Szwabo says. "The goal is to have quality of life. Treatment of depression can [improve] your ability to enjoy life and do the things you want."

#### DIABETES DIALOG SUPPORT GROUPS:

Participants share common concerns. Screenings the second and 4th Tuesday of each month in Diabetes and Wound Care in Yakima Valley Memorial Hospital basement. (509) 249-5243

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



### VOLUNTEERS NEEDED

#### ELLENSBURG

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

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

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

#### PROSSER

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

#### TOPPENISH

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

#### UNION GAP

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

#### SELAH

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

#### YAKIMA

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

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



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

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

### VOLUNTEERS NEEDED (continued)

*The Foster Grandparent Program of Yakima and Kittitas Counties* needs volunteers willing to assist youth (infant-18 years of age) in their community. Our volunteers choose which site and age group they would like to serve. Activities depend on the site and age group they choose. All volunteers work one-on-one or in small groups with the youth who need the most assistance. All potential volunteers must be at least 60 years of age and pass a physical wellness exam. 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](mailto: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.

*Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington* grants wishes to children between the ages of 2-12-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children There are a variety of volunteer opportunities available. For more information contact [www.northwestwishes.org](http://www.northwestwishes.org). To sign-up and receive application materials email Volunteer Manager Jeni Miller at [volunteer@northwestwishes.org](mailto:volunteer@northwestwishes.org)

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

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

*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 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. Senior Companions often are essential in assisting the individuals to live independently by taking care of simple chores, provide transportation, and contact to the outside world. 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. If interested in the program you must meet income eligibility requirements and be at least 55 years of age. Thank you for your interest in volunteering with the Senior Companion Program.

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

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

### VOLUNTEERS NEEDED (continued)

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

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

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

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

The benefit amount is expected to be no less than an average of \$50 a day and will depend on the degree of a recipient's impairment. The money can be used for a variety of home-based services, technology and home retrofitting, respite care, assisted living and nursing-home care. No medical underwriting will be required and there will be no lifetime benefit limits.

The Congressional Budget Office estimates that monthly premiums will average \$123, or about \$1,500 a year. The Secretary of Health and Human Services is expected to set regulations by October 2012, with enrollment beginning shortly thereafter.

#### *A Hard Sell*

Long-term-care insurance historically has been a tough sell. About 8 million Americans have a private long-term-care policy out of a potential market of 15 million, says Jesse Slome, executive director of the American Association for Long-Term Care Insurance, a trade group in West Lake Village, Calif.

"People don't want to think about it," says Cheryl Matheis, Washington-based senior vice president for health strategy for AARP, which sells private long-term care insurance through Genworth. "Who wants to buy a product you don't ever want to use?"

But while questions remain about the new public program, she says, it's popular among some Americans over 50 who realize that neither private health insurance nor Medicare will cover their long-term-care needs.

#### *Will It Make a Dent?*

Some experts are skeptical the new benefit will make much difference, however. It could be good for working people who already know they have health problems that would make them uninsurable in the private market, says Stuart Armstrong, a certified long-term-care specialist.

But the benefit won't be sufficient to cover most people's needs, he says, because home-care aides run about \$20 an hour while nurses and physical therapists often charge at least five times as much.

The upside, he says, is that the public benefit and private policies won't offset each other, so you'll be able to sign up for and collect from both.

"I actually hope CLASS is good and works because having millions of Americans who have no plan in place [to now] have some plan in place benefits the nation," says Mr. Slome of the American Association for Long-Term Care Insurance. "It's an important first step."

The "really difficult obstacle," he says, "is going to be getting businesses on board because it will require an enormous educational effort on their part to make people aware" of the new benefit.

Since the program is voluntary, says Judy Feder, senior fellow at the Center for American Progress in Washington, participation has to be broad and enrollment easy in order to make the insurance pool big enough to work.



### VOLUNTEERS NEEDED (continued)

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

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

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

*Yakima County Juvenile Court CAB* (Community Accountability Board) is looking for volunteers to help hold youth accountable for his/her actions; to impress upon the youth that the community is concerned with his/her behavior; and to foster a positive change in the youth's attitude/behaviors. 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. Must have a criminal background check done by the agency before volunteering. If interested in becoming a CAB volunteer, please call Sirena 509-574-1933

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

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

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



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