

SENIOR REVIEW

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Yakima



Baby Boomers to Gain Most From Health Care Reform

America's Baby Boomers may be poised to benefit the most from health-care reform, a new report shows. Some of those gains will come right away, such as the elimination of restrictions on people with preexisting conditions, while others -- no more lifetime limits on health insurance and subsidized coverage through health insurance exchanges -- are slated for 2014, as more provisions of the Affordable Care Act are rolled out.

A federal district judge in Virginia ruled that a key provision of the law, which mandates coverage for most Americans, was unconstitutional. Most analysts expect the case to eventually reach the U.S. Supreme Court.

The new report, from the Commonwealth Fund, is the sixth in a series examining how the new reform package, signed into law in by President Barack Obama, will change health-care coverage in the United States. *more on page 4...*

DRINKING PUTS OLDER ADULTS AT RISK

Although one to two alcoholic drinks a day is often considered safe or possibly even beneficial for health, this habit may put many older adults at risk, a new study has found.

Older adults are considered "at risk" if they have at least one of the following drinking behaviors: they consume more than two drinks a day; they consume one to two drinks on most days and have certain health problems, such as gout, hepatitis or nausea; they consume one or two drinks on most days and take certain medications, such as antidepressants or sedatives.



University of California, Los Angeles researchers analyzed data from more than 3,300 patients aged 60 and older who went to primary care clinics near Santa Barbara, Calif., and found that: *more on page 5...*

SeniorPages.com

Yakima



Liz Trua, Realtor, SRES

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SEMINARS/CLASSES/EVENTS/MEETINGS

TUESDAY

YAKIMA: "Diabetes Screenings" 8:00-10:00 am on Tuesdays at Memorial Hospital's Community Education Center on 2506 Nob Hill Blvd. in Yakima. No appointment necessary. For the most accurate results, do not eat or drink anything for 12 hours prior to the screening. Fee: \$5 (\$3 for Memorial Third Age members). 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 FREE. 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. Memoiral Hospital's Rehab & Wellness Center, 406 S 30th Ave, 2nd Floor. FREE

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. FREE, no registration necessary

WEDNESDAY

YAKIMA: "Better Breathers Club" Support group for individuals and families with lung disease. 1:00-2:30 pm at Memorial Hospital Rehabilitation and Wellness Center, 406 S 30th Ave. FREE. 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

MARCH 1-YAKIMA: "Vascular Health: Go with the Flow" 6:30-7:30 pm. A healthy body means going with the flow-blood flow, that is. Learn the warning signs of vascular disease and how you can keep your arteries clean and clear. Sponsored by Memorial Third Age in the Memorial Hospital auditorium, 2811 Tieton. No charge, no registration required

MARCH 1-YAKIMA: "Heart Healthy Eating Part I" 12:15-1:00 pm Including a variety in healthy food choices is one of the most effect ways to reduce cholesterol, blood pressure, and maintain a healthy weight. This class covers nutritional guidelines supported by leading health organizations. It will help you take positive steps to a healthy lifestyle. Sponsored by *Senior Extra*. Fee: Free. To be held at Yakima Regional Medical and Cardiac Center, 110 S 9th Ave. To register call (509) 573-3592

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. To schedule an appointment call (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

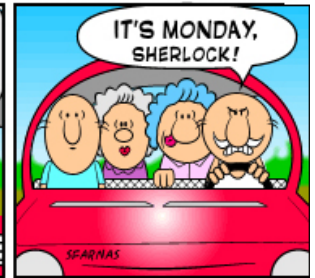
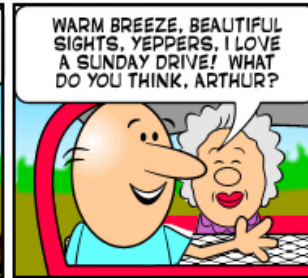
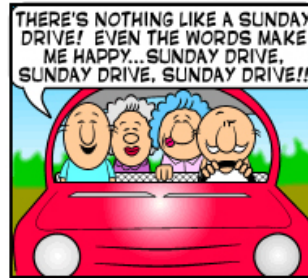
This "SENIOR REVIEW" is a free service to and for the advertisers of Senior Pages throughout the Northwest. It is e-mailed to individuals and businesses in the senior industry on first week of each month. If you have any announcements similar to those below please e-mail them by the 25th of the previous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

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CALENDAR (continued)

MARCH 8-YAKIMA: "Heart Healthy Eating Part II" 12:15-1:00 pm. This class will be a continuation of Pzrt 1, to include understanding label facts and foods/products marketed as "functional" (i.e., omega 3 fats, phytonutrients, plant stanols/sterols, prebiotics, probiotics, antioxidants, etc.) Sponsored by *Senior Extra*. Fee: Free. To be held at Yakima Regional Medical and Cardiac Center, 110 S 9th Ave. To register call (509) 573-3592

MARCH 8-YAKIMA: "Red Hot Mamas Event-Catching your Zzzzz's" 6:00-7:30 pm. Understand the hormonal changes that occur during and after the menopause transition that influences our sleep, memory moods, and self. Sponsored by Memorial Third Age in Memorial Hospital's Education Center, 2506 W Nob Hill Blvd. No charge, to register call (509) 577-5015

MARCH 8-YAKIMA: "Coming of Age, With Aging Loved Ones" 6:00-8:00 pm. Hoarding: When trash is treasured and becoming my age. Sponsored by Memorial Hospital's Third Age at the Harman Center 65th Summitview. No charge.

MARCH 9-YAKIMA: "Tools and tips for Quitting Tobacco" 1:30-2:15 pm. A Tobacco Control Manager from the American Lung Association will help you to understand nicotine addiction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan. Sponsored by *Senior Extra*. Fee: Free. To be held at Yakima Regional Medical and Cardiac Center, 110 S 9th Ave. To register call (509) 573-3592

MARCH 9-YAKIMA: "MEDS" 12:00-1:30 pm. A personal consultation with a licensed pharmacist to get comprehensive information on all of the medication you are currently taking. Sponsored by Memorial Third Age. No charge, registration required (509) 577-5015

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

MARCH 10-YAKIMA: "The ABCs of Diabetes" 2:15-3:00 pm Diabetes is such an important risk factor for heart attack that it is often referred to as "another name for heart disease." Type 2 diabetes puts you at three times the risk for the development of cardiovascular disease. This class helps you recognize the signs and symptoms. Sponsored by *Senior Extra*. Fee: Free. To be held at Yakima Regional Medical and Cardiac Center, 110 S 9th Ave. To register call (509) 573-3592

MARCH 10-YAKIMA: "Solutions for Varicose Veins" 6:30-7:30 pm. risk factors, screenings, diagnosis, treatment options and prevention. Sponsored by Memorial Third Age at 'Ohana, 1515 West Yakima Ave. No charge. (509) 453-4615

MARCH 12-YAKIMA: "The Springs, Memorial Rehabilitation and Occupational Medicine First Anniversary Open House" 11:00 am-3:00 pm. Meet the staff, tour the facility, learn about new physical and occupational therapy programs and health services and wellness program. Sponsored by Memorial Third Age at The Springs, 302 South 10th Ave.

MARCH 8-YAKIMA: "Coming of Age, With Aging Loved Ones" 6:00-8:00 pm. Life in the final chapter. Sponsored by Memorial Hospital's Third Age at the Harman Center 65th Summitview. No charge.

MARCH 16-YAKIMA: "Vascular Health: Go with the Flow" 6:30-7:30 pm. A healthy body means going with the flow-blood flow, that is. Learn the warning signs of vascular disease and how you can keep your arteries clean and clear. Sponsored by Memorial Third Age in the Memorial Hospital auditorium, 2811 Tieton. No charge, no registration required

MARCH 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

MARCH 17-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 your medications straight. Sponsored by *Senior Extra*. Fee: Free. To be held at Yakima Regional Medical and Cardiac Center, 110 S 9th Ave. To register call (509) 573-3592

MARCH 17-18-YAKIMA: "Save A Buck Grown Up Driver's Education" 8:30 am-12:00 pm. Completion of this course entitles you to a reduction in auto insurance for those over 55. Sponsored by Memorial Third Age at Memorial Hospital's Education Center, 506 W Nob Hill Blvd. Fee: \$5. Register at (509) 577-5015



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

CALENDAR (continued)

MARCH 22-ELLENSBURG: "Self-Management Diabetes Classes" 9:00 am-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. (509) 962-7373

MARCH 22-YAKIMA: "Stress Reduction" 12:00-12:45 pm. Life is stressful! This class will introduce you to 15 different relaxation states, and even better, several approaches to creating them. Sponsored by *Senior Extra*. Fee: Free. To be held at Yakima Regional Medical and Cardiac Center, 110 S 9th Ave. To register call (509) 573-3592

MARCH 22-YAKIMA: "Coming of Age, With Aging Loved Ones" 6:00-8:00 pm. Living better with low vision and safety solutions for safe living.. Sponsored by Memorial Hospital's Third Age at the Harman Center 65th Summitview. No charge.

MARCH 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

MARCH 23-YAKIMA: "Hospice through the Ages" 2:30-3:30 pm. Sponsored by Memorial Third Age. No charge. For information call (509) 577-5015

MARCH 24-YAKIMA: "Memorial Transitions" 2:00-3:00 pm. Comfort focused services to adults with life limiting illnesses and their families. Sponsored by Memorial Third Age. To be held at Orchard Park Retirement 620 N 34th Ave. No charge.

MARCH 24-YAKIMA: "Hypertension-The Silent killer" 12:15-1:00 pm. Hypertension (or high blood pressure) is called the Silent Killer because it often has no symptoms. Increases your risk of heart disease and stroke, so knowing your blood pressure numbers is important. Class provides information on normal blood pressure values, what causes high blood pressure who is most likely to develop it, and ways to keep your blood pressure with in normal limits. Sponsored by *Senior Extra*. Free. Yakima Regional Medical and Cardiac Center, 110 S 9th Ave. (509) 573-3592

MARCH 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. To schedule an appointment call (509) 574-1934

MARCH 28-YAKIMA: "Coping with Chronic Pain" 1:00-1:45 pm. tis class, you will learn the practical strategies for improving your quality of life, even while suffering from chronic pain. Sponsored by *Senior Extra*. Fee: Free. To be held at Yakima Regional Medical and Cardiac Center, 110 S 9th Ave. To register call (509) 573-3592

MARCH 29-YAKIMA: "Getting To Sleep" 4:00-4:45 pm. Would you like to look forward to going to bed and getting a good night's rest? This class covers the basics of good sleep hygiene. Come and sleep better. Sponsored by *Senior Extra*. Fee: Free. To be held at Yakima Regional Medical and Cardiac Center, 110 S 9th Ave. To register call (509) 573-3592

MARCH 29-YAKIMA: "Stress Reduction" 12:00-12:45 pm. Life is stressful! This class will introduce you to 15 different relaxation states, and even better, several approaches to creating them. Sponsored by *Senior Extra*. Fee: Free. To be held at Yakima Regional Medical and Cardiac Center, 110 S 9th Ave. (509) 573-3592



"This report paints a picture of the Baby Boomer generation whose health and financial security are in jeopardy because of rising health-care costs and declining coverage," Cathy Schoen, senior vice president at Commonwealth Fund, said. "The good news is that the Affordable Care Act is already making a difference and things will continue to improve. We will enter a new era in health care with an end to turning people down for health insurance because of age and health."

But Devon Herrick, a senior fellow with the National Center for Policy Analysis, is worried that these forthcoming changes could skew the system for the worse. "The age cohort with the highest medical costs -- and, incidentally, more money -- are the ones that stand to get subsidies," he said. "The other half they're getting the subsidies from are those paying taxes or 22-year-olds."

My fear is that those who are young and healthy will [decide to] pay the penalty because they can always sign up when they're sick. If no one signs up except those that are sick, the cost could go up."

Some 57 million men and women in the United States are aged 50 to 64. "About 8.6 million are uninsured, [and] nearly 10 million older adults have such high out-of-

more on page 8...

CALENDAR (continued)

MARCH 29-YAKIMA: "Avoiding Negative Outcomes" 1:00-2:30 pm. A look at prescription and over the counter medications. Bring your current medications for review. Sponsored by Memorial Third at the Harman Center, 65th and Summitview. No charge. For information call: (509) 577-5015

MARCH 31-YAKIMA: "Heart Basics" 12:15-1:00 pm. This class is designed to give you an understanding of cardiac risk factors and ways to reduce them, signs and symptoms of a heart attack, and the importance of early detection and treatment. Sponsored by *Senior Extra*. Fee: Free. To be held at Yakima Regional Medical and Cardiac Center, 110 S 9th Ave. To register call (509) 573-3592

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

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

APRIL 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

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

34.7 percent of the patients were at risk due to drinking alone or drinking in combination with existing health problems or medications, and 19.5 percent fell into multiple risk categories.

Of those at risk, over 56 percent were in at least two risk categories, and 31 percent were in all three risk categories.

At-risk drinking was 2.5 times more likely among patients who had not graduated from high school than among those who had completed graduate school.

Patients with annual household incomes between \$80,000 and \$100,000 were 1.5 times more likely to be at risk than those with incomes under \$30,000.

Those 80 or older were about half as likely to be at risk as patients between 60 to 64 years old.

At-risk drinking was less than half as common among Asians as among whites.

"In summary, even among our relatively advantaged study patients, as many as one in three who continued to consume alcohol into older adulthood were at risk of harm from drinking," lead study author Andrew Barnes, a researcher in the UCLA School of Public Health's department of health services, and colleagues wrote.

"Physicians may be less aware of other alcohol-related risk factors common among the elderly (e.g., interactions with select medications and comorbidities) than the risks associated with heavy drinking," they concluded.

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

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

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

Send us your event pictures!



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, 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

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. (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

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. Potential volunteers must have a criminal background check done by the agency. 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. Contact Sirena Phillips (509) 574-1933



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VOLUNTEERS NEEDED (continued)

YAKIMA

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

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

The *Discovery Shop* has 2 volunteer opportunities available. Volunteers are needed to price household items and set up displays Thursday and some Saturday mornings. Volunteers are also needed as cashiers to fill when needed. Training is provided for both opportunities. 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 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. 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. Megan Turne (509) 965-7100, 1-800-246-2962 or mturner@cfcisyakima.org

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

MCIP (Mentoring Children of Incarcerated Parents) needs volunteers to create one-on-one relationships with a child, helping them build their self-esteem and motivating them to set goals to work towards. Plan to give a one year commitment. Potential mentors must be at least 21 years of age and have a criminal background check done by the agency before volunteering. Call Sirena 509-574-1933.

Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children There are a variety of volunteer opportunities available. For more information contact www.northwestwishes.org. 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.



VOLUNTEERS NEEDED (continued)

Pegasus Project needs sidewalker volunteers to help out at the Tumbleweed Ranch. Directly responsible for assisting student horse riders. Volunteers walk/jog on the side of the horse, supporting the rider, under the supervision of the riding instructor. Should have good communication skills; feel comfortable around horses and a ranch environment; and they enjoy and are comfortable working with riders with disabilities. Training (TBA) will take place in 2 parts. Potential volunteers must have a criminal background check done by the agency before volunteering. 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 provided. Volunteers needed Tues or Thurs 10:00-2:00 pm. (509) 574-1933

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. 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. 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. 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, you must meet income eligibility requirements and be at least 55 years of age.

pocket costs relating to health they are underinsured," said Commonwealth Fund Vice President Sara Collins, a co-author of the report. This group of adults, two-thirds of whom have one or more chronic health problems and more difficulty accessing care, also has record unemployment, and many reported having difficulty finding affordable health insurance, she added.

Many Boomers are racking up medical debt and 75 percent are foregoing needed medical care, while nearly half are skimping on preventive care. More than half of the uninsured women in this age group, for example, had not had a mammogram in two years, according to the report.

The report predicts that 18.3 million men and women in this age group will gain some kind of benefit from the act, including 6.8 of 8.6 million uninsured gaining coverage and 1.4 million who already have health insurance picking up better benefits.

Among The Bill's Other Potential Benefits

More than 102 million people will no longer have a lifetime limit or "cap" on insurance coverage.

The insured will have access to free mammograms, colorectal cancer tests and other screenings, along with preventive care, such as vaccines.

Sick people will no longer have to pay more than their healthier counterparts.

The temporary Early Retiree Health Benefits Reinsurance Program for Employers, which runs until 2014, helps employers provide benefits for employees who retire early.

People living in the south and southwest, including Florida, New Mexico and Texas, which have the highest rates of uninsured Baby Boomers (sometimes more than one-fifth) stand to benefit the most.

The report's authors were optimistic about the bill's impact, even in the face of current challenges. "It is moving forward," said Collins. "The Affordable Care Act is the law of the land. A lot of the pieces have gone into place already this year."

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VOLUNTEERS NEEDED (continued)

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

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

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

Wellness House is looking for a volunteer for Tuesday afternoons 1:00-4:00 pm to work at the reception desk answering phones, greeting clients and performing other duties that may be required by the staff. Good computer skills are a plus. For more information please contact Eunice 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. Contact Kathleen Parry, Life Enrichment Coordinator, Wynwood of Yakima Brookdale Senior Living (509) 965-0111 kparry@brookdaleliving.com

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

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

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

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

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VOLUNTEERS NEEDED (continued)

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

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

Yakima Neighborhood Health Services is looking for volunteers for their "Reach Out and Read" program. Volunteers will promote early childhood development through literacy and demonstrate to parents how to read to their children. Potential volunteers should be patient, enjoy reading and working with children. Bilingual volunteers are desperately needed! Volunteers can work anytime Mon – Fri 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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