

# SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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**Yakima**



## Take Medications Properly

Medication can do great things for people—but only if they take it. And a lot of people aren't taking it.

Half of patients in the developed world don't properly take their drugs for chronic conditions, according to the World Health Organization. The additional costs for treating diseases that progress unchecked run into the hundreds of billions of dollars a year. One study estimates nearly 90,000 people die prematurely in the U.S. each year because of poor adherence to high-blood-pressure treatment alone.

So how do you get people to take their medicine? There isn't one answer, because there isn't one reason people aren't sticking to their regimens. Cost, forgetfulness, side effects and doubts about effectiveness can all be factors, among others. And for many people the health-care system isn't designed to monitor or encourage adherence to drug prescriptions.

But there are plenty of health-care professionals and researchers tackling this issue, and they have some ideas about what can be done and what should be done. Here are some of those ideas.



### Follow Directions

A nationwide survey for a pharmacists' group found many people failed to take a medication—or couldn't remember whether they had. Key findings:

- 49%** Forgot to take a prescribed medication
- 38%** Forgot they had taken a medication
- 31%** Did not fill a prescription
- 29%** Stopped taking the medication before the directions said to or before the supply ran out
- 24%** Took less than the recommended dosage
- 13%** Took someone else's prescription
- 11%** Received a prescription from a physician but substituted an over-the-counter drug
- 8%** Did not understand the instructions on how to take a medication
- 6%** Took more than the recommended dosage

Source: Nationwide survey conducted by The Polling Co. for the National Community Pharmacists Association, November 2006

more on page 4...

### 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**

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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 6-8 pm No Charge. Subjects change. 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 3-4 pm. Breathing purposefully helps regulate heart rate, blood pressure, and your psychological response to physical and emotional. Held at Memorial Hospital's Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd Floor. No charge, no registration necessary.

**YAKIMA:** "Blood Pressure Control" 8:00-9:00 am and 3:00-4:00 pm. Explore the risk factors of high blood pressure, otherwise known as the "silent Killer" Held at Memorial Hospital's Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd Floor. No charge, no registration necessary

### WEDNESDAY

**YAKIMA:** "Better Breathers Club" Support group for individuals and families with lung disease. 1:00-2:30 pm at Memorial Hospital Rehab and Wellness Center, 406 S 30th Ave. Free (509) 576-7650

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

## CALENDAR

**MAY 3-YAKIMA:** "Celebration of Life" 5:30-7:00 pm A free community opportunity to honor and celebrate the life of a loved one that has died in the pas 12 months. To be held at the Harman Center, 65th & Summitview. No charge. Sponsored Memorial Hospital's Third Age program. For information call (509) 574-3600

**MAY 3-ELLENSBURG:** "Kittitas Coming of Age with Aging Loved Ones" 7:00-8:30 pm. A 4 week educational series for seniors, their families, and caregivers. At Dry Creek Retirement & Assisted Living Community 818 E Mountain View Ave. No charge. Sponsored by Yakima Memorial's Third Age program. For information call (509) 925-8765 or (509) 674-5233

**MAY 4-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. At the Harman Center. For an appointment call (509) 574-1934

**MAY 4-ELLENSBURG:** "Self-Management Diabetes Classes" 6:00-9:00 pm. Jump-start your understanding of diabetes by joining a KVCH class. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. Class covers understanding diabetes and prevention, treatment and medications, Exercise, foot care, sick day management, eating for blood sugar control and health and making sense of blood sugar numbers and glucose monitors. Sponsored by Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. For questions and to register (509) 962-7373

**MAY 6-YAKIMA:** "How Your Heart works" 8:00-9:00 am and 3:00-4:00 pm. Hour heart affects everything about your life. Find out how and get your questions answered. No charge. Held at Memorial Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd floor. Sponsored by Memorial Hospital's Third Age program. Call (509) 575-7650

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



### CALENDAR (continued)

**MAY 10-ELLENSBURG:** "Kittitas Coming of Age with Aging Loved Ones" 7:00-8:30 pm. A 4 week educational series for seniors, their families, and caregivers. At Dry Creek Retirement & Assisted Living Community 818 E Mountain View Ave. No charge. Sponsored by Yakima Memorial's Third Age program. For information call (509) 925-8765 or (509) 674-5233

**MAY 10-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

**MAY 10-YAKIMA:** "Heart Healthy Eating Part I" 12:15-1:00 pm. Including a variety in healthy food choices is one of the most effective ways to reduce cholesterol, blood pressure, and maintain a healthy weight. This class covers nutritional guidelines supported by leading health organizations. It will help you take positive steps to a health lifestyle. Class is taught in the Yakima Regional Hospital's Medical Office Building. Call (509) 573-3592

**MAY 10-YAKIMA:** "Diabetes-Sure Start Class for Beginners" 9:00 am-12:00 pm and 1:00-4:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participant will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the \$780 class fee. Held in Memorial's Hospital's Community Education Center. Call (509) 249-5243

**MAY 11-YAKIMA:** "MEDS" 12:00-1:30 pm. Your personal consultation with a licensed pharmacist to get comprehensive information on all of the medications you are currently taking. No charge. Sponsored by Memorial Hospital's Third Age program. To register call (509) 576-7650

**MAY 11-YAKIMA:** "Tools and Tips for Quitting Tobacco" 1:30-2:30 pm. A Tobacco Control Manager from the American Lung Association will help you to understand nicotine addiction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan. Held In Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**MAY 12-YAKIMA:** "The ABCs of Diabetes" 12:15-1:00 pm. Diabetes is such an important risk factor for heart attack that it is often referred to as another name for heart disease. Type 2 diabetes puts you at three times the risk for the development of cardiovascular disease and this class helps you to recognize the signs and symptoms. Held in the Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**MAY 13-YAKIMA:** "Motivation to Change" 18:00-9:00 am and 3:00-4:00 pm. Evaluate how you deal with stress and how that affects you. At Memorial Rehabilitation & Wellness Center, 406 S 30th Ave., 2nd Floor. No Charge. Sponsored by Memorial Hospital's Third Age program. For information call (509) 576-7650

**MAY 14-ELLENSBURG:** "Free Document Shred Day" 9:00 am-3:00 pm. Held in conjunction with the Farmers Market. Open to the public, sorry no businesses. Kittitas County Sheriff deputies on hand to assist and answer questions Secure Data Base Shred Company. Sponsored by RSVP of Kittitas County. Call (509) 962-4311

**MAY 14-ELLENSBURG:** "Grandparent/ Grandchild Summer Safety Fair" 9:00 am-1:00 pm. Local agencies and organizations will be handing out information on safety: Bike helmets, skateboards, swimming, boating, first aid, fall prevention, etc. At the Raw Space in Ellensburg during the Farmers Market downtown. Sponsored by RSVP of Kittitas County. (509) 962-4311

**MAY 16-CLE ELUM:** "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. 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

**MAY 16-YAKIMA:** "Heart Healthy Eating Part II" 12:15-1:00 pm This class will be a continuation of part 1 to include understanding label facts and foods/ products marked as 'functional' (ie omega 3 fats, phytonutrients, plant stanols/sterols, prebiotics, probiotics, antioxidants, etc.) To be held in Yakima Regional Hospital's Medical Office Building. (509) 573-3592

**MAY 17-ELLENSBURG:** "Kittitas Coming of Age with Aging Loved Ones" 7:00-8:30 pm. A 4 week educational series for seniors, their families, and caregivers. At Dry Creek Retirement & Assisted Living Community 818 E Mountain View Ave. No charge. Sponsored by Yakima Memorial's Third Age program. For information call (509) 925-8765 or (509) 674-5233

**MAY 18-YAKIMA:** "Power of Attorney/ Living Wills" 8:00-9:00 and 3:00-4:00 pm. A sudden change in your health could necessitate changes in your medical wishes. Discover your options. At Memorial Rehabilitation & Wellness Center, 406 S 30th Ave., 2nd Floor. No Charge. Sponsored by Memorial Hospital's Third Age program. Call (509) 576-7650



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

### CALENDAR (continued)

**MAY 19-YAKIMA:** "Understanding Your Medications" 12:15-2:00 pm. A pharmacist will help answer your medication questions with regard to problems frequently encountered, how to make your prescription dollar count and how to keep all your medications straight. to be held in Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**MAY 19-20-YAKIMA:** "Jewelry Sale" 9:00 am-5:00 pm. Sponsored by Florence Marley Guild. Proceeds benefit Memorial Hospital programs. In Memorial's Cafe Courtyard, 2811 Tieton Drive. For information call (509) 575-8053

**MAY 21-ELLENSBURG:** "Free Document Shred Day" 9:00 am-3:00 pm. Held in conjunction with the Farmers Market. Open to the public, sorry no businesses. Kittitas County Sheriff deputies on hand to assist and answer questions Secure Data Base Shred Company. Sponsored by RSVP of Kittitas County. Call (509) 962-4311

**MAY 21-CLE ELUM:** "Grandparent/ Grandchild Summer Safety Fair" 9:00 am-1:00 pm. Local agencies and organizations will be handing out information on safety: Bike helmets, skateboards, swimming, boating, first aid, fall prevention, etc. At Roslyn Middle School Commons. . Sponsored by RSVP of Kittitas County. For information call (509) 962-4311

**MAY 23-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

**MAY 23-YAKIMA:** "Getting To Sleep" 12:15-1:00 pm. Would you like to look forward to going to bed and getting a good night's rest? This class covers the basics of good sleep hygiene. Come and sleep better! Held in the Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**MAY 24-ELLENSBURG:** "Kittitas Coming of Age with Aging Loved Ones" 7:00-8:30 pm. A 4 week educational series for seniors, their families, and caregivers. At Dry Creek Retirement & Assisted Living Community 818 E Mountain View Ave. No charge. Sponsored by Yakima Memorial's Third Age program. For information call (509) 925-8765 or (509) 674-5233

**MAY 24-YAKIMA:** "Diabetes-Sure Start Class for Beginners" 9:00 am-12:00 pm and 1:00-4:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participant will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the \$780 class fee. Held in Memorial's Hospital's Community Education Center. Call (509) 249-5243

**MAY 24-YAKIMA:** "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age pgm. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration (509) 249-5243

**MAY 25-YAKIMA:** "5 Wishes: Living Will" 2:30-3:30 pm. A type of Advance Directive. Meyer Auditorium Living Care Retirement Community, 215 N 40th Ave. No Charge. Sponsored by Memorial Hospital's Third Age Program. Call (509) 577-5015

**MAY 25-YAKIMA:** "Depression" 8:00-9am and 3-4pm The severity of depression determines the recovery of the patient. Early intervention makes a big difference.. Held at Memorial Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd Floor. Sponsored by Memorial Hospital's Third Age program. No charge. (509) 576-7650

**MAY 27-YAKIMA:** "Label Reading" 8:00-9:00 am and 3:0-4:00 pm Label reading is easy with easy to use tips and tools provided in class. Memorial Rehabilitation & Wellness Center, 406 S 30th Ave., 2nd Floor. No charge. (509) 576-7650

### More Refill Information

Doctors and other health-care providers need "some way of tracking to know if patients are refilling their medications, so we can step in and help people" if they aren't, says Robert Reid, a physician and researcher at Group Health Cooperative, a Seattle-based nonprofit health-care system that coordinates care and coverage.

Providers like Group Health and Kaiser Permanente, a large managed-care consortium based in Oakland, Calif., can track refills because they manage all aspects of their patients' care, so all information for each of their patients is collected in one easy-to-access electronic record. Alec Does, a family-medicine physician at Kaiser Permanente Anaheim Hills, says that when he shows patients records indicating they haven't been consistently filling their prescriptions, "90% of the time, they'll open up" and start talking about any issues they're having.

But most people don't get their care from such comprehensive providers, so their doctors rarely have access to their pharmacy records.

The technology to fix that problem exists, says Valerie Fleishman, executive director of NEHI, a national health-policy research institute based in Cambridge, Mass. "Physicians are sending prescriptions to the pharmacy, so we have the capability to close that feedback loop," she

*more on page 5...*

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509 979-6882*

## CALENDAR (continued)

**MAY 31-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

**MAY 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. Held in the Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**JUNE 1-YAKIMA:** "Health Insurance Counseling-SHIBA" 10:00 am-12:00 pm. Get answers to your questions about supplemental health insurance Medicare long-term care options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. Sponsored by Yakima Memorial Hospital's Third Age program at the Harman Center. To schedule an appointment call (509) 574-1934

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

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

**JUNE 8-YAKIMA:** "Getting To Sleep" 12:15-1:00 pm. Would you like to look forward to going to bed and getting a good night's rest? This class covers the basics of good sleep hygiene. Sleep better! Held in the Yakima Regional Hospital's ICCU Conference Room. (509) 573-3592

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says. The problem, she says, is that most doctors are paid for specific services, like office visits and medical procedures—not for managing their patients' health outcomes. So there is no financial incentive for them to take on the cost of tracking prescription refills.

There is no quick fix for this problem, Ms. Fleishman says, but the recently passed health-care overhaul bill includes funding for new models for care and payment that might do a better job of rewarding providers for doing whatever it takes to keep patients healthy.

### Get Pharmacists Involved

"Retail pharmacists appear to be able to play a really substantial role in encouraging patients to use their medications better," says William Shrank, an assistant professor of medicine in the division of pharmacoepidemiology at Brigham and Women's Hospital in Boston. "They are an underutilized resource."

At Stamford, Conn.-based customer-communications company Pitney Bowes Inc., on-site pharmacist Antonio Tierno says he talks with patients about their conditions and medications. If a patient is picking up a refill behind schedule, he'll ask what's up. "If a person is late, you need to find out why," he says.

Mr. Tierno says he always asks patients if they know why they're taking a drug. That conversation can help ensure that patients will take their medication, he says, by making the drug's benefits clearer to them and by making them feel more involved in their care.

A study by researchers at the Walter Reed Army Medical Center in Washington, D.C., published in the Journal of the American Medical Association, found that a pharmacy-care program for 200 people age 65 and older who were taking at least four medications for chronic conditions boosted adherence to 97% from 61% after six months. Patients were educated about their medications, including usage instructions; medications were dispensed in blister packs that made it easier to keep track of whether they had taken their pills for the day; and pharmacists followed up with patients every two months.

After 12 months, those who continued to get the pharmacy care kept their adherence at about 96%, while adherence among those for whom the program was discontinued dropped to 69%.

Nurses talking with patients as they were discharged from the hospital were right behind pharmacists in terms of how often they successfully encouraged patients to take their medications as directed.

*more on page 8...*

### CALENDAR (continued)

**JUNE 8-YAKIMA:** "Tools and Tips for Quitting Tobacco" 1:30-2:30 pm. A Tobacco Control Manager from the American Lung Association will help you to understand nicotine addiction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan. Held In Yakima Regional Hospital's ICCU Conference Room. For additional information call (509) 573-3592

**JUNE 9-ELLENSBURG:** "Self-Management Diabetes Classes" 6:00-9:00 pm. 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. 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

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

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Benefits Advisor. Sponsored by Yakima Memorial Hospital's Third Age program at the Harman Center. To schedule an appointment call (509) 574-1934

**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:** Sponsored by Memorial Hospital's Third Age program. 3:30-5:00 pm at Living Care Retirement Community, The Village Center Activity Room, 215 B 40th Ave. For information call (509) 853-2504

## 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. Call Hospice Dept for 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



### 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, 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. 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. Jacklyn King or Lisa Hall (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 2-1/2-18 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](http://www.northwestwishes.org). To sign-up and receive application materials email Volunteer Manager Jeni Miller at [volunteer@northwestwishes.org](mailto:volunteer@northwestwishes.org)

### Treat Patients as Individuals

Every patient's story is different—so every solution has to be tailored to the individual.

The first step is to engage the patient with a simple, open-ended question, says Elizabeth Oyekan, area pharmacy director at Kaiser Permanente South Bay Medical Center: What's getting in the way of picking up your medications?

"That will give you some concrete information, and then you target the solution to the individual patient," she says. Kaiser has created a set of online tutorials to help doctors and others engage more effectively with patients who are skipping their medications.

If a patient is worried about side effects, a health-care provider might offer a substitute for the medication, or a lower dose. For the forgetful, it could be as easy as using a simple pillbox, or maybe something more technologically advanced, such as text-message reminders or souped-up pillboxes with audio or visual alerts.

If money is the problem, the solution may be generic substitutes, a mail-order program (which not only provides drugs at a lower cost but also helps those who have trouble getting to a pharmacy), or a drug company's assistance program.

In many cases, though, problems can be addressed only by looking at medication adherence as a behavioral issue with often complex roots, says Alan Christensen, chairman of the psychology department at the University of Iowa. As with diet and exercise, getting people to change their behavior can be difficult.

"There's more and more interest in how to better motivate and engage patients beyond just simply reminding them or reducing financial barriers or simplifying therapy," says Dr. Shrank. Multifaceted programs that entail various combinations of those elements and education delivered by health-care professionals have shown promise in studies, but "we don't have a good sense of what precisely is the right mix," Dr. Shrank says. And, he says, if that ideal mix turns out to involve a lot of expensive face time, someone will have to figure out how to implement those efforts in a cost-effective way.



### VOLUNTEERS NEEDED (continued)

*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 Dottie 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.

*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. 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. Contact Juliette Macias 509-248-6727 ext 249.



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

*RSVP of Yakima County* is looking for a diverse group of individuals to serve as volunteer community educators. This group of volunteers will present to professional and community groups on the topic of senior fall prevention. If you are concerned about the health of older adults in our community and the ability of seniors to age in their own homes, then this is a great opportunity to help the fastest growing segment of our population. (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. 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 and be at least 55 years of age. Thank you for your interest in volunteering.

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

*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](mailto:eunice@wellness-house.org) or (509) 575-6686

*Wynwood of Yakima* is looking for volunteers to work in their residents areas that include: crafts, baking, nail salon, board games and then a "wild card" volunteering opportunity where the person responds to the need of the day or week, group or individual. Interested individuals need to pick up a one page background release, wait week for the check to clear, complete an application and then you are ready to go! Volunteering is very rewarding, lots of wonderful people and staff call Wynwood their home and home away from home and most likely a volunteer will reap profound benefits by giving their time and energy. Contact Kathleen Parry, Life Enrichment Coordinator, Wynwood of Yakima Brookdale Senior Living (509) 965-0111 [kparry@brookdaleliving.com](mailto:kparry@brookdaleliving.com)

## VOLUNTEERS NEEDED (continued)

*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.

*Yakima Valley Visitor Information Center* is looking for Travel Ambassador volunteers. Volunteers would help travelers find events and activities in the Yakima Valley, assist with customer purchases and keeping information racks and gift shop stocked. Volunteers needed May thru September Mondays-Friday 1:00-5:00 pm and Sunday 11:00 am-2:00 pm. For more information regarding this volunteer opportunity please contact Sirena Phillips (509) 574-2933

*Volunteer Tutors Needed:* The Southeast Community Center Tutoring Program is currently seeking adult volunteer tutors for youth in grades K-12. Tutors will provide homework assistance and basic tutorials. Training 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. Contact Eunice at (509) 575-6686 or [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. 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. 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. (509) 574-1933

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Monday & Friday	<b>Tai Chi</b> -treat your body to a gentle & relaxing workout. Harman Center 65th & Summitview 9:30 -10:30 a.m. 1 session/wk \$10, 2 session/wk \$15.00. Register at (509) 575-6166
Tuesdays	<b>Diabetes Blood Sugar and Foot Screenings-</b> For most accurate blood sugar screening results, do not eat or drink anything 8-12 hours prior to screening. Center for Diabetes Prevention & Control, 2811 Tieton Drive, Yakima Available Tuesday mornings, 8 - 10 a.m. THIRD AGE MEMBER PRICE, \$3 for each screening
3-May	<b>Celebration of Life</b> -A free community opportunity to honor and celebrate the life of a loved one that has died in the past 12 months. Harman Center, 65th & Summitview, Yakima 5:30 - 7:00 p.m. No charge. Information at (509) 574-3600
6-May	<b>How Your Heart Works</b> - Your heart affects everything about your life. Find out how and get your questions answered. Memorial Rehabilitation & Wellness Center. 406 S 30th Av, 2nd Floor, Yakima 8-9 a.m. and 3-4 p.m. No charge. Information at (509) 576-7650
11-May	<b>MEDS</b> - Your personal consultation with a licensed pharmacist to get comprehensive information on all of the medication you are currently taking. 12:00 - 1:30 p.m. No charge. Register at (509) 577-5015
13-May	<b>Motivation to Change</b> - Evaluate how you deal with stress and how that affects you. Memorial Rehabilitation & Wellness Center. 406 S 30th Av, 2nd Floor, Yakima 8-9 a.m. and 3-4 p.m. No charge. Information at (509) 576-7650
18-May	<b>Power of Attorney / Living Wills</b> - A sudden change in your health could necessitate changes in your medical wishes. Discover your options. Memorial Rehabilitation & Wellness Center. 406 S 30th Av, 2nd Floor, Yakima 8-9 a.m. and 3-4 p.m. No charge. Information at (509) 576-7650
19-May 20-May	<b>Jewelry Sale</b> - Sponsored by Florence Marley Guild. Proceeds benefit Memorial Hospital programs. Memorial's Café Courtyard 2811 Tieton Drive, Yakima 9:00 a.m. -5:00 p.m. Information at (509) 575-8053
25-May	<b>5 Wishes:Living Will</b> - A type of Advance Directive Meyer Auditorium Living Care Retirement Community, 215 N 40th Ave, Yakima 2:30-3:30 p.m. No charge. Information at (509) 577-5015
25-May	<b>Depression</b> - Following a cardiac event, the severity of depression determines the recovery of the patient. Early intervention makes a big difference. Memorial Rehabilitation & Wellness Center. 406 S 30th Av, 2nd Floor, Yakima 8-9 a.m. and 3-4 p.m. No charge. Information at (509) 576-7650
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