

SENIOR REVIEW

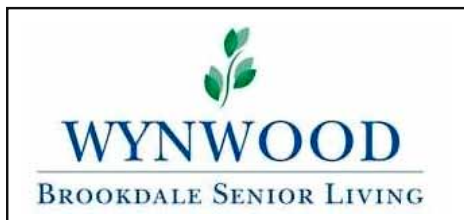
Weekly Information and "Hot Sheet" Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

Yakima



Richland



Prevent A Stroke In 5 Simple Steps

Did you know that 80 percent of all strokes are preventable? That figure, from the National Stroke Association, illustrates just how important it is that you know the steps necessary to prevent a stroke from affecting your life. What might surprise you is that many of those steps are lifestyle suggestions you've heard before - they just have the added benefit of helping to ward off a stroke.

In honor of May being Stroke Awareness Month, Life Line Screening wants to share the list of lifestyle changes that can help aid in stroke prevention and to remind you that a preventive stroke screening can help you identify your particular risk factors. Knowing exactly how you can protect yourself from a stroke - which affects approximately 800,000 Americans each year - may inspire you to take action.



Many people are taking the steps to improve the quality of their lives. Even though the modifications can be difficult, the life-saving benefits they can offer are worth the effort. Only you can make the decision to take control of your wellness. Start with these simple steps:

Step 1. Don't smoke. If you smoke, quitting is one of the most important things you can do to decrease your chances of a stroke. Puffing on tobacco sets the stage for a stroke in the following ways:

Why it's important:

* Smoking is linked to an accumulation of plaque in your carotid arteries, which supply blood to your brain. Blockage in these arteries, including plaque, is the leading cause of stroke.

Carbon monoxide from smoking lowers the amount of oxygen that your blood can carry to your brain and makes your blood more likely to clot. Blood clots in an artery that supplies blood to your brain can trigger a stroke.

...more on page 9

SeniorPages.com

Tri-Cities/Walla Walla



Advanced Medical & Respiratory Supply



Moses Lake



Union Gap



SEMINARS/CLASSES/EVENTS/MEETINGS

SUNDAY

KENNEWICK: "Family Pancake Breakfast" the first Sunday of every month 8:30-11:30 am. A traditional home cooked breakfast served by volunteers! Also enjoy the sounds of Margie and Her SideKicks Band from 9:00-11:00 am. Pay at the door, Kennewick Senior Center, 500 S Auburn. (509) 585-4303. Sponsored by Kennewick Senior Center and The Manor At Canyon Lakes.

MONDAY

HERMISTON: "Look Good, Feel Better" FREE classes sponsored by the American Cancer Society for those seeking makeup and skin care strategies to help when cancer and cancer treatment causes sensitive skin and hair loss issues. Conducted by local cosmetologists with specialized training and licensing. These classes are interactive and provide free makeup kits for all participants. 2:00-4:00 pm at Good Shepherd Community Wellness Center. Please call Mary Hensal at (541) 449-1352 to pre-register.

KENNEWICK: "Clay Sculpting" – Meet other enthusiastic sculptors and sculpt new creations or finish an existing project, no experience necessary. Please bring your own supplies and projects. Class is ongoing, join anytime! Join us Mondays, 1 pm – 2 pm, 50¢ per person. For information call the Kennewick Senior Center at (509) 585-4301

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

PENDLETON: "First Aid Class" First Monday of each month (unless holiday then Second Monday) 1:00-5:00 pm or 5:00-10:00 pm. Please call for further information. Certification cards are valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-

registration required. Contact Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

MONDAY, WEDNESDAY & FRIDAY

KENNEWICK: "Walk-Together" Summer is here and it is time to develop a healthy habit with this Free & Friendly walking group. We encourage everyone to get fit, get to know new people and rediscover Keewaydin Park & Downtown Kennewick. For those interested, we will walk on Monday, Wednesday and Friday mornings at 9:00am. This activity is free for anyone interested. For more information call Kennewick Senior Center at 585-4303.

MONDAY & WEDNESDAY

HERMISTON: "Exercise Band Class" Increase our strength and flexibility. Perfect for seniors! Mondays: 12:00-12:30. Wednesdays 11:30-12:00 pm. Instructor Paula Hagel, BS, GSMC Wellness Coordinator, Certified American College of Sports Medicine-Clinical Exercise Specialist. to be held in the Good Shepherd Community Wellness Center. Fee: \$15 for 10 weeks; \$5 per resistance band. For more information please call (541) 667-3509


TUESDAY

CHELAN: "Diabetes Education". Held the third Tuesday of each month, 6:30 pm at Columbia Valley Community Health, 317 E Johnson. The group is being held in the classrooms. Various topics/specialties are covered based on availability. Sponsored by Wenatchee Valley Medical Center. For questions call Shelley Wold, RD (509) 682-6198

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for the four-class series. For more information please call (541) 667-3509

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 Monday of each week. If you have any announcements similar to those below please e-mail them by Friday of each week to dale@seniorpages.com

Wenatchee



Columbia River Home Care



Barefoot Butterflies Adult Care



Columbia Heights Retirement & Assisted Living Community



Central WASHINGTON HOSPITAL



BONAVENTURE of East Wenatchee



HIGHLGATE SENIOR LIVING

Ellensburg



Kittitas Valley HEALTH AND REHABILITATION CENTER

SeniorPages.com

SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

KENNEWICK: Free blood pressure test at the Kennewick Senior Center, 500 S. Auburn. A certified nurse from The Manor at Canyon Lakes is at the center from 9:00-10:00 am. No appointments required.

MOSES LAKE: "Diabetes Education" The group classes are held monthly the first and fourth Tuesday of every month. During the spring and summer they run from 4:00-6:00 pm. Each session is four weeks in length. One-on-one appointments are also held with our Diabetes Educator. Instructor team includes a certified diabetes educator and registered dietitian. Covered by most insurance plans, including Medicare and Medicaid. A diabetic education referral must be completed by your provider to take this class. Sponsored by Wenatchee Valley Medical Center. Call to register at (509) 765-5606

RICHLAND: Free hearing screenings and hearing aid checks and cleanings the third Tuesday of each month from 10:00-11:00 pm in the wellness room at the Richland Community Center, 500 Amon Park Dr. The free tests are courtesy of Columbia Basin Hearing & Balance Center. To schedule an appointment call (509) 942-7529

WENATCHEE: "Overeater's Anonymous" Tuesdays 7:00 pm at First United Methodist Church, 941 Washington St. This is a fellowship, not a diet club. No weigh-ins, no dues or fees. OA's program is designed to help stop eating compulsively. For people of all sizes and types of eating problems or disorders. Call (509) 670-6046 or 662-0864 for information.

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: "Sure-Start Diabetes Education" Three hour introduction course Tuesdays 9:00 am-Noon or 1:00-4:00 pm at Memorial

Hospital's Community Education Building, 2506 Nob Hill Blvd. Registration required. Call (509) 249-5243

TUESDAYS & THURSDAYS
MOSES LAKE: "Stay Active & Independent for Life" It works...you'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls. It's safe, the instructors are experienced and skilled, and exercises have been tested with seniors. It's fun, you'll meet other seniors and make new friends. 10:00am At the Moses Lake Senior Center, 608 E Third Ave. For more information call (509) 765-7809 email: mlsenior@gemsi.com

WEDNESDAY
KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

KENNEWICK: "Casual Woodcarving" Have a love for woodcarving? Come meet with others that share the same passion. We have many figurines, ornaments and projects to choose from. Participants provide their own wood, tools, and supplies. Ongoing class at Kennewick Senior Center 1:00-3:00 pm. Fee: 50 cents. To register call (509) 585-4303

PENDLETON, OREGON: "CPR/AED Class" Every third Wednesday of the month. 1:00-5:00 pm or 6:00-10:00 pm. Our classes are all inclusive, Adult, Child and Infant CPR/AED. Certification cards valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Contact Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

RICHLAND: On the first Wednesday of each month, Healthy Ages, a program of

WHAT AN OPPORTUNITY!

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

SEMINARS/CLASSES/ EVENTS/MEETINGS (continued)

Kadlec Medical Center, conducts a class devoted to sorting out Medicare questions. The class is tailored to meet the needs of those with retiree plans as their secondary insurance, and for those who need to find a Medigap or Medicare Advantage Plan. Class also includes information regarding Medicare Part D drug plans. 9:00 am-1:00 pm. and 1:00-3:00 pm. To register call Janet at Health Ages. (509) 942-2700

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

THURSDAY

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 7. Fee: \$25 for the four-class series. For more information please call (541) 667-3509

KENNEWICK: "Free Hearing Screenings" Hearing care from our experienced Audiology Certified professionals. Sponsored by Columbia Basin Hearing & Balance Center. Call (509) 396-6950

RICHLAND: Free blood sugar and blood pressure testing on the third Thursday each month. A nurse from Richland Rehab & Eagle Assisted Living will be giving the free tests. The test takes just minutes and there is no need to fast prior to being tested. Blood sugar results are given immediately. No appointments are necessary. 1:00-1:30 pm.

WENATCHEE: "Tops Take Off Pounds Sensibly" Nonprofit support group for weight loss. Every Thursday at 5:15 at the Nazarene Church, 1011 S Miller. Contact Sherrie Schmitt (509) 548-5498

CALENDAR

AUGUST 3-WENATCHEE: "Diabetes: Best Practice" This class will provide evidence-based information that participants can integrate into best practices for inpatient glycemic control. quality improvement tools will be introduced for the care of diabetic and hyperglycemic patients as well as the rationale behind their use. Fee: \$40. Sponsored by Central Washington Hospital, 1201 S Miller St, Room G, GHATE House. Contact Jan Fahl, Education Services (509) 664-3475 education@cwhs.com

AUGUST 3-YAKIMA: "Diabetes" 7:00-8:00 pm. You are invited to join in our free sharing and support meetings. Participants have common concerns, goals, and interests as related to living with diabetes. Facilitated by a certified diabetes educator in Memorial Hospital's Classroom C, Loser Level. For information call (509) 249-5243

AUGUST 10-KENNEWICK: "Basic Life Support and Heartsaver Instructor Course" 2:00-5:00 pm. This instructor course was developed according to the guidelines of the American Heart Assn. for Basic Life Support and Heartsaver CPR instructors. Upon completion, the participant will be credentialed to teach all Basic Life Support courses the American Heart Assn. sponsors. This course consists of a self-study core instructor course and classroom instruction. Fee: \$275. Renewal course fee: \$60. For information call: (509) 586-5119

AUGUST 10-YAKIMA: "Diabetes Sure Start Class For Beginners" 9:00 am-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 participant will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the cost of the class. Fee: \$70. To be held at Memorial Hospital's Community Education Center. For more information call (509) 249-5243

AUGUST 11-YAKIMA: "M.E.D.S. (Medication Education Designed for Seniors)" 12:00-1:30 pm. Location varies. This is your personal consultation with a licensed pharmacist where you will

receive comprehensive information on all the medications you are currently taking. This free service will help you learn safe and effective ways to take your medication and avoid potentially dangerous drug interactions. Caretakers are also encouraged to attend. Please bring prescriptions, over-the-counter medications and any herbs you may be taking with you to your appointment. FREE. By appointment only. Sponsored by Yakima Memorial Hospital's Third Age program. Call (509) 575-8484

AUGUST 11-MOSES LAKE: "Healthcare Provider CPR Renewal" 8:30-9:30 am. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers, professions such as nurses, nursing or medical assistants, physical and occupational therapists, etc. Sponsored by Samaritan Healthcare. To register or for more information call the Education Center at (509) 793-9690

AUGUST 11-ELLENSBURG: "Diabetes Support" The KVCH Diabetes Education and Support group provides continuous educational support to help individuals manage their disease more effectively. The group's monthly meetings offer the latest information on diabetes self-care, nutrition, and an opportunity to talk to others living with diabetes. This month's meeting will include a picnic and business meeting. For more information please call (509) 962-7433

AUGUST 12-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

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

CALENDAR (continued)

AUGUST 12-WENATCHEE: "BLS Renewal & Annual Clinical Skills Day 2010" Designed to verify competency in specific hands-on skills. Topics include: BLS update, WAVE testing, Glucometer verification, and restraint release demonstration. BLS updates and clinical skills will be offered 3 times each day. BLS will take approximately two hours. Schedule through your director or manager. Fee: \$25 Sponsored by Central Washington Hospital, 1201 S Miller St, Room C. For additional information contact Jan Fahl, Educations Services (509) 664-3494 email: education@cwhs.com

AUGUST 12-13-YAKIMA: "Getting There Safely" 2-day safe drivers class for seniors. 8:30 am-12:00 pm After successfully completing the course you receive a reduction in your auto insurance Topics include: Tune up your driving skills and update your knowledge of the rules of the road, learn defensive driving techniques and discover ways to handle left turns, right away highway traffic and blind spots. Sponsored by Yakima Memorial Hospital in the Memorial Community Education Center. Fee: \$5 (collected the first morning) Call (509) 575-89484

AUGUST 12-13-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

AUGUST 13-ELLENSBURG: "Self-Management Diabetes Classes" Jump-start your understanding of diabetes by joining a Kittitas Valley Community Hospital Diabetes Self-Management Training 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. Pre-registration

and physician referral required. Family members are welcome and encouraged to accompany you. Insurance billing provided. For questions and to register call (509) 962-7373

AUGUST 13-MOSES LAKE: "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First aid & CPR classes that meet L&I requirements for day care providers, foster care providers, and other job-required card holders. To register by phone phone or for other information contact the Education Center at (509) 793-9690

AUGUST 16-ELLENSBURG: "Self-Management Diabetes Classes" 6:00-9:00 pm. Jump-start your understanding of diabetes by joining Kittitas Valley Community Hospital self-management training classes. 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. To be held in the KVCH Conference Rooms A & B. Pre-registration and physician referral required. Insurance billing provided. Family members are welcome and encouraged to accompany you, free of charge. or questions and to register call (509) 962-7373

AUGUST 18-YAKIMA/UNION GAP: "24th Annual Yakima Senior Nutrition and Kiwanis Pioneer Picnic" Ahtanum Youth Activities Park in Union Gap. The day's activities start at (9:00 am with bingo, games and activities. Fresh fruit pastries and coffee will be available in the morning. Entertainment begins at 11:00. Reservations are required. No charge to seniors age 60 and over, however, a \$4.00 donation is suggested, but not required. persons under 60 accompanying a senior \$7.00. For reservations and/or transportation assistance call Yakima County Senior Nutrition Program at (509) 574-2200 or toll free 1-800-572-7354, ext. 2200.

AUGUST 18-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-9:00 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of adult and child AED. Fee: \$35. Sponsored by Kennewick General Hospital. For registration information please call (509) 586-5119

AUGUST 19-MOSES LAKE: "Healthcare Provider CPR" 8:00 am-Noon. This course is intended for healthcare provider and allied professionals, such as: physicians, nurses, nursing or medical assistants, physical and occupational therapists, etc. Sponsored by Samaritan Healthcare. To register or for more information contact the Education Center at (509) 793-9690

AUGUST 19-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

AUGUST 20-WENATCHEE: "ACLS Provider Renewal 2010" The American Heart Assn. ACLS Provider Renewal course provides the knowledge and skills necessary to perform as a member of an advanced cardiac life support team based on American Heart Assn. standards. Registrants must present a current ACLS provider card and be competent at identifying cardiac dysrhythmias, have solid knowledge of cardiac pharmacology, and be able to demonstrated one-rescuer BLS skills. Fee: \$200 Sponsored by Central Washington Hospital, 1201 S Miller St, Room C. For additional information contact Melissa Covenant, Educations Services (509) 664-3494 melissa.covenant@cwhs.com



YOUR CHOICE NOW FOR HOME HEALTH CARE! Licensed For Both Home Care & Home Health Care

Up to 24 Hour Care	Day/Night, Live-In/Live-Out Care	Weekends, Holidays
Affordable Hourly Rates	Temporary or Long Term	We're America's Choice

509-582-7800

CALENDAR (continued)

AUGUST 23-YAKIMA: "Health Insurance Counseling" 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. Once a month 30-minutes appointments available. The last appt. is at 11:30 am. Sponsored by Yakima Memorial Hospital at the Harman Center. (509) 575-8484

AUGUST 24-MOSES LAKE: "Healthcare Provider CPR Renewal" 8:30-9:30 am. For those that have previously taken Healthcare Provider CP/r and are comfortable with their skills. This course is intended for healthcare providers, professions such as nurses, ,nursing or medical assistants, physical and occupational therapists, etc. Sponsored by Samaritan Healthcare. To register or for more information call the Education Center at (509) 793-9690

AUGUST 24-YAKIMA: "Diabetes Sure Start Class For Beginners" 9:00 am-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 participant will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the cost of the class. Fee: \$70. To be held at Memorial Hospital's Community Education Center. For more information call (509) 249-5243

AUGUST 26-27-KENNEWICK: "AARP Driver Safety Course" The nation's first and largest classroom refresher course for motorists age 50 and older! Also, Washington /state law requires that insurance companies offer a discount to course graduates. Pre-registration and payment required. Sponsored by Kennewick Senior Center. Fee: \$12 for AARP member or \$14. Two-day class from 9:00 am-2:00 pm. Call (509) 585-4303

AUGUST 28-MOSES LAKE: "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First aid & CPR classes that meet L&I requirements for day care providers, foster care providers, and other job-required card holders. To register by phone phone or for other information contact the Education Center at (509) 793-9690

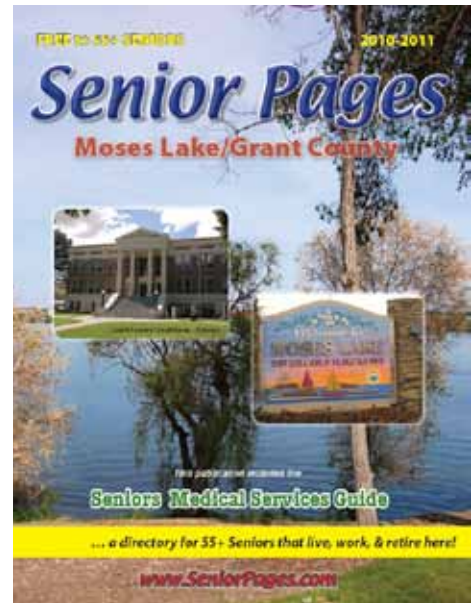
SEPTEMBER 1-KENNEWICK: "Food For Life" 5:00-78:00 pm. Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. First class will cover: Introduction to How Foods Fight Cancer. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, www.cancerproject.org To register or for more information call (509) 737-3427 or email: nancylyons@charter.net

SEPTEMBER 1-YAKIMA: "Health Insurance Counseling" 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. Once a month 30-minutes appointments available. The last appt. is at 11:30 am. Sponsored by Yakima Memorial Hospital at the Harman Center. (509) 575-8484

SEPTEMBER 7-YAKIMA: "Diabetes" 7:00-8:00 pm. You are invited to join in our free sharing and support meetings. Participants hare common concerns, goals, and interests as related to living with diabetes. Facilitated by a certified diabetes educator in Memorial Hospital's Classroom C, Loser Level. For information call (509) 249-5243

SEPTEMBER 8-KENNEWICK: "Food For Life" 5:00-78:00 pm. Second in a series of Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. Second class will cover: Fueling Up on Low-Fat, High Fiber Foods. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, www.cancerproject.org To register or for more information call (509) 737-3427 or email: nancylyons@charter.net

SEPTEMBER 8-MOSES LAKE: "Dining With Diabetes" 1:00-3:00 pm. A two part class for seniors with diabetes. Free of charge. You will receive recipes, watch cooking demos and taste foods made with less fat, sugar and salt. To be held at the Moses Lake Senior Center, 608 E Third Ave. Call Kathy at 800-572-4459 or 886-0700, ext: 220 so we will know how many will be attending. Second class is September 29th.



SEPTEMBER 8-YAKIMA: "M.E.D.S. (Medication Education Designed for Seniors)" 12:00-1:30 pm. Location varies. This is your personal consultation with a licensed pharmacist where you will receive comprehensive information on all the medications you are currently taking. This free service will help you learn safe and effective ways to take your medication and avoid potentially dangerous drug interactions. Caretakers are also encouraged to attend. Please bring prescriptions, over-the-counter medications and any herbs you may be taking with you to your appointment. FREE. By appointment only. Sponsored by Yakima Memorial Hospital's Third Age program. Call (509) 575-8484

SEPTEMBER 9-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-511

SEPTEMBER 9-10-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and

CALENDAR (continued)

Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

SEPTEMBER 11-CLOVER ISLAND/

TRI-CITIES: "Alzheimer's Association 2010 Memory Walk" At Clover Island. For additional information or to request an "off-line" registration form, contact Angie Spleiss, Memory Walk Coordinator. angie.spleiss@alz.org or call (509) 473-3390

SEPTEMBER 11-ELLENSBURG: "Self-Management Diabetes Classes" 9:00 am-12:00 Noon. Jump-start your understanding of diabetes by joining Kittitas Valley Community Hospital self-management training classes. 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. To be held in the KVCH Conference Rooms A & B. Pre-registration and physician referral required. Insurance billing provided. Family members are welcome and encouraged to accompany you, free of charge. or questions and to register call (509) 962-7373

SEPTEMBER 12-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

SEPTEMBER 14-YAKIMA: "Diabetes Sure Start Class For Beginners" 9:00 am-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 participant will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the cost of the class. Fee: \$70. To be held at Memorial Hospital's Community Education Center. For more information call (509) 249-5243

SEPTEMBER 15-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-9:00 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well

as training in the use of adult and child AED. Fee: \$35. Sponsored by Kennewick General Hospital. For registration information please call (509) 586-5119

SEPTEMBER 15-KENNEWICK: "Food For Life" 5:00-7:00 pm. Third class in the series: Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. Third class will cover: Discovering Dairy and Meat Alternatives. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, www.cancerproject.org To register or for more information call (509) 737-3427 or email: nancylyons@charter.net

SEPTEMBER 16-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

SEPTEMBER 21-KENNEWICK: "Basic Life Support and Heartsaver Instructor Course" 2:00-5:00 pm. This instructor course was developed according to the guidelines of the American Heart Assn. for Basic Life Support and Heartsaver CPR instructors. Upon completion, the participant will be credentialed to teach all Basic Life Support courses the American Heart Assn. sponsors. This course consists of a self-study core instructor course and classroom instruction. Fee: \$275. Renewal course fee: \$60. For information call: (509) 586-5119

SEPTEMBER 22-KENNEWICK: "Food For Life" 5:00-7:00 pm. Fourth and final class in the series. Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. Final class will cover: Cancer-Fighting Compounds and Healthy Weight Control. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, www.cancerproject.org To register or for more information call (509) 737-3427 or email: nancylyons@charter.net

SEPTEMBER 22-ELLENSBURG: "Self-Management Diabetes Classes" 9:00 am-12:00 Noon. Jump-start your understanding of diabetes by joining Kittitas Valley Community Hospital self-management training classes. 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. To be held in the KVCH Conference Rooms A & B. Pre-registration and physician referral required. Insurance billing provided. Family members are welcome and encouraged to accompany you, free of charge. or questions and to register call (509) 962-7373

SEPTEMBER 23-PACO: "17th Annual All Senior Picnic" 11:00 am-2:00 pm. \$5 per person. Pre-registration and payment required. Entry price at the door \$8. Please register by September 17th. To be held at TRAC. Entertainment, food, prizes, vendor booths, climate controlled. Hosted by Pasco Senior Center (509) 545-3459, Kennewick Senior Center (509) 586-4303 and Richland Senior Center (509) 943-7529

SEPTEMBER 27-YAKIMA: "Health Insurance Counseling" 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. Once a month 30-minutes appointments available. The last appt. is at 11:30 am. Sponsored by Yakima Memorial Hospital at the Harman Center. (509) 575-8484

SEPTEMBER 28-YAKIMA: "Diabetes Sure Start Class For Beginners" 9:00 am-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 participant will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the cost of the class. Fee: \$70. To be held at Memorial Hospital's Community Education Center. For more information call (509) 249-5243

SEPTEMBER 29-MOSES LAKE: "Dining With Diabetes" 1:00-3:00 pm. Second of a two part class for seniors with diabetes. Free of charge. You will receive recipes, watch cooking demos and taste foods made with less fat, sugar and salt. To be

CALENDAR (continued)

held at the Moses Lake Senior Center, 608 E Third Ave. Call Kathy at 800-572-4459 or 886-0700, ext: 220 so we will know how many will be attending.

SEPTEMBER 29-ELLENSBURG:

"Diabetes Support" The KVCH Diabetes Education and Support group provides continuous educational support to help individuals manage their disease more effectively. The group's monthly meetings offer the latest information on diabetes self-care, nutrition, and an opportunity to talk to others living with diabetes. This month's meeting Covers: "Make the most Out of Blood Glucose Checking". For more information please call (509) 962-7433

I DON'T DO DRUGS...



I GET THE SAME EFFECT BY STANDING UP FAST!



"The thing is, Mrs. Bronkosky, is that Mr. Bronkosky occasionally needs to be fed."

SUPPORT GROUPS

CASHMERE

RN/LPN: Would you like to join a team that is making a difference? Family owned Cashmere Convalescent Center is looking for a motivated Registered Nurse or Licensed Practical Nurse for a Full Time evening position, Monday-Friday. Experience the difference by applying at Cashmere Convalescent Center. New grads welcome. Competitive wage and benefits. Contact: Erik (509) 782-1251

CHELAN

DIABETES EDUCATION AND SUPPORT GROUP: Third Tuesday of each month, 6:30 pm at Columbia Valley Community Health Chelan, 317 E Johnson, (old DOT Building)/ The group is being held in the classrooms. Various topics/specialties are covered based on availability. For questions call Shelley Wold, Rd. (509) 682-6198

COLLEGE PLACE

ALZHEIMER'S SUPPORT GROUP: Do you have a loved one with Alzheimer's Disease or related dementia? Whether you are a caregiver, family member, or close friend, this disease is hard to understand and even harder to accept. It can make a world of difference knowing that other people understand the struggles you go through every day...you are not alone! You are invited to attend our group the third Thursday of each month at 10:00 am in our Ice Cream Parlor at Eagle Springs Memory Care Community, 20 SE Larch Ave. Contact: (509) 525-6335

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

HERMISTON

ALCOHOLICS ANONYMOUS: Monday and Thursday nights, 6:00-7:00 pm at Good Shepherd Medical Plaza (620 NW 11th) meeting room 2 For information please call (541) 720-1932 (Monday group) or (541) 571-2965 (Thursday Group)

BREAST CANCER: Meets on the third Monday of every month, 6:30 pm, Good Shepherd Medical Plaza (620 NW 11th) Meeting room 1. For information please call Shari at (541) 567-2024

MULTIPLE SCLEROSIS: Meets on the third Wednesday of each month, 7:00-8:00 pm, Good Shepherd Conference Center 5. For information please call John at (541) 564-89104 or Kathy at (541) 922-2753

DIABETES SUPPORT GROUP:

(Northeast Oregon) Meets the second Thursday of each month, 6:00-7:30 pm at Good Shepherd Conference Center 2. For information please call (541) 377-9761 or (541) 289-7501

ALZHEIMER'S DISEASE: Meets the third Thursday of each month, 1:00-3:00 pm, 1380 Manzanita Place. For information please call Dona Beck at (541) 720-7657

KENNEWICK

ALZHEIMER'S SUPPORT GROUP: Third Thursday of each month. (Light meals served) 5:30-7:00 pm at Callaway Gardens. Men only Support Group 4th Monday of the Month 12:30 pm. Lunch provided. Both are held at 5505 W Skagit Ct in Kennewick. Sponsored by The Neurological Resource Center. To confirm times call (509) 783-5433

SUPPORT GROUPS (continued)

BETTER BREATHERS SUPPORT

GROUP: This group is for people who have breathing disorders. Education focuses on improved quality of life. Family members are encouraged to attend. 2nd Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. Contact: (509) 737-3418. www.tccancer.org

BREAST CANCER SUPPORT GROUP:

First and 3rd Friday of each month from 9:00-11:00 am and Second and Fourth Tuesday of each month from 6:30-8:00 pm at Tri-Cities Cancer Center. Contact: (509) 737-3418 or visit www.tccancer.org

DIABETES SUPPORT GROUP: Provides continuous educational support to help individuals manage their disease more effectively. Monthly meetings offer the latest information on diabetes self-care, nutrition and an opportunity to talk to others with diabetes. For information call (509) 962-7373

CAREGIVER SUPPORT GROUP: Third Monday of each month at Manor at Canyon Lakes, East Wing, 2802 W 35th at 2:00 pm. Sponsored by The Neurological Resource Center. To confirm times call (509) 943-8455

GENERAL CANCER SUPPORT GROUP:

2nd and 4th Tuesday of each month at Tri-Cities Cancer Center from 3:00-4:30 pm. Contact: (509) 737-3418 or visit www.tccancer.org

MEN'S CANCER SUPPORT GROUP: The primary focus of this group is on prostate cancer, however, men with all types of cancer are welcome. Third Thursday of each month at Tri-Cities Cancer Center from 6:30-8:00 pm. Contact: (509) 737-3418 or visit www.tccancer.org

PENDLETON

CANCER SURVIVORS SUPPORT

GROUP: Second Tuesday of each month. 1:00-2:00 pm at St. Anthony Hospital, 1601 SE Court Ave. For additional information please call (541) 276-5121

...continued from page 1

* Nicotine in the tobacco raises your blood pressure. High blood pressure can lead to stroke.

If you smoke, talk to your doctor about medications and programs that can help you stop.

Step 2. Trim down. Being overweight is associated with many factors that raise your risk for a stroke.

Why it's important:

* You're more likely to have high cholesterol, which is an ingredient in plaque that can block your arteries. Blocked arteries are a risk factor for stroke.

* You're more likely to develop type 2 diabetes. The elevated levels of blood glucose, high cholesterol and increased blood pressure associated with diabetes can cause a stroke.

* You're more likely to have high blood pressure. High blood pressure can lead to stroke.

Doctors typically determine whether patients are too heavy by their body mass index (BMI), which uses a formula combining your height and weight. Ideally, your BMI should be less than 25. Calculate your BMI online by visiting the Centers for Disease Control and Prevention at: www.cdc.gov/nccdphp/dnpa/bmi/index.htm.

Step 3. Get moving. If you don't do much physical activity, you can develop high blood pressure, high cholesterol and diabetes, all of which increases your chance for a stroke.

Why it's important:

* If you're at a healthy weight, it's still important to exercise regularly.

* If you're overweight, exercising regularly will help you shed the extra pounds.

Exercising regularly means at least 30 minutes of physical activity on most days. If you can't do it all at once, it's OK to break up your activity into smaller chunks.

Step 4. Prevent or control diabetes. Diabetes can damage the blood vessels in your brain and elsewhere in your body. Besides being at a very high risk for a stroke, most people with diabetes die of some form of cardiovascular disease.

SUPPORT GROUPS (continued)

DIABETIC SUPPORT GROUP: Third Wednesday of each month, 7:00-8:00 pm. St. Anthony Hospital, 1601 SE Court Ave. For additional information please call (541) 276-5121

RICHLAND

“CAN SURVIVE” SUPPORT GROUP: This group focuses on all kinds of cancer and is for patients, family and caregivers. First and Third Thursday of each month 12:00-1:00 pm. Meets at Cathedral of Joy, 1153 Gage Blvd.. For information call (509) 627-1109

DIABETES SUPPORT GROUP: A free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. Topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about the management of this chronic disease. The group meets every 3rd Wednesday of every month from 5:00-6:00 pm. To make a reservation and get location information call (509) 942-2620

MULTIPLE SCLEROSIS SUPPORT GROUP: First Tuesday of each month. Co-sponsored by the MS Society and The Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. Contact z9509 943-8455 to confirm time.

NEUROLOGICAL SUPPORT GROUPS: Te Neurological Resource Center associated with Kadlec Medical Center provides emotional support, education, information and referrals for people with neurological disorders, their families, caregivers, and the community. It sponsors a variety of support groups including Alzheimer's. A lending library is also available. They are located at 712 Swift Blvd., Suite 1. For information call (509) 943-8455 or e-mail nrc@kadlecmed.org

STROKE SUPPORT GROUP: third Wednesday of each month, 2:00-3:00 pm at The Neurological Resource Center, 712 Swift Blvd., Suite 1. Call to confirm times

CAREGIVER SUPPORT GROUP: Third Tuesday of each month at The Neurological Resource Center, 712 Swift Blvd., Suite 1. To confirm times call (509) 943-8455

...continued from page 9

Why it's important:

* If you have diabetes, maintaining your blood sugar levels through weight loss, physical activity and possibly by taking medications can help reduce your risk of stroke.

* If you don't have diabetes, regular physical activity and keeping a healthy weight will help you avoid it. By getting a preventive health screening for diabetes, you can find out what your risks are for the disease.

Step 5. Eat a healthy diet. Loading up your plate with fruits, vegetables and grains and cutting down on foods high in sodium, cholesterol and saturated fat, is also an important component in a stroke-preventing lifestyle. As a rule, avoid fatty meats, full-fat dairy and baked snack foods containing partially hydrogenated oils. Keep your sodium consumption below 2,400 milligrams (or 1 teaspoon) per day. This daily amount includes all salt and sodium in your foods, not just salt you add.

Why it's important:

* Following this type of diet will help you maintain a healthier blood pressure and lower cholesterol, which is necessary for stroke prevention.

Take a closer look at exactly how making these changes can help you prevent a stroke and live a healthier lifestyle for overall wellness.

DIABETES SUPPORT GROUP: The diabetes Support Group is a free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. The topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about management of this chronic disease. Programs feature medical professional guest

WALLA WALLA

ALZHEIMER'S SUPPORT GROUP: Meets second and fourth Tuesday each month at 1:30 pm. Professionally led support group for caregivers of people with Alzheimer's. Sponsored by Walla Walla General Hospital Free. To register call (509) 522-2424

GRIEF SUPPORT GROUP: March 26-Ma 28, 6:00-7:30 pm, Walla Walla Community Hospice, 1067 E Isaacs, (509) 525-5561.

MS SUPPORT GROUP: Second Tuesday of each month at 11:00 am at Trinity Lutheran Church, 109 S Roosevelt St. Contact: Candy S (509)_ 527-3340 or Gail S. (509) 529-7699

WENATCHEE

ALZHEIMER'S SUPPORT GROUPS: 2nd and 4th Tuesdays, 10:30 am-Noon. At Blossom Creek, 1740 Madison St. 10:00-11:00 am Grace Lutheran Church, 1408 Washington. The Alzheimer's Assn. support group is for caregivers and is designed to provide caring place for members to discuss the many challenges of caregiving for someone touched by this disease. The group provides a safe haven for participants to share their feelings, find emotional support, exchange information. For more information call Jan Ebert at (509) 782-0927

SUPPORT GROUPS (continued)

MS SUPPORT GROUP: Second Wednesday of each month at 6:30 pm at Wenatchee Valley Medical Center, Conference Room. Contact: Jessica J. (509) 669-4067

PARKINSON'S SUPPORT GROUP: Meets on the third Tuesday of each month from 2:00-3:30 pm. No classes in July or August. Sponsored by Wenatchee Valley Medical Center. For additional information call (509) 663-8711

STROKE AND BRAIN INJURY SUPPORT GROUP: Meets the third Wednesday of each month from 1:30-3:00 pm. Sponsored by Wenatchee Valley Medical Center. For meeting location or more details please call Susan Howell at (509) 663-8711, ext. 5983

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.

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

VACANCIES

HERMISTON

PRIVATE APARTMENTS WITH KITCHENETTES close to services, parks and shopping. *Hermiston Terrace* is a community designed for senior adults who may need some assistance with personal care to complement their independent lifestyle. For a tour and/or information visit 980 West Highland Ave or call (541) 567-3141

COMFORTABLE UNITS: Openings now available in Hermiston's only complete nursing and rehabilitation center. Lovely units feature 24-hour nursing care, three meals per day, planned activities, therapy and assistance with daily living. Contact Curt Noyes at *Regency Hermiston Nursing and Rehabilitation*, (541-567-8337

BEAUTIFUL TWO-BEDROOM apartment is now available for rent at *Sun Terrace Assisted Living*. Call Robyn for a tour of this wonderful assisted living community! (5641) 564-2595

KENNEWICK

SUBSIDIZED HOUSING-KENNEWICK: 1-bdrm, utilities included near shopping & senior center. *Desert Villa*, 635 S Auburn, Kennewick. 509-586-4927

NEW SENIOR APARTMENTS: *Edison Terrace West*, 520 N Edison. One-Bedroom Independent Living Apartments for Seniors 62+, HUD subsidized, rent based on Income. Building has elevator plus other amenities. For a tour contact: Jacque (509) 736-0800

INCOME QUALIFIED APARTMENTS-TRICITIES: Studio and one-bedrooms if one person does not make over \$21,650 and two people \$24,650. Come in and apply. The *Manor at Canyon Lakes* has some apartments for Qualified Seniors available. For an appointment call 509-586-5633

PENDLETON

BEAUTIFUL APARTMENTS FOR SENIORS OVER 62. 50-Unit complex on one level featuring studio and one-bedroom apartments. All units furnished with stove, refrigerator and air conditioner. All utilities included. HUD subsidized. Contact Penny Wicklander at *Oregon Trail Manor*, 2430 SW Perkins Ave. or call (541) 276-6910

STUDIO AND ONE BEDROOM

apartments featuring retirement living. Each apartment features an individual climate control system, wall-to-wall carpeting, private bathroom and kitchenette plus many other amenities. For a brochure or tour call *Sun Ridge Retirement Community*, 3294 SW Nye or call (541) 276-2145

RICHLAND

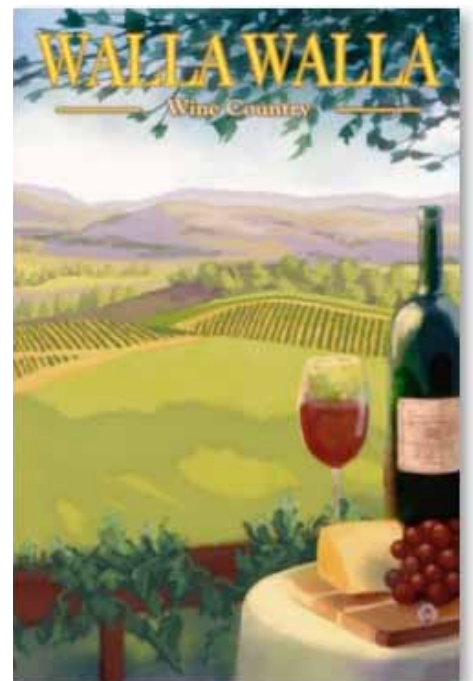
PRIVATE STUDIO APARTMENTS-RICHLAND: Two private studio apartments available at *Eagle Assisted Living* offering many amenities and 24 hour staffing. Call Laurie at 509-946-2717

TWO STUDIO APARTMENTS

AVAILABLE: *Quail Hollow Alzheimer's/Dementia Facility* has 24 hour staffing, quality meals, nursing oversight and a phenomenal activity program that brings quality of life to those who live here. Contact: Phyllis Green (509) 943-5353 for more information.

ONE & TWO BEDROOM UNITS:

Schedule a personal tour of *Wynwood of Columbia Edgewater* to view our special assisted living facility. We now have several units available. Contact: Christina Renz (509) 946-4600 crenz@brookdaleliving.com



VACANCIES

WALLA WALLA

ONE & TWO BEDROOM UNITS in perfect rural setting in two different but connecting facilities. *Mike Foye Apartments* are connected to the *Garden Court Apartments* by a second floor walkway. Catholic Housing Communities manages, preserves, and maintains these affordable rentals for lower-income seniors and persons with mobility impairments. Communities are staffed with property managers, maintenance, social service coordinators and part-time nurses. Mike Foye offers HUD Project-based Section 8 subsidized units. Each apartment is equipped with a complete kitchen, wall to wall carpet, window coverings and air conditioning. Contact: (509) 529-4706

DELUXE 2-BEDROOM COTTAGE available now at *Park Plaza*, 1400 Dalles Military Rd. Contact: 509) 525-6513

DELUXE 1-BEDROOM Apartment available in Walla Walla. Now available at *Quail Run Retirement Community*, stop by for a complimentary lunch and tour. Contact: Kathleen or Jane at 509-529-2180

ONE BEDROOM APARTMENT: Now available at *Wheatland Village*. Stop by for a complimentary tour and meal in our restaurant. Voted Best of the Best, 2010, 2009, 2008, 2007, 2006, by readers of the Walla Walla Union Bulletin. Contact: Mary Wollmuth Marketing Director at 888-373-6046 or visit www.wheatlandvillage.com

YAKIMA

ONE BEDROOM AND STUDIO apartments now available at Charbonneau, a Holiday Retirement Community. a complete facility with meals, housekeeping, cable TV and more available. For additional information and a free tour contact Tom & Monica Judy at (509) 734-4331

COMPLIMENTARY LUNCH: *Crescent Place Retirement Apartments* 505 N 40th invite you to stop by for a tour and enjoy a complimentary lunch. Contact: Linda Weiler, Manager. 509-833-8414. One-bedroom now available.

1 & 2 BEDROOM SUITES: *Rexford Manor* (Park Meadows) has openings. Ground floor patio suites available; full kitchen, washer & dryer in every suite. Call for a tour and complimentary lunch. 1010 N 34th Ave. Contact: Colleen Collins, (509) 248-7768 or e-mail: colleenjim1@msn.com

VOLUNTEERS

BENTON CITY

Lower Valley Hospice is opening its second thrift store in Benton City, following in the footsteps of their Prosser shop. The shops are volunteer-operated and clothing donated, proceeds go to extend hospice care, bereavement counseling and in-home care for children with complex medical conditions. Store number is (509) 588-3930. To volunteer call 1-800-474-6008 and ask for Jennifer.

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

HERMISTON

Sun Terrace Assisted Living in Hermiston, Oregon would love to speak to you if you are interested in volunteering your time with the wonderful people who live in our community. Please contact Robyn at (541) 567-8424

PENDLETON

St. Anthony Hospital has volunteer opportunities that make a positive difference in peoples' lives every day. Frequent volunteer opportunities include: Auxiliary Gift Shop, Information Desk where you greet and direct visitors, Shawl Ministry, Foundation, Patient Service, sewing including making stuffed animals for pediatric patients and passing quilts for those who are dying an Hospice home visitor. If you'd like to discuss how you can join the St. Anthony Hospital family contact June Mohrland, 1601 SE Court. Phone (541) 278-3218. e-mail: junemohrland@chiwest.com

RICHLAND

Anyone over the age of 18 can volunteer at *Kadlec Medical Center*. You can become a member of the Auxiliary or work under the direction of the Volunteer Coordinator and Unit Managers in specific areas, including education and rehabilitation. All volunteers undergo orientation and take a TB test before they begin service. For information contact Meg Fallows, volunteer coordinator at (509) 946-4611, Ext. 4666

Kadlec's Music Program is another way to volunteer at the Medical Center. Over 20 musical volunteers play a baby grand piano in the main lobby or walk the halls laying their instruments. The musicians range from age 10 to over 70. Volunteers provide music throughout the week which can be heard not only in the Lobby, but also in the Critical Care Waiting Area. For information call Meg Fallows, Volunteer coordinator at (509) 946-4611, Ex. 4666

KENNEWICK

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

MOSES LAKE

Samaritan Healthcare has opportunities throughout the hospital. We make it our mission to place volunteers in the department that best suits their needs and skill level. Individuals interested in becoming a volunteer at Samaritan Healthcare are screened, interviewed, given an overview of volunteer positions available as well as volunteer benefits. Volunteers generally work only 4 hours per week or more if they prefer. Arrangements are made to fill in when the volunteer needs time off. If you are interested in becoming a volunteer Contact Bonnie Dirks at (509) 793-9724

VOLUNTEERS NEEDED (continued)

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.

WALLA WALLA

The *Volunteer Connection* is the community resource center for volunteers and a coordination center for community agencies and organizations that need volunteers. They have the ability to offer training and technical support to non-profit agencies n the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. To find out more call (509) 527-3775

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

Walla Walla Community Hospice is looking for volunteers. If you are interested contact Cathy Mehn, cathy@wwhospice.org or call (509) 525-5561

WENATCHEE

Wenatchee Valley Senior Activity Center has opportunities at the front desk and Crafters Corner. Other volunteers help out with special events. We have a vast number of volunteer opportunities available for our members to choose from depending on their interests, talents and skills. Senior Activity Center members have a lifetime of talents to share. If you would like to become an active WVSAC volunteer call our Volunteer Coordinator at (509) 662-7036

Central Washington Hospital has many volunteer opportunities in the Hospital, Gift Shop, Guild House reception desk, Assist the chaplain with patients' spiritual needs, Hospice Volunteers visiting end of life patients in-home or nursing home, or Mended Hearts program visiting patients recovering from heart procedures. To pick up your application the Volunteer Services office is open Monday through Friday from 8:00 am-4:30pm or call (509) 662-1511 ext. 2663.

YAKIMA

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

The *Discovery Shop* has 2 volunteer opportunities available. Volunteers are needed to price household items and set up displays Thursday and some Saturday mornings. Volunteers are also needed as cashiers to fill when needed. Training is provided for both opportunities. If interested, please call Sirena 509-574-1933.

Harman Center, 101 N 65th, needs volunteers in their Health Care room where they provide foot care services. Duties include receptionists and volunteers to change water. Contact: Traci Bennett at (509) 576-6348. Other volunteer jobs include kitchen help, coffee bar, greeters, and computer room. Most shifts are three to four hours Monday-Saturday. Please contact Volunteer Coordinator Jane Davis. (509) 575-6230

RSVP of Yakima County is looking for a diverse group of individuals to serve as volunteer community educators. This group of volunteers will present to professional and community groups on the topic of senior fall prevention. If you are concerned about the health of older adults in our community and the ability of seniors to age in their own homes, then this is a great opportunity to help the fastest growing segment of our population. For more information contact Sirena (509) 574-1933



exceptional community healthcare

VOLUNTEERS NEEDED (continued)

Central Washington Disability Resources is looking for reading and mathematics tutors to work with adults with significant learning disabilities. Tutors will help YVCC students with disabilities study for their GED exam and comprehend basic skills classes in math and reading. Contact: Patty Jordan, (509) 962-9620 or email patty@mycwdr.org

The *Foster Grandparent Program of Yakima and Kittitas Counties* needs volunteers willing to assist youth (infant-18 years of age) in their community. Our volunteers choose which site and age group they would like to serve. Activities depend on the site and age group they choose. All volunteers work one-on-one or in small groups with the youth who need the most assistance. All potential volunteers must be at least 60 years of age and pass a physical wellness exam. They also need to complete a volunteer application and have a criminal background check done before volunteering. For more information please contact Megan Turner/RSVP of Yakima county (509) 965-7100, 1-800-246-2962 or mturner@cfcsyakima.org

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

MCIP (Mentoring Children of Incarcerated Parents) is looking for volunteers to create one-on-one relationships with a child, helping them build their self-esteem and motivating them to set goals to work towards. Volunteers should plan to give a one year commitment. Potential mentors must be at least 21 years of age and have a criminal background check done by the agency before volunteering. For more information on this volunteer opportunity, please call Sirena 509-574-1933.

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

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

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

Wellness House is in need of both scheduled and on-call receptionist volunteers. Volunteers would answer phones, greet clients, telephone group members and be willing to assist with other tasks as needed. Computer skills would be a plus. Hours needed are Thursdays from 10:00 am-1:00 pm Training will be provided. Contact Lydia Warehime (509) 248-2668

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

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

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.

VOLUNTEERS NEEDED (continued)

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. Volunteers must complete a background check. Contact: Sirena at (509 574-1933

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.

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 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 Monday – Friday 8am – 6pm. For more information on this volunteer opportunity, please call Sirena 509-574-1933.

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



Alzheimer's Association Inland NW Chapter 2010 MEMORY WALKS

- September 11, 2010 – **Spokane Memory Walk @ CenterPlace**
<http://MemoryWalk2010.kintera.org/Spokane>
- September 18, 2010 – **Tri-Cities Memory Walk @ Clover Island**
<http://MemoryWalk2010.kintera.org/TriCities>
- September 25, 2010 – **The Palouse Memory Walk @ James Toyota**
<http://MemoryWalk2010.kintera.org/Palouse>
- October 2, 2010 – **The North Idaho Memory Walk @ Riverstone Park**
<http://MemoryWalk2010.kintera.org/NorthIdaho>

MOVE FOR A CURE!

Go to the above referenced walk sites to register today! Sign up a team or walk as an individual! You can also find links to our walk sites on our chapter web site at www.alz.org/inlandnorthwest. You will be able to easily personalize your own web page and use social networking to help in your fund raising efforts! And we're here to help along the way! Once you sign up, team captain packets or individual walker packets will be mailed full of lots of valuable fund raising information!

For additional information or to request an “off-line” registration form, contact:

Angie Spleiss, Memory Walk Coordinator • angie.spleiss@alz.org

Alzheimer's Association Inland NW Chapter

(PH) 509/473-3390 (Fax) 509/473-3389

910 W. 5th Avenue, Suite 256 • Spokane, WA 99204

17th Annual ALL SENIOR PICNIC



Thursday, September, 23rd at TRAC in Pasco

11:00 am to 2:00pm - \$5 per person

Pre-registration and payment are required. Entry price at the door \$8.

PLEASE REGISTER BY SEPTEMBER 17, 2010

Entertainment!

The Diamond Experience

A Tribute to the Music of Neil Diamond

Badger Mountain Dry Band

Local Bluegrass Band

Food - Prizes - Vendor Booths - Climate Controlled!

Tickets on Sale Now at These Locations:

Pasco Senior Center, 1315 N. 7th Ave.

545-3459

Kennewick Senior Center, 500 S. Auburn

586-4303

Richland Community Center, 500 Amon Dr.

943-7529

Mark your calendars & make plans to attend!