

SENIOR REVIEW

Weekly Online News and "Hot Sheet" Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

Yakima



Life After Retirement. What Do I Do Now?

Retirement doesn't necessarily mean stopping work. Given the expenses of living these days, retirees simply may not be willing to give up a job.

Social Security and other retirement benefits might not cut it. Quality of life is another reason. Aging Americans are active; they like the engagement, the mental and social stimulation that work provides. For some, retirement work is a new adventure... such as dancing on a professional basketball team's 60-and-over cheerleading squad. (Shake your own pom-poms!) You might pursue an entirely new career, or work in a field somewhat related to what you were doing before.

Taking a new course might not be your choice. Employer retirement plans may require that you not pursue the kind of work you are presently doing.

Working can impact the benefits you receive in retirement.

Social Security benefits received before "full retirement age" will be reduced based on your income, but at the time of "full retirement age," they will be paid in full regardless of income. And, especially if you are still working at "full retirement age," you may choose to delay receiving your Social Security benefit; those who delay, up to age 70, will earn an increase in their benefit once they start taking it.

Volunteering is another common pursuit for retirees, and sometimes such work leads to jobs. It can also be gratifying work. The range of possibilities when volunteering is almost limitless: acting in community theater group; tutoring children in reading or math; serving food at the soup kitchen. (Look in the volunteer section of this SeniorReview for some ideas)



...more on page 10

SeniorPages.com

SeniorPages.com

Union Gap



Ellensburg



Tri-Cities/Walla Walla



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

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

SEMINARS/CLASSES/EVENTS/MEETINGS

PENDLETON, OREGON: "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

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

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

YAKIMA: "Diabetes Screenings" 8:00-10:00 am on Tuesdays at Memorial Hospital's Community Education Center

on 2506 Nob Hill Blvd in Yakima. No appointment necessary. For the most accurate results, do not eat or drink anything for 12 hours prior to the screening. Fee: \$5 (\$3 for Memorial Third Age members). For information and to register call (509) 249-5243

WEDNESDAY

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 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

SEMINARS/CLASSES/ EVENTS/MEETINGS

THURSDAY

KENNEWICK: "Free Tax Assistance" Each Thursday February 4 - April 15 from 12:30 pm-3:30 pm at the Kennewick Senior Center by appointment only. Call the center at (509) 585-4303 to schedule your appointment. Walk-ins accepted only if time and availability permits. Sponsored by AARP, IRS, Tax Aid and the Kennewick Senior Center.

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.



SeniorPages.com

CALENDAR

MARCH 9-YAKIMA: "2010 Comming of Age Seminars: This eight week series offers vital information to help you care for your aging souse or parent. Topics include diabetes control, pain management, alternative medicines, cancer care, legal options and others. Classes are held Tuesday evenings through March and April at the Harman Center, (65th and Summitviews) from 6:00-8:00 pm. For more information call (509) 577-5015

MARCH 9-YAKIMA: "Stretching for Flexibility" 12:15 pm in the Yakima Regional Hospital ICCU Conference Room. This class will help you understand the benefits of stretching as well as a variety of stretches you can do at home. To register call (509) 573-3592

MARCH 9-YAKIMA: "Diabetes Screening" For most accurate results do not eat or drink anything 8-12 hours prior to screening. At Center for Diabetes Prevention & Control, 2811 Tieton Dr. 8:00-10:00 pm. Fee: \$3. Sponsored by Yakima Memorial Hospital's Third Age; programs designed for the helath and lifestyles of seniors. For information call (509) 577-5015

MARCH 9-KENNEWICK: "Basic Life Support and Heartsaver Instructor Course" 2:00-5:00 pm. This instructor course was developed according to 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 (includes course materials) Renewal course Fee: \$60 (No materials) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

MARCH 10-YAKIMA: "Medication Educaton Designed For Seniors" No charge. By appointment only. (509) 575-8484. Sponsored by Yakima Memorial Hospital's Third Age program.

MARCH 10-YAKIMA: "Tools & Tips For Quitting Tobacco" 1:30 pm Presented by Dan Smith, American Lung Association of WA. The presenter will help you understand nicotine additction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan. Sponsored by Yakima Regional Hospital in the ICCU Conference Room. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

MARCH 10-MOSES LAKE: "Healthcare Provider CPR Renewal" 9:00-11:00 am. For those that have previously taken Healthcare Provider CPR and are comfortable with thier skills. This course is intended for healthcare providers and allied professionals. Sponsored by Samaritan Helathcared. To register call the Education Center (509) 793-9690

MARCH 11-KENNEWICK: "Basic Life Support For The Health Care Provider" Intended for participants who must have a credential (a card) documenting successful completion of a course in Basic Life Support For The Healthcare Provider. Such credentials are typically required for people who provide health care to patients in a wide variety of settings, both in-hospital and outside the hospital. 6:00-9:00 pm. Fee: \$50 (Includes manual) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

MARCH 11-YAKIMA: "Intimacy and Heart Disease" 12:15 pm. Presented by Jacqui Bush, BSN, RN. If you've been diagnosed with a heart condition, or recently had heart surgery, you may be wondering about intimacy. This class will help answer your questions. Sponsored by Yakima Regional Hospital in the ICCU Conference Room. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.



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)

MARCH 11-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

MARCH 11-12-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

MARCH 15-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

MARCH 15-YAKIMA: "Living With Loss Support Group" 5:30 pm. Memorial Home Health, 1019 South 40th Ave. (509) 577-5015

MARCH 15-16-MOSES LAKE: "ACLS Provider Course" Day 1: 8:00 am-5:30 pm, Day 2: 8:00 am-12:30 pm. This is a 2-day Advanced Cardiac Life Support Full Provider Course. This course is for those taking ACLS for the first time, expired card holders, or renewing card holders who prefer complete reviews. Sponsored by Samaritan Healthcare. To register call Martha Wong (509) 793-9691

MARCH 15-YAKIMA: "Principles of Exercise" 12:15 pm. Presented by Brian Cole, Exercise Specialist. This class will highlight the following areas: aerobic exercise, strength training, and flexibility and will answer the following questions: How often should I exercise? How long should I exercise? How do I know how hard to exercise? What if I don't even like to exercise? Sponsored by Yakima Regional Hospital in the ICCU Conference Room. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

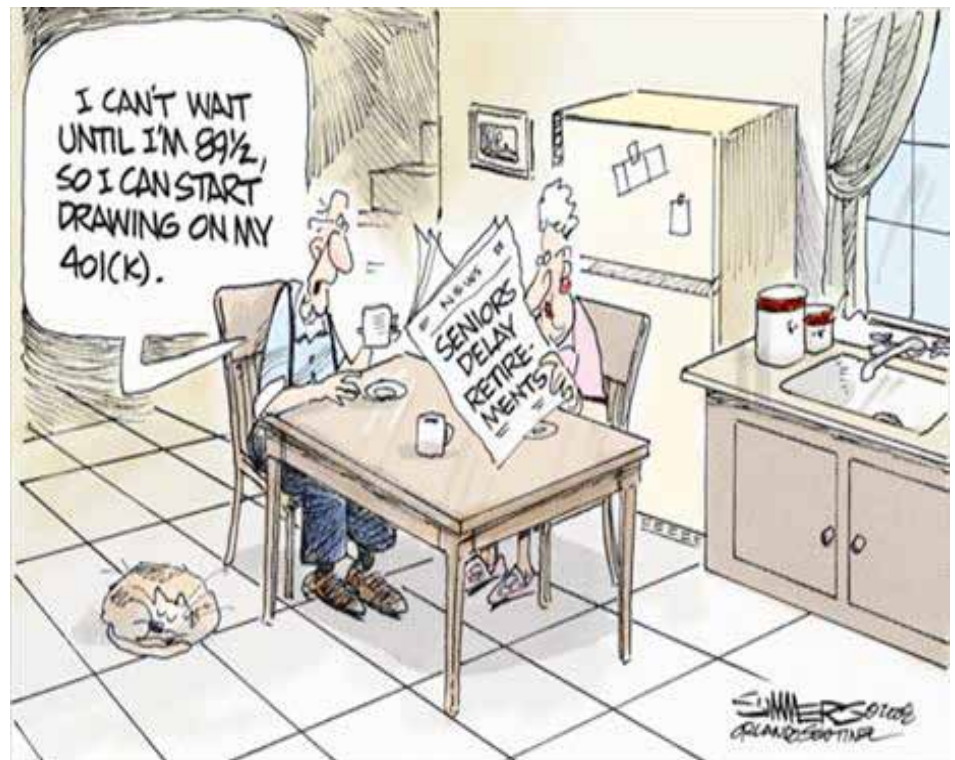
MARCH 16-YAKIMA: "Diabetes Screening" For most accurate results do not eat or drink anything 8-12 hours prior to screening. At Center for Diabetes Prevention & Control, 2811 Tieton Dr. 8:00-10:00 pm. Fee: \$3. Sponsored by Yakima Memorial Hospital's Third Age; programs designed for the health and lifestyles of seniors. For information call (509) 577-5015

MARCH 16-YAKIMA: "Coming of Age/ Vision & Hearing: Care For Seniors" 6:00-8:00 pm at the Harman Center, 65th & Summitview. No charge. Sponsored by Yakima Memorial Hospital's Third Age. (509) 577-5015

MARCH 16-YAKIMA: "Heart Healthy Eating Part I" 12:15 pm. Presented by Theresa Roberts, RD, CD. Including a variety of 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 healthy lifestyle. Sponsored by Yakima Regional Hospital in the Medical Office Building. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

MARCH 17-KENNEWICK: "Heartsaver CPR for the Layperson" 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. 6:00-9:00 pm. Fee: \$35. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

MARCH 17-ELLENSBURG: "Kidney Disease, Dialysis and Diet Recommendations" The Kittitas Valley Community Hospital Educator and Support Group provides continuous educational support to help individuals



CALENDAR (continued)

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. To register please call (509) 962-7433

MARCH 17-MOSES LAKE: "ACLS Renewal Course" 8:00-4:30 pm. This class is intended for current Advanced Cardiac Life Support card holders (card cannot be expired) who are comfortable with their skills. Sponsored by Samaritan Healthcare. To register or for information call Martha Wong at (509) 793-9691

MARCH 17-KENNEWICK: "Food For Life Nutrition and Cooking Series" A four-part nutrition and cooking class sponsored by The Cancer Project. This free class series is aimed at educating participants about ways to boost their immune system through healthy eating choices. Classes will feature information on how foods fight cancer, ways to incorporate more high-fiber, low fat food into your diet, alternatives to dairy and meat, and healthy dishes that include immune-enhancing nutrients and help maintain a healthy weight. Cooking demonstrations, educational videos and food tasting. Open to anyone interested in cancer prevention and health eating. 3:00-6:00 pm in the Wellness Center at the Tri-Cities Cancer Center located at 7350 W Deschutes Ave. Seating is limited. Please call (509) 737-3420 to reserve your seat.

MARCH 18-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

MARCH 18-YAKIMA: "Understanding Your Medications" 12:15 pm. Presented by Lani Stelz, PharmD. A pharmacist will help answer your medication questions with regard to problems frequently encountered, how to make your prescription dollar count and how to keep all your medications

straight. Sponsored by Yakima Regional Hospital in the ICCU Conference Room. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

MARCH 18-YAKIMA: "Exercises to Maintain Your Independence" 2:00 pm. Sponsored by Yakima Valley Memorial Hospital physical therapist at Suntower Retirement, 6 N 6th. For information call (509) 249-5243

MARCH 18-19-KENNEWICK: "2010 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. \$12 for AARP members or \$14. Sponsored by Kennewick Senior Center. To register call (509) 585-4303

MARCH 22-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

MARCH 22-YAKIMA: "Introduction to Relaxation Techniques" Presented by Leslie Smyer, ADN, RN, CCRN, CMS. The ability to relax or de-stress is as simple as taking a breath, and as challenging as focusing on that breath without distractions. Come and learn some simple tools you can use to create a more peaceful, reduced-stress life for yourself. Sponsored by Yakima Regional Hospital in the ICCU Conference Room. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

MARCH 23-YAKIMA: "Diabetes Screening" For most accurate results do not eat or drink anything 8-12 hours prior to screening. At Center for Diabetes Prevention & Control, 2811 Tieton Dr. 8:00-10:00 pm. Fee: \$3. Sponsored by Yakima Memorial Hospital's Third Age; programs designed for the health and lifestyles of seniors. For information call (509) 577-5015

MARCH 23-CLE ELUM: "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

MARCH 23-YAKIMA: "Hypertension-The Silent Killer" 12:15 pm. Presented by Jacqui Bush, GSN, RN/Theresa Roberts, RD,CD. Hypertension (or high blood pressure) is called the Silent Killer because it often has no symptoms. High blood pressure increases your risk of heart disease and stroke, so knowing your blood pressure numbers is important. This class provides information on normal blood pressure values, what causes high blood pressure, who is most likely to develop it, and ways to keep your blood pressure within normal limits. Sponsored by Yakima Regional Hospital in the ICCU Conference Room. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

MARCH 23-MOSES LAKE: "Healthcare Provider CPR Renewal" For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals, such as: physicians, nurses, nursing or medical assistants, physical & occupational therapists, etc. Sponsored by Samaritan Healthcare. To register contact the Education Center at (509) 793-9690

SeniorPages.com

CALENDAR (continued)

MARCH 23-YAKIMA: "Coming of Age/ Straight Talk About Surviving Cancer" 6:00-8:00 pm at the Harman Center, 65th & Summitview. No Charge. Sponsored by Yakima Memorial Hospital's Third Age. (509) 577-5015

MARCH 24-WALLA WALLA: "Living with Grief: Cancer and End of Life Care" 10:30 am-1:00 pm in Providence Room St. Mary Medical Center. The Hospice Foundation of America's 17th Annual National Bereavement Teleconference will address care options related to cancer diagnoses as well as loss and grief reactions for patients, families and professional caregivers. The teleconference will also examine psychosocial aspects of cancer, pain management, and ethical issues related to the disease. Continuing education credits are offered for this professional conference. This event is free and sponsored by Walla Walla Community Hospice and Providence St. Mary Medical Center. To register call (509) 525-5561

MARCH 24-KENNEWICK: "Food For Life Nutrition and Cooking Series" Number two in a four-part nutrition and cooking classed sponsored by The Cancer Project. This free class series is aimed at educating participants about ways to boost their immune system through healthy eating choices. Classes will feature information on how foods fight cancer, ways to incorporate more high-fiber, low fat food into your diet, alternatives to dairy and meat, and healthy dishes that include immune-enhancing nutrients and help maintain a healthy weight. Cooking demonstrations, educational videos and food tasting. Open to anyone interested in cancer prevention and health eating. 3:00-6:00 pm in the Wellness Center at the Tri-Cities Cancer Center located at 7350 W Deschutes Ave. Seating is limited. Please call (509) 737-3420 to reserve your seat.

MARCH 24-KENNEWICK: "4th Annual Spring Brunch" Bring your friends and family to a charming afternoon brunch featuring an assortment of entrees, fruit, salads and desserts. Advanced registration and payment required. Fee: \$6.50 per person. To register call Kennewick Senior Center (509) 585-4303

MARCH 25-YAKIMA: "Heart Basics" 12:15 pm. Presented by Carol Milliron, MSN, MHA, RN-BC. This class is designed to give you an understanding of cardiac risk factors and ways to reduce them, signs and symptoms of a heart attack, and the importance of early detection and treatment. Sponsored by Yakima Regional Hospital in the ICCU Conference Room. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

MARCH 26-MOSES LAKE: "First Aid/ CPR" 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. 8:00-Noon. Fee: \$40 To register by phone or for more information please contact the Education Center at (509) 793-9690

MARCH 30-YAKIMA: "Coming of Age/ Living Longer: Tips to Become the Healthy Person you Want to Be" 6:00-8:00 pm at the Harman Center, 65th & Summitview. No charge. Sponsored by Yakima Memorial Hospital's Third Age. (509) 577-5015

MARCH 30-YAKIMA: "Diabetes Screening" For most accurate results do not eat or drink anything 8-12 hours prior to screening. At Center for Diabetes Prevention & Control, 2811 Tieton Dr. 8:00-10:00 pm. Fee: \$3. Sponsored by Yakima Memorial Hospital's Third Age; programs designed for the health and lifestyles of seniors. For information call (509) 577-5015

MARCH 30-YAKIMA: "Heart Healthy Easting Part II" 12:15 pm. Presented by Theresa Roberts, RD, CD. This class will be a continuation of part I (March 16) to include understanding label facts and foods/products marketed as 'functional' (ie omega 3 fats, phytonutrients, plant stanols/ sterols, prebiotics, probiotics, antioxidants, etc.) Sponsored by Yakima Regional Hospital in the Medical Office Building. To Register call (509) 573-3592 or visit yakimaregional.net to sign up for these free classes.

MARCH 31-KENNEWICK: "Food For Life Nutrition and Cooking Series" Number three in a four-part nutrition and cooking classed sponsored by The Cancer Project.

This free class series is aimed at educating participants about ways to boost their immune system through healthy eating choices. Classes will feature information on how foods fight cancer, ways to incorporate more high-fiber, low fat food into your diet, alternatives to dairy and meat, and healthy dishes that include immune-enhancing nutrients and help maintain a healthy weight. Cooking demonstrations, educational videos and food tasting. Open to anyone interested in cancer prevention and health eating. 3:00-6:00 pm in the Wellness Center at the Tri-Cities Cancer Center located at 7350 W Deschutes Ave. Seating is limited. Please call (509) 737-3420 to reserve your seat.

APRIL 6-KENNEWICK: "Basic Life Support and Heartsaver Instructor Course" 2:00-5:00 pm. This instructor course was developed according to 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 (includes course materials) Renewal course Fee: \$60 (No materials) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

APRIL 7-ELLENSBURG: "Self-Management Diabetes Classes" Jump-start your understanding of diabetes by joining a Kittias 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

APRIL 7-KENNEWICK: "Food For Life Nutrition and Cooking Series" Number four in a four-part nutrition and cooking classed sponsored by The Cancer Project. This free class series is aimed at educating participants about ways to boost their immune system through healthy eating choices. Classes will feature information on how foods fight cancer, ways to incorporate

CALENDAR (continued)

more high-fiber, low fat food into your diet, alternatives to dairy and meat, and healthy dishes that include immune-enhancing nutrients and help maintain a healthy weight. Cooking demonstrations, educational videos and food tasting. Open to anyone interested in cancer prevention and health eating. 3:00-6:00 pm in the Wellness Center at the Tri-Cities Cancer Center located at 7350 W Deschutes Ave. Seating is limited. Please call (509) 737-3420 to reserve your seat.

APRIL 8-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

APRIL 8-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

APRIL 8-9-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

APRIL 10-CLE ELUM: "Free Document Shred Day at the Police Department" 9:00 am- 3:00 pm. Free to residents - no businesses please. Sponsored by RSVP of Kittitas County. (509) 962-4311

APRIL 22-KENNEWICK: "Heartsaver CPR for the Layperson" 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.

6:00-9:00 pm. Fee: \$35. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

APRIL 21-ELLENSBURG: "Kidney Disease, Dialysis and Diet Recommendations" The Kittitas Valley Community Hospital 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. To register please call (509) 962-7433

APRIL 24-ELLENSBURG: "Free Document Shred Day at Super 1 Foods Parking Lot" 9:00 am-3:00 pm. Free to residents - no businesses please. Sponsored by RSVP of Kittitas County.

APRIL 29-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

MAY 21-RICHLAND: "10th Annual Multi-Cultural Fair for Seniors and Their Families!" 11:00 am-2:00 pm at Bethel Church, 600 Shockley Rd. Free admission, free refreshments, free entertainment, door prizes! Lots of information on senior services, singers, dancers, musicians and more. For information call Laurie Ruzicka (509) 946-2717

MAY 26-ELLENSBURG: "Diabetes and Wellness Fair" 10:00 am-4:00 pm at the fairgrounds. For information contact Pam Dick, Kittitas Valley Community Hospital. (509) 933-8647. email: pdick@kvch.com

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

SUPPORT GROUPS

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

SUPPORT GROUPS

DIABETIES 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

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

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

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 943-8455 to confirm time.

NEUROLOGICAL SUPPORT GROUPS:

The 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 tnrc@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

DIABETIES 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. info@wwhospice.org

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

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

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.

SUPPORT GROUPS (continued)

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



Wenatchee River

EMPLOYMENT (continued)

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 day shift position. Experience the difference by applying at the Cashmere Convalescent Center. Night and evening work also available. New grads welcome. Competitive wages and benefits. For more information call Erika at (509) 782-1251

ELLENSBURG

NAC/NAR: Caregiver Position Available. Experience not necessary, will train. NAC/NAR not required but preferred. Full Health Benefits available! Part and full time shifts available. *Dry Creek Assisted Living!* 818 E Mtn. View Ave. Contact: (509) 925-1220

CAREGIVER: *Hearthstone Cottage* is seeking responsible caregiver to assist residents in all areas of daily care. Will train. Must be upbeat and have positive attitude. Call (509) 925-3099 or apply in person at 802 Mountain View Ave

MEDICAL RN/LPN- Full or part time. To apply contact *Total Care*, 307 S 12th, Suite 18, Yakima or call 509-248-7846

KENNEWICK

RN's/LPN's: Full and part time available. Work with a professional & dedicated nursing staff. New grads welcome. *Canyon Lakes Restorative & Rehabilitation Center*, 2702 S Ely. Contact: 509-582-5900

RN: Full time admissions team. Mon-Fri. variable hours. Are you an independent thinker have great assessment skills and love one-on-one with patients and families? Come join Hospice at The Chaplaincy! Contact: Kitty 509) 783-7416 for more info or e-mail resume: kathleenb@tricitiechaplaincy.org

NURSE: Full time nurse for days and PT nurse, shifts vary. Free online educational opportunities, vacation and sick pay, 401-k and our fantastic work environment. Apply at *Eagle Health Care*, 1745 Pike Ave or complete our online application. 509-946-8095.

HOME CARE PROVIDERS: Contact *Home Care Services of Kennewick* at 8656 W Gage Blvd, #301 or call 509-735-7840

RN'S: Put the passion back in your work. Join us at Hospice providing one-on-one care. Contact: Kitty, *The Chaplaincy*, 2108 E Entiat, 509-783-7416. andeap@tricitiechaplaincy.org

CERTIFIED NURSING ASSISTANTS/ NURSES: Accepting applications for CNA's to work evening shift. *Life Care Center of Kennewick*, 1508 W 7th Ave. 509-586-9185

FT & PT CAREGIVERS: All shifts available. Full and part time positions. Apply at *The Manor at Canyon Lakes*, 2702 W 35th Ave. 509-582-5900

CNA-NAR: Needed immediately, FT/PT, all shifts. Apply at *Total Care*, 3160 Clearwater, Ste J. (509) 763-3600. www.tc-homecare.com

EMPLOYMENT (continued)

HOME CARE AIDES: We are looking for the best of the best. Do you want to go home at the end of the day knowing you made a difference in the life of a family? If so, you may meet the qualifications to be a *Visiting Angels Caregiver*. We are looking for home care aides with several years of experience in home care or another caring field. Call for an interview: 509-582-7800

MOSES LAKE

LICENSED NURSES: *Summer Wood Alzheimer's Special Care Center* is currently accepting applications for a part-time or on-call LPN. Flexible sifts in a state-of-the-art memory care facility. Please stop by and visit us at 830 NW Sunburst Court. Ask for Elizabeth or call (509) 764-1900

OTHELLO

OT: Wanted! *Mountain Land Rehabilitation* needs OT in Othello, Pasco and Pullman. Please contact Bobby for more info! (801) 859-9211 or e-mail Bobby@mirehab.com

PASCO

RN/LPN: Ft & PT Swing Shifts now available. New grads welcome. Also PT on call weekend position. MDS Nurse position available. Exp required. FT Night & evening shifts available for NAC's. *Avalon Healthcare*, 2004 N 22nd Ave. Call (509) 547-8811

CAREGIVERS: We are looking for the best of the best. Do you want to go home at the end of the day knowing you made a difference in the life of a family? If so, you may meet our qualifications. Contact: *Visiting Angels* 509-582-7800

QUINCY

LPN: Applications for an LPN to work in our *SageView Family Care Clinic* are now being accepted. A rare opportunity for a smiling, caring healthcare professional. Competitive wages based on experience. Pick up an application at Quincy Valley Medical Center or visit our website at www.quincyhospital.org to print an application.

...continued from page 1

You may be able to apply your career skills as well: Many non-profits seek expertise in accounting, marketing, computers,, and management.

What you do after you retire may involve travel and education. There are many programs designed specifically for retirees. This is the time to take that pottery class you never had time for, or finally read "War and Peace" again, or finally start that novel you've always wanted to write.

Recreation isn't a bad retirement idea either. Golf, tennis, biking walking, swimming are all options. So are book clubs, garden clubs, wine-tasting groups and knitting circles. You can devote yourself to lifelong hobbies...embroidery, model trains, transistor radios...or start new hobbies: bridge or karaoke, anyone? And don't forget the discounted tickets to the movies and a host of other cultural venues.

Some retirees locate close to their children so they can enjoy, and help out their family. Assisting with childcare is a common retirement pursuit. retirees are also sometimes called on to help out in the family business: for entrepreneurs and small business owners, the expertise of a retired parent can be invaluable.

What you do in retirement depends on your interests, your means, and your health. The word "retirement" is really a misnomer, because retirement isn't about separating from all the things that give your life meaning, it can be one of the most productive, fulfilling times of our lives.



SeniorPages.com

Be sure you are listed in the next Senior Pages

Click Below to See

Senior News

EMPLOYMENT (continued)

CNA: Applications are being accepted for our hospital. Part-time or per diem positions to care for our acute or swing bed residents, varied shifts, could work into full-time. Our wage scale and differentials are competitive with other area healthcare facilities. Pick up an application at *Quincy Valley Medical Center* or visit our website at www.quincyhospital.org to print an application.

RICHLAND

CAREGIVERS: Looking for caring, experienced preferred caregivers to join our team. PT/FT Day/Eve/NOC. We offer benefits, 401K and PTO. Apply at *Brookdale Senior Living*, 1629 George Washington Way.

CAREGIVERS: Looking for reliable, flexible & compassionate caregivers. Immediate openings. Six mo. Exp required. Apply Mon-Fri by calling 509-946-4089 or apply online at www.athome-care.com

FULL TIME NURSE: *Quail Hollow Alzheimer's/Dementia Facility* seeks full-time RN to oversee health services. Must be compassionate, willing to go the extra mile and committed to quality care. Confidential inquiries welcome to Leigh Anne Sayer at (509) 943-5353. Pick up an application at 221 Torbett St. Resumes to: admin@qualihollowmcc.com

RN/LPN: *Life Care Centers of America*. Opportunity for quality oriented RN. Competitive pay and benefits. Contact: Sharon Ingham at 509-943-1117 or fax 509-943-5140. 44 Goethals Drive, Richland. www.LCCA.com

SELAH

NAC/NAR: Full-time, part-time day and graveyard shifts at *Riverview Manor*. Flexible schedules with some weekends required, some weekends required, excellent wage and benefit package. Apply I person at 555 E Goodlander Rd.

Selah Convalescent is accepting apps. Are you looking for long-term employment with competitive wages and great benefits? Come and join our team. Apply in person at 203 W. Naches Ave. (509) 697-8503 or email resume to: sci@fairpoint.net

SUNNYSIDE

MEDICAL RN/RN: *Lower Valley Hospice and Palliative Care*. Send resume to LVHPC, Attn: Debra Roe-Johnson, 3920 Outlook Rd, Sunnyside, WA 98944, fax to: 509-837-1992 or e-mail to: droe@lowervalleyhospice.com

WAPATO

RN/LPN: Evening med position available. Full or Part time. Apply at *Emerald Care*, 209 N Ahtanum. As for Rochelle Lee, Asst. DNS

WENATCHEE

CERTIFIED NURSES AIDE: Roses are red, violets are blue, do you think our patients would fall in love with you? If you are a Certified Nurses Aide with a loving heart and a generous nature, we would like to talk to you. Knowledge and experience with Medicare patients preferred. Ask about the \$1,000 incentive bonus. Benefits include health insurance, 401k and vacations. Apply at *Colonial Vista Care*, 625 Okanogan, or send resume to: ColonialcareDNS@fronteirmgmt.com

LONG TERM CARE NURSES: We are expanding our Medicare skilled unit and need experience Long Term Care Nurses with knowledge of Medicare, rehab, excellent documentation and critical thinking. Good team players/team builders. Must interact with nursing, therapy and other interdisciplinary team members. Benefits include paid employee health insurance, 401k, and vacations. Apply at *Colonial Vista Care*, 625 Okanogan or send resume to ColonialcareDNS@frontiergmt.com

YAKIMA

RN/LPN: *Garden Village*. A part of Yakima Valley Memorial Hospital's family of services, Garden Village is currently seeking dedicated individuals to fill openings on all shifts. We are a skilled nursing facility specializing in post hospitalization of critical and rehabilitative residents. Apply at Garden Village, Attn: Cynthia Sanchez, 206 S 10th Ave.

BOOKKEEPER: *Living Care Retirement Community* is looking for a bookkeeper. Primary responsibilities would include resident accounts collections, preparation of checks for deposit and accounts payable - knowledge of Medicare and Medicaid is desirable. Contact: Living Care Retirement Community (509) 965-5260

NURSING NACS: *Good Samaritan Health Care Center* has position open for reliable caring NACs. Apply in person at GSHCC 702 N 16th Ave.

NAR/NAC: *Highgate Senior Living* now accepting applications. Great team, benefits and monthly bonus program. Apply in person at 5605 W Chestnut Ave.

HOME CARE: *Home Care Services* is accepting applications for Home Care Providers in Yakima, Sunnyside, Wapato, Toppenish and Ellensburg to assist seniors and disabled to live independently in their homes. Contact: 5110 Tieton Dr, Suite 350, Glenwood Square (509) 453-8946.

NURSING: *Landmark Care Center*. Currently have FT & PT. Apply at 710 N 39th Ave. (509) 248-4102. Contact: Cecelia Sunday or apply in person at 710 N 39th Ave.

NURSING RN/LPN: Join our winning team and receive competitive wages, benefits & 401k retirement. Apply at *Living Care Retirement*, 3801 Summitview Ave or Email resume to kjacoby@livingcarecenters.com or contact: Katie Jacoby at 509-965-5239



exceptional community healthcare

EMPLOYMENT (continued)

NAC/NAR/CAREGIVERS: 2-24 hours per day. Experience preferred. Apply in person. *Rescare Home Care* (Formerly *T.L.C. In-Home Care*), 3405-B W Nob Hill

RN/LPN: Full or part time. To apply contact *Total Care*, 307 S 12th, Suite 18, Yakima or call (509) 248-7846

NACs/NARs: Experienced, Delegated. Full or part time needed for Yakima and Lower Valley. In home one-on-one care. *Total Care*, 307 S 12th, Suite 18, Yakima or call (509) 248-7846

NURSES: *Willow Springs Care* is seeking compassionate nurses to join or dedicated team. Competitive wages & benefits. Email resume: Ljeffery@willowsprigs-care.com or apply in person at 4007 Tieton Dr. (509) 966-4500

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



Senior Pages, the #1 Directory of Senior Services...And it's FREE!

Look for the 2010 editions of the Senior Pages for your area! It's the most complete directory for 55+ Seniors that live, work, and retire here. You can find all the services, care, retirement facilities and medical resources you need for an active, mature life. Pick up your free copy at your local senior center, retirement facility, medical clinic or senior service business today! If you can't find one in your area give us a call, send us an email, or you can download our entire directories at www.seniorpages.com

WE PUBLISH THE SENIOR PAGES FOR THESE AREAS:

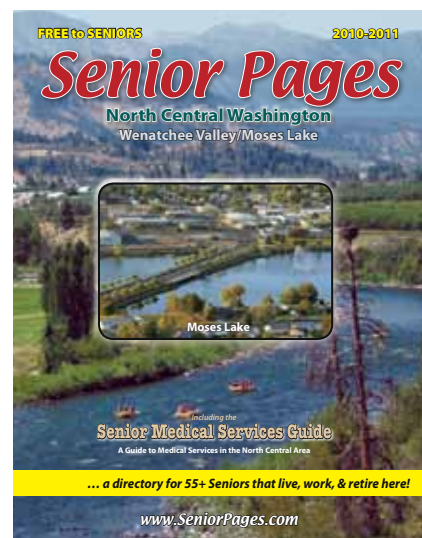
- | | |
|----------------------------------|-------------------|
| Spokane County | Northern Idaho |
| Tri-Cities/Walla Walla/NE Oregon | Yakima/Ellensburg |
| Wenatchee/Moses Lake | Western Montana |
| Tacoma/Olympia/South Sound | Snohomish County |

800-735-7258

Email: info@seniorpages.com

Visit our Website: www.seniorpages.com

Wenatchee/Moses Lake Sales are Open



VACANCIES (continued)

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

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

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 NEEDED

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. To volunteer call 1-800-474-6000 and ask for Ron or Lyla.

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

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

Please call Dale Swant if you are interested in advertising in the



888.575.9711

VOLUNTEERS NEEDED

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.

UNION GAP

Union Gap Senior Center needs kitchen aide and bingo caller volunteers. Kitchen Aide responsibilities include helping to make lunches, serve lunches and help; with kitchen cleanup. Volunteers needed Mondays and Fridays to help relieve regular volunteers. Contact Sirena at (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 on 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

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

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

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

Foster Grandparent Program: Volunteers spend time helping struggling youth. They're a model, mentor and a friend. Serving at one of many local organizations, including faith-based groups, Head Start

Centers, schools and other youth facilities. They help children learn to read, provide tutoring, love, comfort and guide kids. Must be at least 55 years old and willing to serve 20 hours per week. For more information please call Megan Turner at (509) 965-7100

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 mtturner@cfcisyakima.org

Gleaning Volunteers Needed! Harvest Against Hunger and Northwest Harvest of Yakima are looking to increase the amounts of local produce for the food banks in our area by having volunteers gathering fruit left in orchards/fields after harvest (gleaning). Farmers and growers throughout the valley are 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

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

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

VOLUNTEERS NEEDED (continued)

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

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.

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 and 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 call Donna (509) 574-1934

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

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. Volunteers can work anytime Monday-Friday 8:00am-6:00pm For information contact 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

Family Pancake Breakfast

1st Sunday of Each Month
8-30 am until 11:30 am
Pay at the door

\$2.00 Adults 14+
\$1.00 Seniors 55+
\$1.75 Children 10 & younger

You Spoke! We Listened!
Now offering your choice: sausage or ham

- hot off the griddle all-you-can-eat pancakes
- scrambled eggs
- sausage links OR slice of ham
- orange juice & fresh brewed coffee
- maple or berry syrup
- sprinkles for the kids
- served by KCS's dedicated volunteers
- enjoy live music performed by Marga and Her Sidekicks Band, 9am-11am

Sponsored By: **THE MANOR AT CANYON LAKES**
A ManorCare Community
A one of a kind retirement community

Kennecook Senior Center
220 S. Hudson
Hemlock, WA 98148
(509) 961-4162

2010 Family Pancake Breakfast Dates
*Breakfast cancelled in some months due to Holidays

No Breakfast in January	February 7	March 7	No Breakfast in April	May 2	June 6	No Breakfast in July	August 1	September 6	October 3	November 7	December 5
-------------------------	------------	---------	-----------------------	-------	--------	----------------------	----------	-------------	-----------	------------	------------

MEMORIAL Third Age™

Programs designed for the health and lifestyles of seniors

MARCH
Special



Memorial Rehabilitation and Occupational Medicine

OPEN HOUSE

Saturday, March 6, 2010
10 a.m. – 2 p.m.
302 South 10th Ave
Yakima

March 2010

2, 9, 16, 23, 30
TUESDAYS

DIABETES SCREENING

For most accurate results, do not eat or drink anything 8-12 hours prior to screening.

Center for Diabetes Prevention & Control, 2811 Tieton Drive, Yakima
THIRD AGE MEMBER PRICE: \$3 • 8-10 a.m.

3
WEDNESDAY

HEALTH INSURANCE COUNSELING FOR SENIORS

Harman Center, 65th & Summitview, Yakima

NO CHARGE • By appointment only (509) 575-8484

4
THURSDAY

DEMENTIA: TIPS ON KEEPING YOUR MIND YOUTHFUL

Harman Center, 65th & Summitview, Yakima

NO CHARGE • 1 p.m.

9
TUESDAY

COMING OF AGE / DIABETES: THE TREATABLE EPIDEMIC

Harman Center, 65th & Summitview, Yakima

NO CHARGE • Light meal 5-6 p.m., Presentation 6-8 p.m.

10
WEDNESDAY

MEDICATION EDUCATION DESIGNED FOR SENIORS

NO CHARGE

By appointment only (509) 575-8484

15
MONDAY

LIVING WITH LOSS SUPPORT GROUP

Memorial Home Health, 1019 South 40th Avenue, Yakima

NO CHARGE • 5:30 p.m.

16
TUESDAY

COMING OF AGE / VISION & HEARING: CARE FOR SENIORS

Harman Center, 65th & Summitview, Yakima

NO CHARGE • 6-8 p.m.

18
THURSDAY

EXERCISES TO MAINTAIN YOUR INDEPENDENCE

Sun Tower Retirement Home, 6 North 6th Street, Yakima

NO CHARGE • 2 p.m.

23
TUESDAY

COMING OF AGE / STRAIGHT TALK ABOUT SURVIVING CANCER

Harman Center, 65th & Summitview, Yakima

NO CHARGE • 6-8 p.m.

30
TUESDAY

COMING OF AGE / LIVING LONGER: TIPS TO BECOME THE HEALTHY PERSON YOU WANT TO BE

Harman Center, 65th & Summitview, Yakima

NO CHARGE • 6-8 p.m.

To join Memorial Third Age, or to see an up-to-date list of benefits and special limited offers, visit memorialthirdage.org/membership. Questions? Call (509) 577-5015.



YAKIMA VALLEY
Coming of Age
 With Aging Loved Ones

8 FREE weekly seminars with vital information to help you care for your aging spouse or parent.

Tuesday Evenings

March 9

5 pm – 6 pm: Light Meal
 6 pm – 8 pm: Presentation

March 16 – April 21

6 pm – 8 pm: Presentations

April 27

5 pm – 6 pm: Resource Fair
 6 pm – 8 pm: Presentation

Location:

Harman Center • 65th & Summitview, Yakima

March

- 9** Diabetes: The Treatable Epidemic
- 16** Vision & Hearing: Care for Seniors
- 23** Straight Talk About Surviving Cancer
- 30** Living Longer: Tips to Become the Healthy Person You Want to Be

April

- 6** Elder Law: Effective Advanced Planning Q&A
- 13** Getting Older Doesn't Have to Hurt
- 20** A Good Night's Sleep—It's More Important Than You Think
- 27** Take Care of Your Heart

For more information, call **Linda Henjum: 509-577-5015**

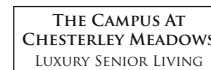
COLLABORATIVELY PRESENTED BY



SPONSORS

THANK YOU FOR MAKING THIS SERIES POSSIBLE

GOLD SPONSORS



SILVER SPONSOR

Keeler's Medical Supply

MEDIA SPONSOR



The listed organizations are not affiliated with each other.