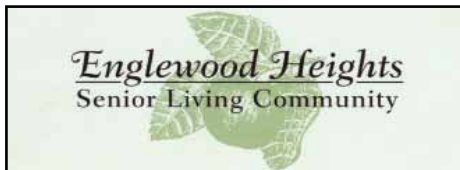


# SENIOR REVIEW

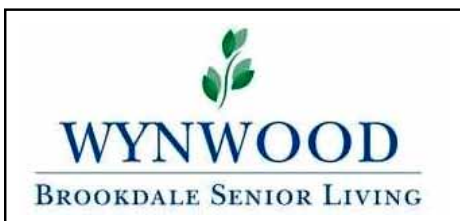
Weekly Information and "Hot Sheet" Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

## Yakima



## Richland



## Activities for Senior Citizens

Are you a senior citizen? Nowadays age doesn't prevent one from having one's share of fun. Jazz up your life with some entertaining activities tailor made for senior citizens. Here's some activities for senior citizens, which will keep everyone engaged and amused.

1. Mix about 200 small safety pins in an ice cream bucket along with dry oatmeal. Blindfold a person and time the person for say 10 minutes and let them see how many pins they can find in the dry oatmeal. Let everyone have a turn (blindfolded) and the one that finds the most wins a prize.

2. Take different photographs. Tear each of them into pieces. Organize the senior citizens into teams and hand over the torn pieces of a single photograph to each team. The team that first puts together the photograph wins the prize.

3. Auction. Pick up some inexpensive items from your local grocery store. Good choices would be toiletries, kitchen items, personal care products and home decorations. These items should be gift wrapped as mystery prizes. You will also require some fake money, which is equally distributed along each participant. The auctioneer will pick up a single prize at a time. The bidding then begins.

4. Hire a music band and have a dance. Encourage senior citizens with limited mobility to dance in their chairs or keep the beat to the music.

5. Organize a fashion show. Senior citizens who are unable to walk the ramp could be rolled out in wheelchairs.

6. Senior Fishing Day. Everyone is supposed to get his own fishing pole and bait along. It will help the seniors relax as well as keep themselves occupied. There should be prizes for the maximum fish caught and the biggest catch.

7. Organize a yoga class. This is especially beneficial to senior citizens. Each person should only do that yoga exercise with which he/she is comfortable. However, this activity needs care and caution.

8. Organize a one-mile walk. This is something which is within the capability of most senior citizens.

9. Mental exercises like solving puzzles and doing mathematical calculations mentally, without using a paper and pencil could be undertaken. This might delay the onset of serious old age diseases like Alzheimer's or delay the progress of the disease in people already afflicted by Alzheimer's disease.

10. Have every senior citizen bring a photo of themselves when they were babies or teenagers. The game is to guess whose photo it is. There would be attractive prizes for the winners.



...more on page 2

### Moses Lake



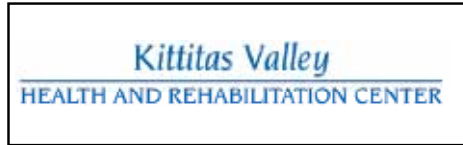
### Tri-Cities/Walla Walla



### Union Gap



### Ellensburg



...continued from page 1

11. Monthly birthday parties could be organized. Everybody would bring inexpensive gifts for the birthday boy/birthday girl.
12. Have a quiz regarding movies, songs, TV shows, actors and other categories that the seniors will be familiar with or are enthusiastic about.
13. Playing Favorites. We guess each person's favorite choices like favorite sport, favorite food, favorite dress and so on. And of course there should be prizes for the winners.
14. Sculpting for seniors. You could use the soft clay products, which are made for children. There should be a prize for quickest sculpture created and best looking sculpture. This activity would also help in strengthening the senior's hands, dexterity and muscle control.
15. Holiday Trip. A trip to a scenic spot could be organized. Nature is one of the most effective healers of the mind.
16. Hold a flower decoration competition. Supply the flowers, vases and scissors. You are allowed to take your handmade creation home.
17. Supply the seniors with cameras. Each one can take pictures of their favorite items and display them to others as a slide show.
18. Pick up the right recipe. Place your favorite recipe among a few other recipes and ask the seniors to guess it.
19. Health Tips. Each senior can talk for a few minutes offering personal advice on health-related issues.
20. Make up a list of questions that can be answered with only yes or no. Make a circle with chairs, enough for each senior citizen to play. Ask a question and if a person can answer yes to a question, they should move to the seat on the right. The person sitting in that seat may not be able to answer yes to that particular question and will still be sitting there. So they sit on their lap. Sometimes we have 3-4 people sitting on one chair and a lot of merriment. This is a lot of fun and questions are easy like, 'Do you have on black shoes?' or 'Do you have blue eyes?' or 'Do you own a cat?' and so on. Again a word of caution is suggested as some physical activity is involved.



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](mailto:dale@seniorpages.com)

### NEWS NOTES

The Social Security Department is changing how you receive checks. Its "Go Green" plan, which is more about saving money than the environment, the US Treasury will require individuals mailed monthly checks from Social Security to receive their payments electronically. This can be either through direct deposit into a bank account or a Direct Express debit card. This will be required of all new beneficiaries as of March 1, 2011, and all beneficiaries as of March 1, 2013. This is expected to save the government more than \$400 million and 12 million pounds of paper in the first five years.

### 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

**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, ORGEON: "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

**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

#### 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

#### THURSDAY

**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.

*SeniorPages.com*

## CALENDAR (continued)

**JUNE 4-ELLENSBURG:** "Open House" the Ellensburg Adult Activity Center, 506 S Pine St is having a special open house with informational booths, prizes, refreshments and fun. Featuring their brand new bus. For any additional information call (509) 962-7242

**JUNE 5-MOSES LAKE:** "HIV/Bloodborne Pathogens Training" 2 Hour 8:00 am, 4 & 7 Hour-8:30 am. Training programs satisfy Washington State DOH requirements for job-related training. We offer 2, 4 and 7-hour training programs to meet the needs of your job. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

**JUNE 7-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

**JUNE 7-8-RICHLAND:** "AARP Safe Driver Course" 8:30am-12.30 pm at Richland Community Center, 500 Amon Park Dr. For drivers 50 and older that can earn you a discount on insurance. \$12 for AARP members, \$14 non-members. For information call (509) 942-7529

**JUNE 8-9-YAKIMA:** "Driver Refresher Class" Drivers 55 and over who complete this approved safe driving course may qualify for a discount on their auto insurance. No driving or written tests involved. At the Harmon Center. Call to register for this class. (509) 575-6166

**JUNE 9-MOSES LAKE:** "Healthcare Provider CPR Renewal" 3:00-5:00 pm. 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 and occupational therapists, etc. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

**JUNE 9-KENNEWICK:** "Heartsaver First Aid" 4:00-7:00 pm. First Aid only. Fee: \$40.00 Sponsored by Kennewick General Hospital. To register call (509) 586-5119

**JUNE 9-10-KENNEWICK:** "AARP Safe Driving Class" Refresher course for drivers 50 years and older an earn you a discount on car insurance. Two days from 9:00 am-2:00 pm at the Pasco Senior Center, 1315 N 7th. \$12 for AARP members, \$14 for non-members. For information call (509) 545-3459

**JUNE 10-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

**JUNE 10-KENNEWICK:** "Basic Life Support for the Healthcare Provider" Course is 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 wide variety of settings, both in-hospital and outside the hospital. 6:00-9:00 pm. Fee: \$50. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

**JUNE 10-11-YAKIMA:** "Getting There Safely" Driver's program sponsored by Memorial Hospital's Third Age program. 8:30 am-12:30 pm. Completion of this course entitles you to a reduction in auto insurance for those over 55. At Memorial Education Center. Fee: \$5. Registration required, space limited. (509) 575-8484

**JUNE 10-11-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

**JUNE 10-11-ELLENSBURG:** "Free Dental Cleaning" At Ellensburg Adult Activity Center, 506 S Pine St. To make an appointment call (509) 962-7242

**JUNE 11-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. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

**JUNE 14-15-ELLENSBURG:** "AARP Driver Safety Class" 5:00-9:00 pm at Ellensburg Adult Activity Center, 506 S Pine St. Fee: \$12 AARP member, \$14 non-member. To sign up call (509) 962-7242



### June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## CALENDAR (continued)

**JUNE 15-PASCO:** "Know the 10 Warning Signs of Dementia" Learn the difference between: normal aging, simple memory loss, Alzheimer's disease. 5:30-8:00 pm Speaker is Joel Loiacono, Executive Director Alzheimer's Assn.-Inland NW Chapter. At Farrelly Auditorium (4th Floor North, Wing), Lourdes Health Network, 520 N 4th. Dinner is included and seating is limited. Reservations required. Free. Call Amy at (509) 542-3062 or Debbi (509) 713-3390

**JUNE 16-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

**JUNE 17-WENATCHEE:** "BLS Renewal & Annual Clinical Skills Day" Annual Clinical Skills Day is designed to verify competency in specific hands-on skills. Topics include BLS update, WAIVE testing, Glucometer verification, and restraint release demonstration. Updates and skills will be offered three times each day. Fee: \$25. Sponsored by Central Washington Hospital, 1201 S Miller St, Room G-Gate House. Fee: \$60. For additional information call (509) 664-3475 or email: [education@cwhs.com](mailto:education@cwhs.com)

**JUNE 18-KENNEWICK:** "Three Rivers Senior Life Show" 10:00 am-4:00 pm at Three Rivers Convention Center, 7016 W Grandridge Blvd. For information call (509) 737-3705.

**JUNE 15-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

### 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 HOT SHEET Free! send to:

**Dale@SeniorPages.com**

**JUNE 17-WENATCHEE:** "BLS Renewal & Annual Clinic Skills Day 2010" Designed to verify competency in specific hands-on skills. Skills Day topics includes: BLS update, WAIVE testing, Glucometer verification, and restraint release demonstrations. The BLS updates clinical skills are offered three times each day. Sponsored by Central Washington Hospital, 1201 S Miller St. Contact: Jan Fahl (509) 664-3475 e-mail: [educaton@cwhs.com](mailto:educaton@cwhs.com)

**JUNE 17-WENATCHEE:** "BLS for Healthcare Providers 2010" Providers will give you the skills and knowledge necessary to perform basic life support measures, both in and outside of a clinical setting. This is an online course with an in-person skills test. Fee: \$60. Sponsored by Central Washington Hospital, 1201 S Miller St. Contact: Jan Fahl (509) 664-3475 e-mail: [educaton@cwhs.com](mailto:educaton@cwhs.com)

**JUNE 20-KENNEWICK:** "Fathers Day Family BBQ" Noon-2:00 pm Charbonneau Independent Retirement Living, 8264 W Grandridge, is celebrating Father's Day in a big way with a Steak BBQ, buffet, desserts and some wonderful entertainment. For the entire family. Please RSVP to (509) 734-4331

**JUNE 22-KENNEWICK:** "Introduction to Facebook & Twitter" In this class, students will find out more about the phenomenon of social networking using Facebook and Twitter. Update your status, share pictures, write on walls and tweet to friends all over the world. Mouse and keyboard experience required as well as basic knowledge of Windows. 1:00-4:00 pm at Kennewick Senior Center. For information call (509) 585-4303

**JUNE 22-MOSES LAKE:** "Healthcare Provider CPR Renewal" 3:00-5:00 pm. 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 and occupational therapists, etc. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

**JUNE 26-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. Sponsored by Samaritan Healthcare, 801 E Wheeler Rd. Fee: \$40. To register by phone or for more information please contact the Education Center at (509) 793-9690

**JUNE 29-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

**JULY 2-ELLENSBURG:** "4th of July BBQ" 11:30 am-1:00 pm. Join the Ellensburg Adult Activity Center for their 5th Annual July BBQ sponsored by the center and Dry Creek. This year the BBQ will be at Dry Creek Assisted Living to provide you shade from the sun. Transportation available through Hope Source. For additional information call: (509) 962-7242

**JULY 7-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

**JULY 8-KENNEWICK:** "Tiny Tot Olympics" 10:00-Noon. Sponsored by the Kennewick Senior Center. Children ages 2-6 will participate in non-competitive activities including basketball hoop shoot, dinosaur obstacle course, egg spoon run and much more. Plus gold medals for all, lunch, prizes and crafts too. Fee: \$8 city resident or \$12. For more information call (509) 585-4293



"Remember when shake, rattle and roll meant more than just getting out of bed?"

### CALENDAR (continued)

**JULY 9-YAKIMA:** "Diabetes Education Is The Cornerstone of Diabetes Management" 9:00-5:00 pm. Comprehensive education course for those who have already taken the Sure Start introductory course. One day class. Presented by Memorial Hospital at the Community Education Building 2506 Nob Hill Blvd. Registration is required. Ca.; (509) 249-5243

**JUNE 13-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

**JULY 8-KENNEWICK:** "Basic Life Support for the Healthcare Provider" Course is 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 wide variety of settings, both in-hospital and outside the hospital. 6:00-9:00 pm. Fee: \$50. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

**JULY 8-KENNEWICK:** "Tiny Tot Olympics" 10:00 am-Noon. Bring your grandchildren to the annual Tiny tot Olympics. Children ages 2-6 will participate in non-competitive activities. Gold medals for all, lunch prizes and crafts too. Sponsored by Kennewick Senior Center. For information call (509) 585-4293

**JULY 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

**JULY 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

**JULY 13-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

**JULY 14-KENNEWICK:** "Heartsaver First Aid" 4:00-7:00 pm. First Aid only. Fee: \$40.00 Sponsored by Kennewick General Hospital. To register call (509) 586-5119

**JULY 15-16-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

**JULY 15-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

**JULY 17-KENNEWICK:** "Mauna Loa Hawaiian Luau" 4:00-8:00 pm. Presented by The Manor at Canyon Lakes, 2802 W 35th Ave as a fundraiser for the Edith Bishel Center for the Blind and Visually Impaired. Take the challenge and sponsor your favorite co-worker with a human hamster race in the ball. Feast served at 5:00 pm. Entertainments is Onie Rendell and her Hawaiian keiki (children) dancers. Casual Hawaiian aloha attire and a commitment to help others please. Tickets on sale now at the Manor at Canyon Lakes. Call (509) 735-0699

**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

### 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

#### 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 he 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

*SeniorPages.com*

### SUPPORT GROUPS (continued)

#### 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 4<sup>th</sup> 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. 2<sup>nd</sup> Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. Contact: (509) 737-3418. [www.tccancer.org](http://www.tccancer.org)

##### BREAST CANCER SUPPORT GROUP:

First and 3<sup>rd</sup> 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](http://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 35<sup>th</sup> at 2:00 pm. Sponsored by The Neurological Resource Center. To confirm times call (509) 943-8455

##### GENERAL CANCER SUPPORT GROUP:

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

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](mailto: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

##### 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. 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](mailto: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 40<sup>th</sup> Ave in the activity center.

##### BEREAVEMENT SUPPORT GROUP:

Meets at Memorial Home Care office (1019 S 40<sup>th</sup> 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 16<sup>th</sup> Avenue Station (1470 N 16<sup>th</sup> 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](mailto: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](http://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 40<sup>th</sup> 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](mailto:colleenjim1@msn.com)



Richland



### 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. 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](http://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

If you are interested in our Logo Sponsor program for your Hot Sheet listings. Please Call Dale at 509 979-6882

**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.

**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 (wee 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 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 in the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. Call (509) 527-3775

Overlooking the Columbia River!

**FREE High Speed Wireless Internet**  
**FREE Gourmet Continental Breakfast**  
 Refrigerators & Microwaves In All Rooms  
 In Room Coffee Service, Iron & Ironing Boards & Hairdryers  
 Jacuzzi Suites Overlooking The River • Guest Laundry Facility  
 Large Heated Outdoor Pool & Spa • Overnight Boat Moorage  
 Crow's Nest Bar & Grill • Conference & Banquet Facilities  
 Workout Facility With Sauna • Free Bike Usage

435 Clover Island Drive • Kennewick

509.586.0541  
 866.586.0542  
[www.cloverislandinn.com](http://www.cloverislandinn.com)

Wine Tours & World Class Golf Packages Available!

### VOLUNTEERS NEEDED (continued)

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

*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@mycwndr.org](mailto:patty@mycwndr.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 [mturner@cfcyakima.org](mailto:mturner@cfcyakima.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](http://www.northwestwishes.org). To sign-up and receive application materials email Volunteer Manager Jeni Miller at [volunteer@northwestwishes.org](mailto:volunteer@northwestwishes.org)  
**Memorial Hospice and Transitions Program** needs compassionate volunteers to join its' team. Volunteers will assist patients and families living with terminal illness. Volunteers will have the opportunity to share time while supporting families in a variety of ways: caregiver relief, companionship, light meal preparation, light house and yard work, medication deliveries, leisure activities and bereavement support. Hospice/Transitions training is required and conducted by Memorial's staff. For more information call Dotties Hildebrand at (509) 574-3655

*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

*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

Link your website to  
 the Senior Review...  
 \$7.00 per week



exceptional community healthcare

### VOLUNTEERS NEEDED (continued)

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

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

*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 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. Contact 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](mailto:Eunice@wellness-house.org).

*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. 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



### 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**

It's More Than a Fundraiser ~ it's a WORLD WIDE PHENOMENAL EVENT

# Twilight Saga "Eclipse"

## Pre-Release Party

Midnight showing  
of Eclipse at  
Fairchild Cinema

TRAC in Pasco  
June 29  
6-11p.m.

Tickets on sale now at  
[www.traconline.com](http://www.traconline.com)  
509 543-2999

*With every ticket purchase  
you are entered to win one  
of four Twilight custom  
made charm bracelets and  
a single wine tasting from  
Canyon's Edge Winery.*

### EVENTS AND VENDORS:

*Fire and Ice food stations; bite marks;  
DJ; Twilight Fashion Show; Twilight  
theater presentation; professional  
photographers; raffle; wine; silent  
auction; watch Victoria and her Army  
dance to "How Low" and "They're  
Everywhere".*

*Twilight vendors offering jewelry;  
scrapbooking; Bella perfume; designer  
style clothes; make your own Twilight  
wine charms and earrings; plus 2  
night/3 day Twilight tour packages to  
Forks, WA available.*

*Why just go to the movie  
when you can  
party with the Tri-Cities own  
Twilight Look-a-Like Characters.  
Bid on autographed actor photos  
and Twilight-themed cakes.*



This fundraiser supports the Edith Bishel Center for the Blind and Visually Impaired. Go to [www.edithbishelcenter.org](http://www.edithbishelcenter.org) to review our services and get all your Twilight questions answered.

CANYON'S EDGE  
WINERY

Walmart  
Save money. Live better.

Photos by Darin Warnick and Sonja Yearsley

Ticket holders wearing red will be asked to participate in the "Bella Rescues Edward" skit.

## 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](http://www.seniorpages.com)

### WE PUBLISH THE SENIOR PAGES FOR THESE AREAS:

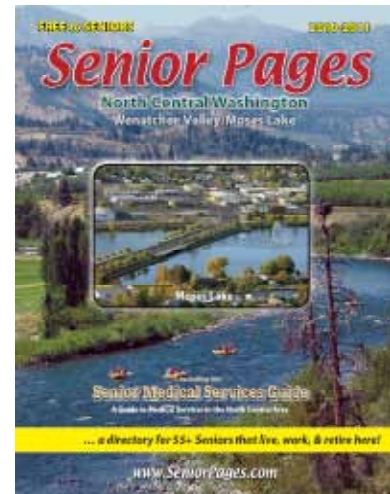
Spokane County	Northern Idaho
Tri-Cities/Walla Walla/NE Oregon	Yakima/Ellensburg
Wenatchee Valley	Western Montana
Tacoma/Olympia/South Sound	/Moses Lake/Ephrata

**800-735-7258**

Email: [info@seniorpages.com](mailto:info@seniorpages.com)

Visit our Website: [www.seniorpages.com](http://www.seniorpages.com)

### Wenatchee & Moses Lake Sales are Open



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

# SENIORREVIEW

888.575.9711