

SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages



Please click on our sponsors below and view their websites.

Public Health

Sandpoint



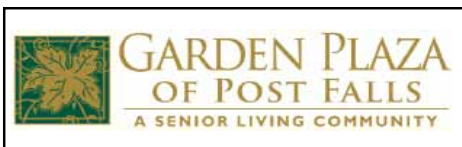
Southern Idaho



Hayden



Post Falls



Savvy Senior: How To Prevent Falls

By Jim Miller

Falls are a big concern for millions of elderly Americans and their families. In the US about one-third of the 65-and-older population will suffer a fall this year, often with bad consequences. But many falls can be prevented. Here are steps you can take to help keep your dad up on his feet and reduce his risk of falling:

Check his meds: Does someone in your family take any medicine or combination of medicines that make him dizzy, sleepy or lightheaded? If so, gather up all the drugs he takes — prescriptions and over-the-counter — and take them to his doctor or pharmacist for a drug review.

Get an eye exam: Poor vision can be another contributor to falls. If they wear glasses, check to see if they are wearing the correct prescription and beware of bifocals. Multifocal glasses can impair vision needed for detecting obstacles and judging depth.

Check balance: Balance disorders — which can be brought on by a variety of conditions like inner ear problems, allergies, a head injury or problems with blood circulation — are also a common cause of falls. If someone is having balance issues, make an appointment with his doctor to get it checked and treated.

Start exercising: Improving balance through exercise is one of the best ways to prevent falls. Strength training, stretching, yoga and tai chi are all great for building better balance. Some simple exercises that anyone can do

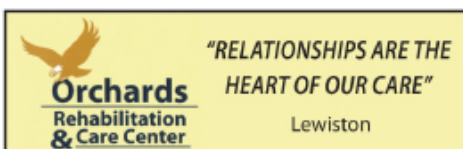


more on page 4...

Coeur d' Alene



Lewiston



SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAYS

COEUR D'ALENE: Bingo-all cash prizes! By in at Lake City Center, 1916 N Lakewood Drive. 4:00-5:30 pm. Dinner before Bingo \$5. Charitable contributions made to Senior Center at Lake City Center

MONDAY & WEDNESDAYS
KELLOGG: Senior Stretch and Pose. 3:30-4:30 pm First class Free. 1 month session (8 classes) \$35, Drop-in \$5/class. Sponsored by Shoshone Medical Center. For additional information (208) 784-7017

TUESDAYS

BONNERS FERRY: Adult Exercise Program. 8:00 am, 9:30 am and 11:00 am. The Adult Exercise Program at Bonner General Hospital is a wellness program designed for anyone who may benefit from regular supervised exercise in a safe environment. The goal is to help you improve your overall level of physical activity by increasing your strength, balance, flexibility and endurance. Regular exercise can prevent physical decline as we age and can reverse common problems associated with aging. The program is idea for those with: osteoporosis, arthritis, diabetes, high blood pressure, cancer and other physical challenges or health concerns. One time fee of \$25 for an initial assessment, plus \$6 per class. For more information or to register please call (208) 265-7480 extension 7480 to schedule your personal health assessment.

COEUR D'ALENE: Fit & Fall Proof Exercise Class" 11:15-12:15. At the Lake city Senior Center, 1916 Lakewood Drive. For information call (208) 667-4628

MOSCOW: Second Tuesday of the month Blood Pressure Checks at Friendly Neighbors Senior Center of Moscow, 1912 E Third St. (208) 882-1562 email: friendly_neighbors@yahoo.com

MOSCOW: "Fit and Fall Proof" Reduce your risk of falling by increasing your muscle strength and balance. Every week on Tuesday and Thursday from 10:-00-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Free, no registration required. education@gritman.org

MOSCOW: "Osteoporosis Exercise Group" Tuesday and Thursdays from 9:30-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Fee: \$6/session. Contact (208) 883-60882. education@gritman.org

TUESDAYS & THURSDAYS

MOSCOW: "Senior Meal Site" 11:30 am salad bar, 12 Noon main course, plus a dessert bar. Held at the 1912 Center, 412 E third St. For seniors 60 and older. Suggested donation is \$4, Non-seniors, \$6. Sponsored by Friendly Neighbors Senior Citizens, Inc.

WEDNESDAYS

LEWISTON: "Alzheimer's Support Group" Held the second Wednesday of each month. 7:00-9:00 pm at Guardian Angel Homes, 2421 Vineyard Avenue. For information contact Maggie Morrison (208) 743-6500



Sandpoint

SEMINARS/CLASSES EVENTS/MEETINGS

LEWISTON: New Nicotine "Stay Quit" Support Group. 1:30-2:30 the last Wednesday of each month at St. Joseph Regional Medical Center, Community Education Resource Center, Room 3, 415 6th St Call: (208) 750-7360

SANDPOINT: Healthcare Provider CPR classes are ideal for dental hygienists, family practice nurses and CNAs. Held every third Wednesday of the month at the Brown House basement from 8:00 am-10:00 am for Bonner General Hospital staff as well as community healthcare providers. There is an exam prior to attending. Fee: \$25 For complete details contact Bonner General Hospital (208) 263-1441 or Deven Fredericks in the Education Department at (208) 263-1441, ext. 1491

THURSDAYS

BONNERS FERRY: Adult Exercise Program. 8:00 am, 9:30 am and 11:00 am. The Adult Exercise Program at Bonner General Hospital is a wellness program designed for anyone who may benefit from regular supervised exercise in a safe environment. The goal is to help you improve your overall level of physical activity by increasing your strength, balance, flexibility and endurance. Regular exercise can prevent physical decline as we age and can reverse common problems associated with aging. The program is idea for those with: osteoporosis, arthritis, diabetes, high blood pressure, cancer and other physical challenges or health concerns. One time fee of \$25 for an initial assessment, plus \$6 per class. For more information or to register please call (208) 265-7480 extension 7480.

COEUR D'ALENE: Bingo-all cash prizes! (Except August 4th) By in at Lake City Center, 1916 N Lakewood Drive. 5:30-8:30 pm. Dinner before Bingo \$5. Charitable contributions made to Senior Center at Lake City Center

COEUR D'ALENE: "Free Class on Joint Replacement". Plan now to return to an active life after joint replacement surgery. 6:00-7:00 pm the last Thursday of each month at Ivy Court, 2200 Ironwood Place. For information call: (208) 667-6486

COEUR D'ALENE: "Mended Hearts" 3:30-4:30 pm. For those interested in learning more about cardiac or pulmonary disease. Meets on the third Thursday of each month. Sponsored by Kootenai Medical Center. Call (208) 666-2897

COEUR D'ALENE: "Mix N Mingle" for CareNet members. A non-formal meeting the second Thursday of the month in addition to the monthly CareNet meetings. A chance to visit and get to know each other. At Bardenay's, 1710 W Riverstone Dr, 4:30-6:30 pm or until ???

COEUR D'ALENE: "Free Monthly Wellness Clinic" The third Thursday of each month from 10:00-12:00 Loyaltan of Coeur d'Alene Senior Living, 205 E Anton Ave sponsors this special event. Participants include Ivy Court Nursing & Rehab, Crest home Health, Home Helpers, Priority Footwear, Auburn Crest Hospice, LaCross Health & Rehab, Mobility Equipment and Loyaltan of Coeur d'Alene. For additional information call (208) 667-6490

COEUR D'ALENE: "CPR & First Aid Class" 12:00-2:00 pm every third Thursday at the Lake city Senior center, 1916 Lakewood Drive. For information call (208) 667-4628

MOSCOW: "Fit and Fall Proof" Reduce your risk of falling by increasing your muscle strength and balance. Every week on Tuesday and Thursday from 10-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Free, no registration required. education@gritman.org

MOSCOW: "Osteoporosis Exercise Group" Tuesday and Thursdays from 9:30-11:00 am. Sponsored by Gritman Medical Center. at the Wellness Center, 510 West Palouse River Drive. Fee: \$6/session. Contact (208) 883-60882. education@gritman.org

FRIDAYS

LEWISTON: Senior pancake breakfast the last Friday of the month through September 30th. \$3.00 per person at Guardian Angel Homes, 2421 Vineyard Ave. Serving from 8:00-10:00 am. Please feel free to ask for a tour of our facility.

SATURDAYS

COEUR D'ALENE: "Joint Replacement Education" Plan now to return to an active life. Free class the last Thursday of each month, 6:00-7:00 pm at Ivy Court, 2200 Ironwood Place. Contact: (208) 667-6486

SANDPOINT: First Aid/CPR classes are offered on the third Saturday of each month (excluding holidays) from 8:45 am until 3:00 pm. CPR-only classes begin at 12:30 pm. For additional information call Deven Fredericks in the Education Department of Bonner General Hospital at (208) 263-1441, ext. 1491

CALENDAR

AUGUST 2-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6/session. (208) 883-6088

AUGUST 2-MOSCOW: "Diabetes Wellness Class" 4:00-5:00 pm. Protecting your eyesight is a free diabetes education class. Dr. Randal Cummings, OD will speak about how diabetes affects eyes and vision. He will also discuss refractive change due to high blood sugar, diabetic retinopathy, and treatment whether through lifestyle changes or surgery. In the Gritman Conference Center. Pre-registration not required. Free. Call (208) 883-5341

AUGUST 4-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 / session. (208) 883-6088

If you are interested in our Logo Sponsor program please Call Dale at 509 979-6882

CALENDAR(continued)

AUGUST 9-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

AUGUST 10-MOSCOW: "Caregivers Support Group" 3:30-5:00 pm. Meet others and share information and resources in a relaxed, supportive setting. Respite care available. Held at Gritman Adult Day Health, 225 E Palouse River Drive. Pre-registration no required. Free. To learn more call (208) 883-6483 or email: barbara.mahoney@gritman.org

AUGUST 11-COEUR D'ALENE: "Legal Considerations For The Elderly" 4:00-6:00 pm at the Lake City Senior Center, 1916 N Lakewood Drive. Speaker is Kate Monroe Coyle, Attorney at Law. Complementary dinner buffet provided by The Four Seasons Assisted Living. RSVP requested, limited seating. Please phone the Alzheimer's Association (208) 666-2996

AUGUST 11-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

AUGUST 12-SANDPOINT: "Winning The Care Battle!" 2:00-4:00 pm Designed for family and professional demential caregivers. Speaker: Aline Rohde, BSW, MAW. Alzheimer's Assn., Inland NW Chapter Volunteer Speaker & Support Group Facilitator. To be held at Luther Park of Sandpoint, 510 Olive, (208) 265-3557. Free and open to the public, certificates available for professionals. Questions? Call the Alzheimer's Assn.: (208) 666-2996

SeniorPages.com

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anytime are walking heel-to-toe across the room, standing on one foot for 30 seconds or longer, or getting up from a chair and sitting back down 10 to 20 times.

Modify his home: Because about half of all falls happen around the home, some simple modifications can go a long way in making your dad's living area safer. Start by picking up items on the floor that could cause him to trip like newspapers, books, shoes, cloths, electrical or phone cords. If he has throw rugs, remove them or use double-sided tape to secure them. In the bathroom put a nonslip rubber mat or self-stick strips on the floor of the tub or shower, and have a carpenter install grab bars inside the tub and next to the toilet. Also, make sure the lighting throughout the house is good, purchase some inexpensive plug-in night lights for the bathrooms and hallways, and if he has stairs, consider putting hand rails on both sides. And in the kitchen, organize his cabinets so the things he uses most often are within easy reach without using a step stool.

Other pitfalls: Believe it or not, the improper use of canes and walkers sends around 47,000 seniors to the emergency room each year. If your dad uses a cane or walker, be sure it's adequately adjusted to his height and that he's using it properly. A physical therapist can help with this. Another possible hazard is pets. If someone in your family has a dog or cat, he needs to be aware that — because they can get under foot — pets cause a lot of falls. Shoes are another issue to be aware of. Rubber-soled, low-heeled shoes are the best slip/trip proof shoes for seniors.

Savvy tip: Consider getting a home-monitoring system which is a small "SOS button" that anyone can wear that would allow him to call for help if he fell. Available through companies for about \$1 per day.

AUGUST 16-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

AUGUST 18-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

AUGUST 18-PULLMAN: "It's A Beach Party" 4:00-7:00 pm at Whitman Senior Living Community, 1285 SW Center. \$12/plate, all proceeds to Alzheimer's Assn. RSVP by August 12 th (509) 332-2629

AUGUST 23-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even with osteoporosis, exercise can help maintain bone mass. Join and improve bone strength. Physician referral is required. Gritman Medical Center. \$6/ session. (208) 883-6088

**Click Here to see our
slideshow
on
SeniorPagesVideos**

CALENDAR (continued)

AUGUST 24-PULLMAN: *Dementia Series* "ABCs of Dementia" To be held at the Pullman Regional Hospital Conference Rooms C and D.

AUGUST 25-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

AUGUST 26-MOSCOW: "Lunch and Learn" 12:00-1:00 pm. An educational service offered to the staff and community members by Gritman Medical Center during the lunch hour, once per month, on a variety of educational topics of interest related to Wellness.. Their is no fee and the event is open to all. They encourage you to bring your lunch. Gritman Education supplies light snacks with coffee service and punch. Held in the Conference Center. Please email leavia@gritman.org with questions or call (208) 883-2232

AUGUST 27-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 9:00am-4:00 pm. Course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR, m AED use and relief of choking in adults and children, and infant CPR and relief of choking, as well as the use of barrier devices for all ages are also included. A certification card valid for two years will be provided. In the Third-Floor Classroom of Gritman Hospital. Fee: \$60. Registration required. Contact: (208) 883-2232 or education@gritman.org.

AUGUST 30-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

SEPTEMBER 3-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 9:00 am-4:00 pm. Course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR, m AED use and relief of choking in adults and children, and infant CPR and relief of choking, as well as the use of barrier devices for all ages are also included. A certification card valid for two years will be provided. In the Third-Floor Classroom of Gritman Hospital. Fee: \$60. Registration required. Contact: (208) 883-2232 or education@gritman.org.

SEPTEMBER 6-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

SEPTEMBER 6-MOSCOW: "Diabetes Class" 4:00-5:00 pm. Designed for people who live with diabetes, this class is part of a monthly series that occurs on the first Tuesday of each month. Hosted by the Gritman Nutrition and Diabetes Education Dept., classes take place in the Gritman Conference Center, 700 S Main St., in Moscow. Free. For more information call (208) 883-6341

SEPTEMBER 8-MOSCOW: "Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session.

SEPTEMBER 10-MOSCOW: "Fall Safe Driving Class" 8:30-5:30 pm. Gritman Education Center. For information and sign up contact Gritman Education: FEE \$12 AARP Members, \$14 non-members. (Pay at the door) (208) 883-2232 or email education@gritman.org

SEPTEMBER 14-COLFAX: *Dementia Series* "Understanding Dementia" 9:30-11:00 am at Whitman Hospital and Medical Center Annex.

SEPTEMBER 14-MOSCOW: "Heartsaver (Adult) First Aid w/CPR" 5:30-8:30 pm. Course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes General Principles, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. CPR, m AED use and relief of choking in adults and children, and infant CPR and relief of choking, as well as the use of barrier devices for all ages are also included. A certification card valid for two years will be provided. Third-Floor Classroom of Gritman Hospital. \$35. Registration required. (208) 883-6088



Link your website to the Senior Review: \$10.00 per month

CALENDAR (continued)

SEPTEMBER 15 -MOSCOW:

"Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

SEPTEMBER 22-MOSCOW:

"Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

OCTOBER 18-19-MOSCOW: "Fall Safe Driving Class" 1:30-5:30 pm. (You must attend both sessions) Gritman Education Center. For information and sign up contact Gritman Education: (208) 883-2232 or email education@gritman.org

OCTOBER 19-MOSCOW: *Dementia Series* "Dementia and Challenging Family Situation" 9:30-11:00 am at Gritman Medical Center Conference Room.

SEPTEMBER 27-MOSCOW:

"Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. \$6 per session. (208) 883-6088

SEPTEMBER 29-MOSCOW:

"Osteoporosis Exercise Group" 9:30-11:00 am. One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. To be held at Gritman Medical Center Cardiac Rehab Center. Fee: \$6 per session. For more information (208) 883-6088

SEPTEMBER 30-MOSCOW: "Lunch and Learn" 12:00-1:00 pm. An educational service offered to the staff and community members by Gritman Medical Center during the lunch hour, once per month, on a variety of educational topics of interest related to Wellness.. Their is no fee and the event is open to all. They encourage you to bring your lunch. Gritman Education supplies light snacks with coffee service and punch. Held in the Conference Center. Please email leavia@gritman.org with questions or call (208) 883-2232

VOLUNTEERS NEEDED

BONNERS FERRY

Boundary Community Hospital: Volunteers donate their time and talents n many meaningful ways: medical record filing, organizing fundraisers, spending time with nursing home residents and more. The Hospital Auxiliary meets monthly. For information regarding volunteer opportunities, please contact (208) 267-3141 or email info@bcchmail.org

For all Caregivers. First Wednesday of every month, 2:00 pm at **Panhandle Heath District, 7402 Caribou. Support Group Facilitators: Jolle Walle (208) 267-2828 and Carol Lucero (208) 267-5050. Sponsored by Alzheimer's Association.**

CLARKSTON

The Tri-State Memorial Hospital Auxiliary is a group of dedicated community members who provide hundreds of hours volunteering in the hospital. The *Angels*, as they are called, work in most departments in the hospital and staff the gift shop. Tri-State's Angels hold several fundraising activities a year. If you are interested in becoming an Angel Volunteer please contact the director of volunteers at (509) 751-0222

COEUR D'ALENE

Have you considered becoming a volunteer ombudsmen? Ombudsmen are advocates for residents of long-term care facilities. The primary goal is to advocate for residents' rights, quality of life and quality of care. Vulnerable elders need the voices of caring individuals to speak for them. Responsibilities include: Visiting with residents and acquainting them with the ombudsman program. Receiving, investigating and referring complaints made by or on behalf of residents., following up on concerns or complaints. Contact Jan Noyes, Volunteer Ombudsman Coordinator, Area Agency on Aging of North Idaho, 2120 Lakewood Drive, Suite B, Coeur d'Alene, ID 83814. (208) 667-3179. jnoyes@aaani.org

Dirne Health Centers, a non-profit Medical Clinic in Coeur d'Alene, ID, are seeking volunteers to help in the office, at health fairs, at the clinic, in our retired medical facility. Contact: Amanda, 208-819-4520



Canyon Creek

VOLUNTEERS NEEDED

ElderHelp would like to thank you for helping to meet the numerous and various needs that we have been receiving from our low-income seniors/without YOU, our volunteers, many of these senior's needs would go unattended. If you, or you know of someone who could help, please contact Sally at info@elderhelpofnorthidaho.org and we will connect you with the seniors who need your help.

Elder Help of North Idaho is looking for leaders for several of their volunteer groups including Home Repairs, Firewood, Fundraising, Event Coordination, Client Services, Marketing and Public Relations and Volunteer Coordinator. For additional information contact Tom Lucas, VP at (208) 661-8870 www.elderhelpofnorthidaho.org

Lake City Senior Center has volunteer opportunities for individuals wanting to help in the dining room, answer phones, make appointments, create an in-house newsletter, greet and seat guests, weekly chores and more. for additional information contact Jessica Logan, Events Coordinator, Lake City senior Center, 1916 N Lakewood Drive. (208) 667-4628

On Site For Seniors. We are looking for volunteers to visit with some of our patients who are alone and lonely. could you spare an hours each week to bring a little happiness into their lives? On Site for Seniors is a faith-based, non-profit organization. It's fun, and you will receive training and will be part of a wonderful and caring group. If you are interested call Mary ann Arndt (208) 772-5026 or email marndt@onsite4seniors.org

HAYDEN

Applegate Hospice is looking for volunteers to help read to seniors, visit, go shopping, keep seniors company or simply become a friend. Contact: (208) 762-7825

POST FALLS

Auburn Crest Hospice has volunteer opportunities in the following areas: Companionship, Meal Preparation, Caring Touch, Caregiver Respite, Life Review, Community Relations, Letter Writing/ Reading, Staff Support, Office Tasks, Event Organizing, Scrap-booking, Planning Memorial Services, Bereavement Calling and more. Contact Jennifer at (208) 773-7731. e-mail: Jennifer@auburncrest.com

SANDPOINT

Bonner General Hospital Auxiliary volunteers assist in various areas throughout the hospital, providing those special "extras" that make a meaningful difference in the lives of our patients. The auxiliary asks members to provide 25 hours of volunteer service annually. Its a wonderful way to make new friends and contribute to the good work of the medical community. If you would like to join the Bonner General Hospital Auxiliary, stop by the information desk in the hospital lobby area and pick up an application.

Sandpoint, ID Valley Vista Care Services would welcome a committed, consistent and caring volunteer interested in indoor/ outdoor walks, reading and friendly visiting with residents. We also have scheduled small and large group activities that offer a wide range of possibilities and life enrichment. Please call Selene at 208-265-4514 for more information.

BONNERS FERRY

ADULT GRIEF GROUP: 6:00-7:30 pm Repeats on the first and third Thursdays of each month. Held in the Brown House conference room, next to the Healing Garden. Pre-register with Hospice Bereavement Coordinator, Susan Benesh (208) 265-1185

DIABETES SUPPORT GROUP: 10:00-11:00 pm Sponsored by Bonner General Hospital. To be held in the Brown House. Contact Lynda Metz (208) 255-3671

FOR ALL CAREGIVERS: First Wednesday of every month, 2:00 pm at Panhandle Health District, 7402 Caribou. Support Group Facilitators: Jolle Walle (208) 267-2829 and Carol Lucero (208) 267-5050

COLFAX

CAREGIVER SUPPORT GROUP: 3:00-4:30 pm. Sponsored by the Council on Aging and Human Services the fourth Thursday of the month. Held at The Courtyard on Main Street.

CLARKSTON

BEREAVEMENT SUPPORT GROUP: Coordinated through Home Health & Hospice. Sponsored by Tri-State Hospital, 1221 Highland Drive. Meetings held in the conference room. Call (509) 758-2568

SUPPORT GROUPS

BREAST CANCER SUPPORT GROUP: Meets the first Wednesday of every month 7:00-9:00 pm. Contact Linda Malcom from Owl Home Medical (208) 743-7766

MS SUPPORT GROUP: Meets the Third Tuesday of every month from 7:00-9:30 pm at the Tri-State Hospital, 1221 Highland Drive. Meetings held in the conference room. For information contact Ivan Ulmer (208) 743-2854 or Louise Lavoie (509) 758-2832

COEUR D'ALENE

ALZHEIMER'S SUPPORT GROUP for Caregivers of those with Dementia, Alzheimer's and any related disorder. Third Saturday of every month. 1:30-3:30 pm Traditional support group at Kootenai Medical Center, Main Building, Main Floor Classrooms. Facilitator: Arlene Sleight (208) 772-2542

ALZHEIMER'S SUPPORT GROUP for Caregivers of those with Dementia, Alzheimer's and any related disorder. Third Tuesday of every month 3:30 pm at The Lake Bakery conference Room, NW Corner of 7th St & Front St. Designed Specifically for families with Early Onset Dementia. Facilitator: Stephanie Godinez (208) 765-4343

ALZHEIMER'S SUPPORT GROUP for Caregivers of those with Dementia, Alzheimer's and any related disorder. Fourth Monday of every month, 5:30 pm (dinner included. Traditional Support Group, Free respite available by Creekside Inn. To be held at Creekside Inn, 240 E Kathleen. (208) 665-2444 Facilitators: Stephanie Godinez and/or Julie Tastad



SUPPORT GROUPS

MAN TO MAN: PROSTATE CANCER

SUPPORT GROUP: Meets first Thursday of every month, 7-9 pm, Kootenai Medical Center classrooms, 20032 Lincoln Way, Coeur d'Alene. Contact: (208) 765-5020 or (208) 666-3828

NORTH IDAHO CANCER SUPPORT

GROUP: For anyone touched by cancer at 1:00-2:00 pm Wednesdays, Lake City Community Church, 6000 Ramsey Rd, Coeur d'Alene. Contact: (208) 7723-5495

GRANGEVILLE

DIABETIC SUPPORT GROUP: 1:30 PM Third Monday of the month at Syringa General Hospital.

SMOKING CESSATION SUPPORT

GROUP: 6:00-7:00 at Syringa General Hospital conference room.

KELLOGG

FOR ALL CAREGIVERS: Held third Wednesday of every month at 3:00 pm at the Wellness Center, 204 Oregon, West Conference Room (208) 556-1147 Facilitator: Aline Rohde, SSW (208) 659-6719 or Alzheimer's Assn. (208) 666-2996

LEWISTON

ALZHEIMER'S SUPPORT GROUP: 7:00-9:00 pm the second Wednesday of each month at Guardian Angel Homes, 2421 Vineyard Avenue. For information contact Maggie Morrison (208) 743-6500

CANCER SUPPORT GROUP: 7:00-9:00 pm, 2nd & 4th Wednesdays, St. Joseph Regional Medical Center, Conference Room 1, Second Floor. This is a group for everyone: recently diagnosed, or going through treatment, cancer survivors, caregivers, family members or friends, all are welcome. For additional information contact Al Banta (208) 746-3974

DIABETIC SUPPORT GROUP: 7:00 pm. Second Monday of the month at Trinity Lutheran Church, 928 Eighth Ave.

NEW NICOTINE "STAY QUIT" SUPPORT

GROUP: 1:30-2:30 the last Wednesday of each month at St. Joseph Regional Medical Center, Community Education Resource Center, Room 3, 415 6th St For information call: (208) 750-7360

Exploring Senior Discounts

By Gregory Karp

Discounts for seniors extend far beyond early-bird dinner specials and cheap tickets at the movie theater. Consumers in their golden years have plenty of golden opportunities for savings, including some in surprising places.

In the wake of the recession, some businesses, especially retail chains, have cut back on their discount programs for senior citizens, making it all the more important to know where to find them. Meanwhile, other businesses looking to drum up sales in a slow economy have created new programs for seniors.

It has become more widespread, from senior discounts on plumbers to the local Chinese restaurant. It's become smaller deals for some. For example, you don't get as much off on hotels as you once did. Almost everybody now has about 10 percent off with your AARP card. Even a few years ago, hotel discounts for seniors were more lucrative.

Here are tips to allow you to get all the discounts you can if you qualify as a senior, in some cases if you're 50:

Do ask, do tell. Ask whether a business offers a senior discount, even if it doesn't seem the type of sale that usually warrants one. For example, you might get a break on your oil change or muffler job, although that will vary by location. Senior discounts are sometimes available but are not company policy at chains.

Discounts are more prevalent, even in tiny, little places. Everybody has gotten into the act!

The good news for middle-age consumers is that many businesses don't want to administer their own senior discount program, so they offer them through AARP, whose members are as young as 50.

Join AARP. An AARP membership costs \$16 a year, or less annually with a multiyear membership. Many seniors could easily make that back in discounts. It offers discounts at more than 500 retailers, plus price breaks on travel, financial services and health products. Membership also gets you the AARP magazine.

Today's seniors have a wide range of discounts available to them. Discounts on groceries, restaurant meals and travel are especially common.

Most grocery stores have senior discount days, often midweek, although it varies by store. Large pharmacies have programs too.

Examples of chain restaurants that offer discounts are Applebee's, Chili's and Friendly's, along with most major fast-food chains.

You can get clothing discounts at such stores as Banana Republic and Ross.

Some U.S. airlines mention senior fares on their websites. But, as a practical matter, only [Southwest Airlines](#) regularly offers discounts to seniors, whom Southwest defines as those 65 and older.

more on page 9.

SUPPORT GROUPS (continued)

MOSCOW

BLIND AND DIABETIC SUPPORT

GROUP: Weekly meeting 10:30-11:30 with Clara Docker at the Friendly Neighbors Senior Center of Moscow, 1912 Center, 412 E Third St. (208) 882-1562 friendly_neighbors@yahoo.com

CAREGIVER SUPPORT GROUP: 3:30-5:00 pm second Wednesday of each month; 6:00-7:30 pm the third Tuesday of each month, Adult Day Health, 225 E Palouse Rive Drive. (208) 883-6483

DEMENTIA SEMINAR SERIES: Various discussion topics related to Dementia, January 19, 9:30-11:30 am. Free of charge and all are welcome, no registrator necessary. Gritman Medical Center, in the 1st Floor Classroom. Fee: Free. Contact: (208) 883-6483. education@gritman.org

POST FALLS

ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with Dementia, Alzheimer's and any related disorder. First Wed every month at 12:00 noon. Lunch and location hosted by Guardian Angel Homes, 1070 E Mullan Ave., Post Falls. (208) 777-7797. (208) 777-7797

MULTIPLE SCLEROSIS SUPPORT

GROUP: Meets 11:00 am-1:00 pm on the second Monday of the month at Life Care Center of Post Falls, 460 N Garden Plaza Court in Post Falls. and includes a complimentary Lunch. (208) 773-9372.

SANDPOINT

ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with dementia, Alzheimer's, any related disorder. Third Wed every month. 2 pm, Valley Vista Care Center, 220 S Division. Brian Casey (208) 265-4514 & Kelly Hurt (208) 266-1528

ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with dementia, Alzheimer's and any related disorder. First Wednesday of every month. 4:30 pm. Held at Luther Park, 510 Olive Ave. (208) 265-3557 Facilitators: Sandy Sparling and Wendy Traffie, (208) 265-3557

DIABETES SUPPORT GROUP: Monthly support group features guest speakers who discuss diabetes and self-management. Groups meet at Bonner General Hospital, usually the first Mon each month at 10:00 am. Call (208) 255-3671.

GRIEF SUPPORT GROUP: Meets twice each month to share stories and feelings and support one another in an understanding and caring environment. An application is required, but attendance is flexible. Group members frequently find solace and comfort in the recognition that there are others going through similar experiences. Contact Bonner Community Hospice at Bonner General Hospital, call Kathryn Cook at (208) 265-1185. All bereavement services are free to residents of Bonner or Boundary counties.

HOSPICE ADULT GRIEF GROUP: December 2. Sponsored by Bonner General Hospital in the Brown House. For information call (208) 265-1185

PARKINSON'S SUPPORT GROUP: In the conference room at Bonner General Hospital the second Monday of the month. For information call (208) 265-1185

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For travelers, there might also be discounts on hotels, rental cars and cruises. Older commuters might find half off on bus and train fares. Amtrak fares, however, are discounted only 15 percent.

[Kohl's](#) Department Stores often have senior days, which offer storewide discounts. Even thrift stores offer senior discounts.

Financial products and services might offer senior discounts. Examples include tax preparation, bank accounts and auto and home insurance.

Where do you find discounts? The Internet is a great resource for finding specific senior discounts. And one website, seniordiscounts.com, is devoted to the topic.

Best deal ever? Maybe the best discount for seniors comes from the National Park Service. A senior pass, formerly called Golden Age Passport, is an admission pass for anyone age 62 and older. It gets you into any national park, along with your vehicle load of people if the park charges by vehicle. Or, if the park charges by the person, it gains admission for you plus three adults. It also gets you half off at parks' camping, swimming and boat launch facilities.

The cost? Ten bucks — for life. Compare that with the cost for those younger than 62: \$80 per year. For details, go to nps.gov and search for "senior pass."

Watch out. Just because you get a senior discount doesn't mean it's the best discount. You might pay less with a general sale or coupon than with the birth date on your driver's license.

Fortunately, many seniors have caught on to the idea of discounts and are speaking up. That even applies to baby boomers, who as a group aren't fond of admitting they are growing old. They don't like to be called seniors, but they don't want to miss on saving a couple of bucks.



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For More Information Contact:

Angie Spleiss, Walk Coordinator

angie.spleiss@alz.org

Phone: 509/473-3390

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