

SENIOR REVIEW

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Public Health

Sandpoint



Southern Idaho



Hayden



Post Falls



Brain Scans to Spot Alzheimer's May Be Available This Year But detection remains questionable, expert says, while treatment is still elusive

By Randy Dotinga

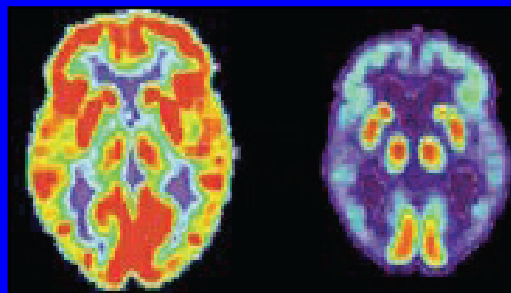
Brain scans that detect early warning signs of Alzheimer's may be available in the United States as soon as this year, researchers report, though it may be too early for the scans to be of much help for those with the disease.

"You'll get a more accurate and earlier diagnosis, which can be important to people who want to know what's going on when their memory is starting to decline," said Dr. Christopher Rowe, lead author of one study on the scans. "Unfortunately, until there's an effective therapy, there's nothing that can be done to stop the progression of the disease. The real value is going to come when we have an effective therapy."

According to the Alzheimer's Association, the disease is the sixth leading cause of death in the United States, and the number of deaths has risen in recent years.

Rowe and other researchers just released studies that reveal the effectiveness of PET scans that search for signs of a protein in the brain called beta-amyloid. It essentially gunks up the brain and causes senility.

In one of three new studies, researchers from University of Texas found that levels of the protein, as detected through a PET scanner,



PET scans of normal brain (left) and an Alzheimer's brain. Photo: U.S. National Institute on Aging

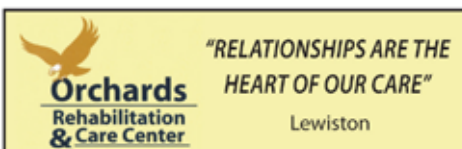
more on page 4...

SeniorPages.com

Coeur d' Alene



Lewiston



SEMINARS/CLASSES/EVENTS/MEETINGS

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 information call (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

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 For information 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 to schedule your personal health assessment.

SEMINARS/CLASSES EVENTS/MEETINGS (continued)

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 Loyalton 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 Loyalton 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:-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

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

JULY 5-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

JULY 5-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 Department, classes take place in the Gritman Conference Center, 700 S Main St. for or information call (208) 883-6341

JULY 6-MOSCOW: "Fit and Fall Proof" 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. Held at Gritman Community Wellness Center, 510 W Palouse River Drive. Reservations not required. Free. For additional information call (208) 883-9605

JULY 7-LEWISTON: "Pre-Diabetes" 5:00 pm. At St Joseph Regional Medical Center Conference Room C. For additional information call (208) 799-5227

JULY 7-MOSCOW: "Fit and Fall Proof" 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. Held at Gritman Community Wellness Center, 510 W Palouse River Drive. Reservations not required. Free. for additional information call (208) 883-9605

JULY 7-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

JULY 11-MOSCOW: "Fit and Fall Proof" 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. Held at Gritman Community Wellness Center, 510 W Palouse River Drive. Reservations not required. Free. for additional information call (208) 883-9605

JULY 12-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

JULY 12-MOSCOW: "Fit and Fall Proof" 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. Held at Gritman Community Wellness Center, 510 W Palouse River Drive. Reservations not required. Free. for additional information call (208) 883-9605

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CALENDAR(continued)

JULY 13-POST FALLS: "Latest research & Development In Dementia and Alzheimer's Disease" 6:30 pm. Speaker is Dr. John Wolfe, Private Practice-Neuropsychology, North Idaho Memory Clinic, Assistant Professor of Psychology Gonzaga University, Psychology & Neuropsychology, St. Luke's Rehabilitation, Spokane. To be held at Garden Angel Homes, 1070 E Mullan, Post Falls. Free and open to the public. For additional information phone the Alzheimer's Association (208) 666-2996

JULY 13-MOSCOW: "Heartsaver AED & CPR" 5:30-8:30 pm. The Heartsaver AED Course teaches CPR, AED use, relief of choking in adults and children, and infant CPR and relief of choking, and use of barrier devices for all ages. A certification card valid for two years will be provided upon successful completion of the course. For those who have a desire or duty to respond to cardiac emergency. In the 3rd floor classroom at Gritman Medical Center. Fee: \$35. Contact (208) 883-2232

JULY 14-MOSCOW: "Fit and Fall Proof" 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. Held at Gritman Community Wellness Center, 510 W Palouse River Drive. Reservations not required. Free. for additional information call (208) 883-9605

JULY 14-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



...continued from page 1

were higher in those whose brains took longer to process things. In older people, they linked higher levels to memory problems.

Physicians who find signs of senility in people who undergo brain scans have limited options to help them. There's no cure for the illness, and drug treatments have not proven to be very effective.

Rowe, who's director of nuclear medicine at the Center for PET at Austin Hospital in Melbourne, Australia, said that one company, Avid Radiopharmaceuticals, hopes to get federal approval for amyloid scanning technology by the end of the year. Rowe has consulted for the company.

The scans won't be cheap, according to Rowe, potentially costing thousands of dollars each in the United States. But they accurately diagnose Alzheimer's about 90 percent of the time, he said, compared with an 80 percent rate that physicians reach on their own. And, he said, the scans can detect Alzheimer's at an early stage.

Dr. James R. Burke, director of the Memory Disorders Clinic at Duke University Medical Center, wondered about the value of diagnosis via scanner.

"Would you scan all people over a certain age?" he asked. "What do you say to a cognitively normal individual with increased amyloid in his/her brain that you would not advise for the same person without amyloid? If we had a therapy that reduced amyloid and prevented cognitive decline, then an argument could be made for widespread use of these scans."

However, Burke said, the study of brain scans does have value now as a research tool.

The studies were scheduled to be presented at the annual meeting of the Society of Nuclear Medicine, in San Antonio, Texas. Experts note that research presented at meetings should be considered preliminary because it has not been subjected to the rigorous scrutiny given to research published in medical journals.

More information

The U.S. National Institute on Aging has more on [Alzheimer's disease](#).

CALENDAR (continued)

JULY 19-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

JULY 19-MOSCOW: "Fit and Fall Proof" 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. Held at Gritman Community Wellness Center, 510 W Palouse River Drive. Reservations not required. Free. for additional information call (208) 883-9605

JULY 20-MOSCOW: *Dementia Series* "Staff and Family Relationships" To be held in the Gritman Medical Center Conference Room.

JULY 20-MOSCOW: "Fit and Fall Proof" 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. Held at Gritman Community Wellness Center, 510 W Palouse River Drive. Reservations not required. Free. for additional information call (208) 883-9605

JULY 21-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 208 883-6088

JULY 21-SANDPOINT: "Environment: Changes That Make A Difference" 3:00-5:00pm. Speaker: Brian Casey, M Ed., Alzheimer's Assn., Inland NW Chapter Board of Directors & Support Group Facilitator. To be held at Life Care Center of Sandpoint, 1125 N Division. (208) 265-9299. If you need someone to care for your loved one while you attend the seminar contact the Daybreak Center of Sandpoint (208) 265-8127. Free. Certificates of attendance available for professionals. No reservations necessary. Questions? Call the Alzheimer's Assn.: (208) 666-2996

JULY 26-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

JULY 26-MOSCOW: "Fit and Fall Proof" 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. Held at Gritman Community Wellness Center, 510 W Palouse River Drive. Reservations not required. Free. for additional information call (208) 883-9605

JULY 27-MOSCOW: "Fit and Fall Proof" 1:00-2:00 pm. Reduce your risk of falling by increasing your muscle strength and balance. Held at Gritman Community Wellness Center, 510 W Palouse River Drive. Reservations not required. Free. for additional information call (208) 883-9605

JULY 28-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

JULY 29-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

JULY 29-LEWISTON: "21st Anniversary Celebration of the Americans with Disabilities Act" 10:00 am-1:00 pm. Enacted by congress in 1990, the ADA is a wide-ranging civil rights law that prohibits discrimination. To be held at the Lewiston Community Center, 1424 Main St. Co-sponsored by the City of Lewiston and Area Agency on Aging. RSVP to Julie Waltermire (208) 746-9033

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 per session. For more information (208) 883-6088

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 per session. For more information (208) 883-6088

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

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CALENDAR (continued)

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

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. 208 883-6088

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 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 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 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

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



Big Banks Bow Out of Reverse Mortgage Market

The two biggest lenders in the market won't offer the product anymore. What does that mean for retirees?

By Meg Handley

Seniors will have fewer avenues to secure steady retirement income, now that the two largest lenders in the reverse-mortgage business have decided to discontinue offering the product.

Wells Fargo, the nation's top reverse-mortgage lender, announced earlier this month that it will stop originating the loans, citing inflexible government regulations and concerns that home prices could continue to sink. Wells Fargo's announcement comes on the heels of Bank of America's move to exit the market earlier this year. As of April, the two banking giants issued nearly 44 percent of reverse mortgages, according to research firm Reverse Market Insight.

While reverse mortgages make up only a small portion of the larger lending landscape—just under 115,000 of the loans were on banks' books at their 2009 peak—tightening credit standards for traditional mortgages coupled with falling retirement portfolio values has heightened demand for the loan product, even as the recession has drained equity from American homes.

Conceptually, reverse mortgages are another retirement-income option for older Americans who might not have a lot of savings,

...more on page 8

HELP WANTED

LEWISTON: Licensed Nursing Home Administrator. The Orchards Rehabilitation and Care Center is looking for an Administrator. Candidate must have strong leadership and interpersonal skills to direct the overall operation of a 79 bed skilled nursing facility. Experience in regulatory compliance, budget management, resident care needs and employee motivation and management. Interested applicants, please call (509) 780-7131 or email resume to pattiw.qa@gmail.com

VOLUNTEERS NEEDED

BONNERS FERRY

Boundary Community Hospital: Volunteers donate their time and talents in 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 ombudsman? 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. Or more information about the program, the Sandpoint training, or future trainings in Coeur d'Alene, please 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

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. 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.

SUPPORT GROUPS

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. For information call (509) 758-2568

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 Sleigh (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

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.



...continued from page 6

but have built up equity in their homes. Homeowners who are at least 62 years old can apply for these mortgages, which allow them to borrow money to create an income stream—either in a lump sum or regularly scheduled payments—against their home equity. Borrowers can continue to live in their home providing they keep up with property taxes, pay insurance premiums, and adequately maintain the home. (In some cases, borrowers have to pay for mortgage insurance, and, just like with traditional mortgages, lenders often tack on origination and closing fees.)

When the borrower leaves or dies, the home is sold, the lender collects the outstanding loan amount from the sale, and any remaining funds go to the borrower or their heirs. Everyone's happy, right?

The product sounds perfect for retirees whose only asset is their house, but the ongoing ravages of the recession and housing-market slump have depressed home prices significantly, jeopardizing seniors' ability to repay the loans they borrowed against equity. That, coupled with strict government regulations prohibiting banks from evaluating an applicant's creditworthiness, were the primary contributing factors to Wells Fargo's decision to bow out of the marketplace. (Bank of America cited the effects of the recession as the primary driver of its decision.)

"It really came down to the restrictions associated with the reverse mortgage product," says Franklin Codel, Wells Fargo executive vice president and head of national consumer lending.

...more on page 9

SUPPORT GROUPS

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. (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. 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 (208) 750-7360

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 registration necessary. Sponsored by Gritman Medical Center, in 1st Floor Classroom. Fee: Free. 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 each month at 12:00 noon. Lunch and location hosted by Guardian Angel Homes, 1070 E Mullan Ave. (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. Includes complimentary Lunch. (208) 773-9372.

SANDPOINT

ALZHEIMER'S SUPPORT GROUP: For caregivers of those with dementia, Alzheimer's and any related disorder. Third Wednesday each month. 2:00 pm at Valley Vista Care Center, 220 S Division. Support Group Facilitator is Brian Casey (208) 265-4514 or 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 various aspects of diabetes and self-management. Meet at Bonner General Hospital, usually the first Monday each month at 10:00 am. (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. Members frequently find solace and comfort in the recognition that there are others going through similar experiences. Bonner Community Hospice at Bonner General Hospital, call Kathryn Cook at (208) 265-1185. All services free to residents of Bonner or Boundary counties.

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

PARKINSON'S SUPPORT GROUP: In conference room at Bonner Gen'l Hospital 2nd Mon each month. (208) 265-1185

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...continued from page 8

"We can't examine the ability of seniors to sustain their lifestyle and responsibilities, so we were seeing increasing defaults on taxes or on insurance or both. It became very evident to Wells Fargo that this product was not sustainable in its current standing."

The move comes as an increasing number of ill-prepared Americans are expected to head into retirement, which has some financial planners worried about how asset-poor seniors will make ends meet with one less option for retirement income.

"The government [has to] do something to shore up the program, to right the ship so that legitimate financial institutions will still participate," says Dick Van Dyke, a registered investment adviser based in Springfield, Ill. "We've never seen anything like the amount of folks that are going to retire over the next 15 years that aren't prepared for retirement."

But Van Dyke doesn't blame banks for exiting the market and says the government needs to revise the guidelines governing reverse mortgages to make the product more attractive to lenders again. Looking ahead, Van Dyke expects demand for reverse mortgages to pick up considerably, with many retirees relying on these products to be available to supplement their income stream after retirement.

