

SENIOR REVIEW

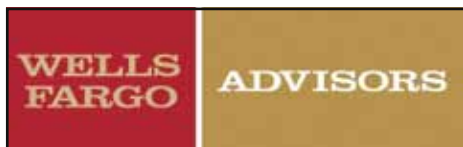
Information and Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

Post Falls



Coeur d' Alene



DEPRESSION AND SENIORS

Although depression is common among older adults, it isn't a normal part of aging. Treatment helps most people reclaim a better quality of life.

Here's a message for seniors who are feeling blue: Depression is not a normal part of growing older, and it's not something to keep quiet about or deal with on your own. It's a serious illness that can often be successfully treated.

Recognizing when you or a loved one might be depressed and seeking treatment if necessary are crucial and potentially even lifesaving steps.



BEYOND THE BLUES

No one is a stranger to the occasional blue mood that lifts after awhile. But depression is a chronic *more on page 4...*

Help For Long-Term Care Costs

Workers are getting a new long-term-care insurance option. But with many details yet to be worked out, it may be too soon to tell how much impact it will have.

A public program is in the works, part of the health-care legislation that President Obama signed into law earlier this year.

Known as the Community Living Assistance Services and Supports, or CLASS, Act, it's designed to help people plan ahead for when they're disabled or frail and need assistance so they can stay independent as long as possible. And it's meant to supplement other funding sources, such as personal savings, family caregiving and private long-term-care insurance.

The voluntary, government-administered program -- which will be funded by premiums, not tax dollars -- is expected to work like this: If a company agrees to participate, workers will be automatically enrolled in the program unless they opt out. People who are self-employed or whose employers choose not to participate will be able to enroll through a different mechanism. All participants will have to pay monthly premiums for five years, have some employment for three of those first five years and have a qualifying disability in order to be eligible to receive the benefit. *more on page 8...*



Public Health



Sandpoint



Southern Idaho



SEMINARS/CLASSES/EVENTS/MEETINGS

TUESDAYS

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

WEDNESDAYS

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 ideal for dental hygienists, family practice nurses and CNAs. Held third Wed each month at Brown House basement from 8:00 am-10:00 am for Bonner General Hospital staff as well as community healthcare providers. Exam prior to attending. Fee: \$25 For complete details contact Bonner General Hospital (208) 263-1441 or Deven Fredericks Education Department (208) 263-1441, ext. 1491

THURSDAYS

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. For additional information call (208) 666-2897

COEUR D'ALENE: “Mix N Mingle” for CareNet members. Informal meeting 2nd Thursday each month in addition to the monthly CareNet meetings. 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 Loyaltion 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 Loyaltion 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

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

SEMINARS/CLASSES/ EVENTS/MEETINGS (continued)

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

SANDPOINT: "Powerful Tools For Caregivers" Learning to take care of yourself makes you a healthier caregiver! Meets once weekly for six weeks, Oct 7-Nov. 11, 5:00-7:00 pm (Dinner provided) Panhandle Health District, 1020 Michigan. Designed for all non-paid caregivers. Free of charge! Registration is mandatory and limited, call (208) 666-2996

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

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!
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Dale@SeniorPages.com

CALENDAR

FEBRUARY 1-MOSCOW: "Diabetes Class" 4:00-5:00 pm. Learn about menu planning and portion control at a free class. 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. Preregistration not required. Contact: Nancy Kure (208) 883-6341 nancy.kure@gritman.org

FEBRUARY 1-MOSCOW: "Basic Life Support for New Providers" The American Heart Assn. BLS for Healthcare Providers covers core material such as adult and pediatric CPR (including two-rescuer scenarios and use of the bag mask), foreign-body airway obstruction, and automated external defibrillation. A certification card valid for two years will be provided upon successful completion of the course. Sponsored by Gritman Medical Center, in the 3rd Floor Classroom. Fee: \$55. Preregistration required. Contact August (208) 883-2232. education@gritman.org

FEBRUARY 2-KELLOG: "Winning The Care Battle" 2:00-4:00 pm. Hands-On Care for family and professional demential caregivers. Speaker is Aline Rohde, BSW, MAW, certified instructor for the Alzheimer's Assn., Inland Northwest Chapter. To be held at Shoshone Medical Center, Classroom One, 25 Jacobs Gulch. Free and open to the public, certificates of attendance available for all attendees. For additional information call (208) 666-2996

FEBRUARY 2-LEWISTON: "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. Topics are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited for reservations call (208) 750-7360

FEBRUARY 4-COEUR D'ALENE: "The Valley Balladeer" 11:00 am. The Lake City Senior Center presents Wes Hamrick who plays his guitar and has a wonderful voice to sing some country for y'all! Lunch is a donation for seniors and \$7 for those under 60. Held at the center, 1916 N Lakewood Drive. For additional information call (208) 667-4628

FEBRUARY 9-COEUR D'ALENE: "Blood Pressure Clinic" 11:00 am-12:00 pm. Presented by Cindy Shoeman of Life Care Center at the Lake City Senior Center, 1916 Lakewood Dr. For information call (208) 667-4628

FEBRUARY 9-COEUR D'ALENE: "Maintain Your Brain, A How-To Class" 4:00-6:00 pm. Presented by the Alzheimer's Association at Lake City Senior Center, 1916 N Lakewood Drive. Complimentary dinner buffet provided by The Four Season Assisted Living. Free and open to the public. Certificates of attendance available for all professionals. Reservations requested: (208) 666-2996

FEBRUARY 10-COEUR D'ALENE: "Understanding Memory Loss" Presented by The Alzheimer's Association. 4:00-6:00 pm at the Lake City Senior Center, 1916 N Lakewood Drive. Dinner buffet included compliments of the 4 Seasons. Free and open to the public. Certificates of Attendance available for professionals. To reserve your seat call (208) 666-2996

FEBRUARY 9-LEWISTON: "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited for reservations call (208) 750-7360

CALENDAR (continued)

FEBRUARY 9-COEUR D'ALENE: "Maintain Your Brain How-To Class" 4:00-6:00 pm. Presented by Alzheimer's Assoc at Lake City Senior Center, 1916 N Lakewood Drive. Complimentary dinner buffet provided by Four Seasons Assisted Living. Free. Certificates of attendance available for professionals. (208) 666-2996

FEBRUARY 13-COEUR D'ALENE: "Fundraiser Lunch at Lake City Senior Center" 8:00 am-1:00 pm. Featuring "Echoes of Elvis". Sponsor: Loyaltion of CDA. A lot of fun at the Lake City Senior Center, 1916 Lakewood (208) 667-4628

FEBRUARY 16-LEWISTON: "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. Follow-up period of 18 months after quitting smoking. Topics are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. Breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from WA welcome. Space is limited (208) 750-7360

FEBRUARY 19-MOSCOW: "AARP Driving Program" 8:30 am-5:30 pm. 8-hour classroom refresher course focused on experienced motorists age 50 and older but open to all licensed drivers. Developed by AARP in 1979, is the first and most recognized, comprehensive, nationwide course created especially for older drivers. Explores age-related changes that influence driving ability and attitudes, as well as the impact of medications when driving and their effects when mixed with alcohol prior to driving. Preregistration required. Fee \$12 AARP members, \$14 for non (pay at the door) Sponsor: Gritman Medical Center. (208) 883-2232. education@gritman.org

FEBRUARY 22-COEUR D'ALENE: "Veterans Information Session" 6:30 pm. Legends Park Assisted Living Community, 1820 N Legends Parkway, will host an information session for veterans. The session will explain if you are eligible for a Veterans Benefit called Aid & Attendance, improved pension benefits and more. There is help for you at no cost. Complimentary dinner provided. Please RSVP to Legends Park (208) 666-9900

FEBRUARY 23-LEWISTON: "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited for reservations call (208) 750-7360

MARCH 2-LEWISTON: "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. Follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited (208) 750-7360

problem. And it can have a major effect on an older person's life, says Peggy Szabo, PhD, a member of the [American Geriatrics Society's](#) Education Committee.

The effects of depression in seniors can include:

Disrupted daily life.

Depression can affect eating habits, cause sleepless nights, drain your energy and put a halt to life's usual pleasures. "It prevents you from enjoying and doing things," Dr. Szabo says. "You can get stuck in it."

Complicated health problems. Depression can make it difficult to manage other serious illnesses, such as heart disease.

Suicide. Although seniors are a comparatively small portion of the population, they have a disproportionately high rate of suicide, which research has linked to depression, according to the [National Institute of Mental Health](#).

WHY SENIORS BECOME DEPRESSED

Depression has no single cause, according to the [National Institute on Aging](#). Factors such as a personal or family history of depression may increase an older person's risk for the problem.

Although depression is not a normal part of aging, some potentially difficult life changes and stressful events that can occur as we get older may contribute, such as:

- Isolation and loneliness.
- Loss of a loved one or friend.
- Having a serious illness.
- Changes in finances.

For some people, these events trigger only a temporary reaction. However, in other cases, the change or stressful event can lead to depression.

more on page 6...



CALENDAR (continued)

MARCH 3-COEUR D'ALENE: "The Role of Palliative Care In Advanced Illness" 6:30-8:30 pm. For family and professional dementia caregivers. Speaker: Dr. James Shaw, Medical Director, Providence Center for Faith & Healing Sacred Heart Hospital-Spokane. to be held at Heritage Place, 702 W Walnut Ave. (208) 664-2680. Free and open to the public, no reservations necessary. For questions call the Alzheimer's Assn. (208) 666-2996

MARCH 9-LEWISTON: "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited (208) 750-7360

MARCH 16-LEWISTON: "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. There is a follow-up period of 18 months after quitting smoking. The topics discussed in the sessions are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. A carbon monoxide breath test is done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes are free to Idaho residents. Medicare recipients from Washington are welcome. Space is limited (208) 750-7360

MARCH 23-LEWISTON: "Quit Smoking Classes" 12:30-1:30 pm. *The Tobacco Free You Program* at St. Joe's consists of four one hour sessions. Follow-up period of 18 months after quitting. Topics are nicotine addition, habit, benefits of quitting, quitting techniques and therapies, planning, stress management, coping skills, nutrition, social support, relapse prevention, pharmacology, and psychological dependences. Breath test done weekly. Facilitated by a certified tobacco specialist trained at the Mayo Clinic. Sponsored by St. Joseph Regional Medical Center, 415 6th St. Classes free to ID residents. Medicare recipients from WA welcome. Space limited (208) 750-7360

MARCH 31-SANDPOINT: "Fair Housing Trainings" 1:00-4:00 pm. Topics include Fair Housing Basics, Reasonable Accommodations, Disability Rights and Responsibilities, Legal Decisions. Featured speakers include: Richard Mabbutt, Executive Director, Intermountain Fair Housing Council and Ken Nagy, ESQ, Fair Housing Attorney. Those who should attend include all housing rental tenants, consumer advocates, individuals with disabilities and agencies working with people with disabilities, assisted living facilities, nursing homes and housing provider. Free. Refreshments and materials made available by co-sponsors: City of Coeur d'Alene, city of Lewiston, Bridge at Sandpoint, the Four Seasons of Coeur d'Alene and the Disability Action Center. RSVP by March 15 to (800)_ 717-0695

HELP WANTED

LEWISTON: Licensed Nursing Home Administrator. Orchards Rehabilitation and Care Center is looking for an Administrator. Strong leadership, interpersonal skills to direct overall operation of a 79 bed skilled nursing facility. Experience in regulatory compliance, budget mgmt, resident care needs and employee motivation and management. (509) 780-7131 or 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

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send to: Dale@SeniorPages.com

VOLUNTEERS NEEDED (continued)

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

*Send us your
event pictures!*

SIGNS OF DEPRESSION

Depression's symptoms last for two or more weeks. They typically involve profound sadness and lack of interest in usual activities, such as a weekly hair appointment or a favorite hobby.

When you're depressed, "the things you normally do to pick you up don't work anymore," Dr. Szwabo notes.

Other symptoms of depression include:

Feeling fatigued or sluggish.

- Unexplained changes in weight or loss of appetite.
- Trouble sleeping or sleeping too much.
- Feelings of worthlessness, emptiness, hopelessness or guilt.
- Trouble concentrating or making decisions.
- Chronic aches or pains.
- Feeling nervous, restless or irritable.
- Crying a lot.
- Thoughts of death or suicide.

If you notice any of these signs, see your health care provider for an evaluation. If you suspect them in a loved one, you may want to gently suggest he or she discuss them with a doctor.

In some cases, symptoms of depression can actually be due to another problem, such as a thyroid condition or dementia. Blood pressure drugs or steroid medications also can cause mood changes, Dr. Szwabo notes.

Your doctor can help you identify the cause of your symptoms.

TREATMENT CAN HELP

Seeking help for depression isn't a sign of weakness. And, despite what some may suggest, depressed people can't simply pull themselves up by their bootstraps, Dr. Szwabo notes.

Fortunately, there are a variety of treatments, such as antidepressant medications and talk therapy, that can help ease depression. Your doctor can help you decide on the treatment plan that will be best for you.

"Once identified, depression is highly treatable," Dr. Szwabo says. "The goal is to have quality of life. Treatment of depression can [improve] your ability to enjoy life and do the things you want."



VOLUNTEERS NEEDED (continued)

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.



SUPPORT GROUPS

BONNERS FERRY

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

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 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 11:00 am-12:30 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: First Thursday every month, 7-9 pm, Kootenai Medical Center classrooms, 20032 Lincoln Way, Coeur d'Alene. 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

ALZHEIMER'S & DEMENTIA SUPPORT

GROUP: For caregivers of those with Dementia, Alzheimer's and any related disorder. Held third Saturday of every month 1:30-3:30 pm at Kootenai Medical Center main building, main floor classrooms. Traditional Support Group. Facilitator: Arlene Sleight. (208) 772-2542

ALZHEIMER'S & DEMENTIA SUPPORT

GROUP: For caregivers of those with Dementia, Alzheimer's and any related disorder. 4th Monday of every month at Creekside Inn, 240 E Kathleen (across from the fairgrounds), 5:30 pm (dinner included) Traditional Support Group. Facilitators: Stephanie Godinez and Julie Tastad

KELLOGG

FOR ALL CAREGIVERS: Third Wed 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



SUPPORT GROUPS (continued)

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 (208) 750-7360

MOSCOW

BLIND AND DIABETIC SUPPORT GROUP: Weekly 10:30-11:30, Clara Dockter at Friendly Neighbors Senior Center of Moscow, 1912 Center, 412 E Third St. (208) 882-1562 friendly_neighbors@yahoo.com

DEMENTIA SEMINAR SERIES: Topics related to Dementia, January 19, 9:30-11:30 am. Free, all welcome, no registration necessary. Sponsored: Gritman Med Ctr, in the 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 every month at 12:00 noon. Lunch & location hosted by Guardian Angel Homes, 1070 E Mullan Ave., Post Falls. (208) 777-7797. Facilitators: Kent Moline (208) 691-6996, MSW and Jennifer Baus

MULTIPLE SCLEROSIS SUPPORT

GROUP: For people with MS 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. Contact Bet at (208) 773-9372.

SANDPOINT

ALZHEIMER'S SUPPORT GROUP: For caregivers of those with dementia, Alzheimer's and any related disorder. Third Wednesday every month. 2:00 pm at Valley Vista Care Center, 220 S Division. Kelly Hurt (208) 266-1528

DIABETES SUPPORT GROUP: Monthly support group features guest speakers who discuss various aspects of diabetes and self-management. Groups meet at Bonner General Hospital, usually 1st Monday each month at 10:00 am. (208) 255-3671

GRIEF SUPPORT GROUP: Twice each month to share stories, feelings, support one another in an understanding environment. Application required, attendance is flexible. Bonner Community Hospice at Bonner General Hospital, (208) 265-1185.

The benefit amount is expected to be no less than an average of \$50 a day and will depend on the degree of a recipient's impairment. The money can be used for a variety of home-based services, technology and home retrofitting, respite care, assisted living and nursing-home care. No medical underwriting will be required and there will be no lifetime benefit limits.

The Congressional Budget Office estimates that monthly premiums will average \$123, or about \$1,500 a year. The Secretary of Health and Human Services is expected to set regulations by October 2012, with enrollment beginning shortly thereafter.

A Hard Sell

Long-term-care insurance historically has been a tough sell. About 8 million Americans have a private long-term-care policy out of a potential market of 15 million, says Jesse Slome, executive director of the American Association for Long-Term Care Insurance, a trade group in West Lake Village, Calif.

"People don't want to think about it," says Cheryl Matheis, Washington-based senior vice president for health strategy for AARP, which sells private long-term care insurance through Genworth. "Who wants to buy a product you don't ever want to use?"

But while questions remain about the new public program, she says, it's popular among some Americans over 50 who realize that neither private health insurance nor Medicare will cover their long-term-care needs.

Will It Make a Dent?

Some experts are skeptical the new benefit will make much difference, however. It could be good for working people who already know they have health problems that would make them uninsurable in the private market, says Stuart Armstrong, a certified long-term-care specialist.

But the benefit won't be sufficient to cover most people's needs, he says, because home-care aides run about \$20 an hour while nurses and physical therapists often charge at least five times as much.

The upside, he says, is that the public benefit and private policies won't offset each other, so you'll be able to sign up for and collect from both.

"I actually hope CLASS is good and works because having millions of Americans who have no plan in place [to now] have some plan in place benefits the nation," says Mr. Slome of the American Association for Long-Term Care Insurance. "It's an important first step."

The "really difficult obstacle," he says, "is going to be getting businesses on board because it will require an enormous educational effort on their part to make people aware" of the new benefit.

Since the program is voluntary, says Judy Feder, senior fellow at the Center for American Progress in Washington, participation has to be broad and enrollment easy in order to make the insurance pool big enough to work.

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



Legends Park Assisted Living Community

Presents

Tuesday, February 22nd, 2011
6:30 PM

Attention Veterans and Their Loved Ones... We have Arranged an Information Session for You at Legends Park Assisted Living Community

Did you know you might be eligible for a Veterans Benefit called Aid & Attendance from the Dept. of Veterans Affairs.

- ✓ This benefit is set aside for qualifying senior veterans and/or their surviving spouses, to receive non-service connected improved pension benefits....
- ✓ A veteran may be eligible for up to \$1644.00/month, while the surviving spouse of a veteran may be eligible for up to \$1056.00/month. A married couple may be eligible for up to \$1,949.00.

Most veterans have experienced the volume of paperwork to process any requests through the VA and the task can be daunting... there is help for you at NO COST.

Complimentary Dinner Provided

Legends Park
Assisted Living Community
1820 N Legends Parkway
Coeur D'Alene, ID 83815
Call us at:
(208) 666-9900



IF YOU ARE
A VETERAN
THIS IS NOT
TO BE MISSED

RSVP to Legends Park
by 2/21/11

www.PrestigeCare.com



You're Invited **5:01 Business After Hours!**

**Luther Park at Sandpoint
Assisted Living & Memory
Care Community**

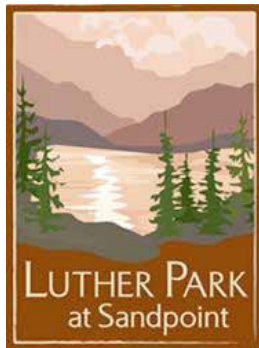
510 Olive Ave.
Sandpoint, ID.
83864

Phone: (208)265-3557

Fax: (208)265-8880

E-mail:

wendytraffie@ecumen.org



Please join the Sandpoint Chamber of Commerce for
February's After hours Event.

Hosted by: Luther Park at Sandpoint

**Luther Park will be offering tours, live music,
door prizes and delicious hors d' oeuvre's
for all to enjoy.**

***Luther Park at Sandpoint is a ministry of the First
Lutheran Church of Sandpoint; a non-profit As-
sisted Living and Memory Care Community that
has been home to area seniors for over two years
offering a wide range of services to meet our cus-
tomers unique needs, so they can do what they
like and leave the rest to us!***

"Where Aging is all about Living!"

...more on page 11