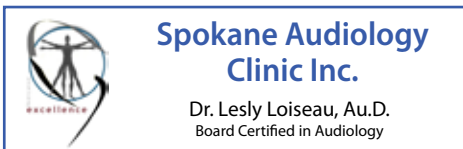


SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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Spokane



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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 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

...continued on page 9

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Spokane

SEMINARS/CLASSES/EVENTS/MEETINGS



Royal Plaza Retirement Center
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THE ACADEMY
A Merrill Gardens Community



Viking Plass Retirement Community



Southside Senior Activity Center
www.sssac.org



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Community Cremation Service



Addus HealthCare



GENTIVA
home health



AdvantagePlusAgency.com
caregivers nurses medical supplies



HUMANA
Guidance when you need it most



LiLac Plaza/Lilac Terrace

MONDAY

SPOKANE: Aerobics, Writers Worksp (SCC) Billiards and Wii at the Sinto Senior Activity Center 1124 W Sinto. For time call: (509) 327-2861

MONDAY & THURSDAYS

SPOKANE: "Free Osteoporosis Screenings", 9:00 am-Noon at Deaconess Medical Center, 800 West 5th Ave., Main lobby, Volunteer Office

MONDAY & WEDNESDAYS:

SPOKANE: "Walking Group" Physical activity can improve your mood and your health. Limited health screening offered monthly. All levels of fitness welcome. Meet every Monday and Wednesday. 12:00-1:00 pm at Downtown YMCA, 507 N Howard. Free and open to the public. To register call (509) 232-8138

TUESDAYS

MEAD: "Tea Party For Elders And Their Caregivers" 4:00-5:00 pm. No obligation tea to enjoy conversation and a small party. At All Families Adult Day Center. To reserve a space call Renee at (509) 939-5569

SPOKANE: "GriefShare Program" Held every Tuesday in September, October and November at 6:30 pm at Horizon Hospice, 123 W Cascade Way. Griefshare is a seminar and support group sponsored by Horizon Hospice for people experiencing the grief and loss of losing a loved one. it features nationally recognized experts on grief recovery topics and is taught from a Biblical perspective.. RSVP with Darren at (509) 489-4581

SPOKANE: Pedicure's the third Tuesday of the month at Sinto Senior Activity Center, 1124 W Sinto. Fee: \$15 for 15-minute appointment. Call: (509) 327-2861

SPOKANE: Yoga, clogging, Zumba, Billiards and Wii at the Sinto Senior Activity Center, 1124 W Sinto. Call for times: (509) 327-2861

SPOKANE VALLEY: AARP Driving Class the second Tuesday of each month from 8:30-4:30 pm. For additional information contact the Spokane Valley Senior Citizens Assn. at (509) 926-1937

TUESDAYS & FRIDAYS

SPOKANE VALLEY: Free Osteoporosis Screenings:, 9:00 am-Noon at Valley Hospital and Medical Center, 12606 E Missions Ave, Outpatient Lobby

WEDNESDAYS

SPOKANE: Free memory screening the last Wednesday of the month at the Memory Clinic at Northwest Neurological. For information call Jackie Chalmers, Memory Clinic Coordinator (509) 458-7720

SPOKANE: Aerobics, Tap Grandmas, Square Dance, Screenplay class (CC), Yoga at Sinto Senior Activity Center, 1124 W Sinto Ave. Call for times: (509) 327-2861

THURSDAYS

SPOKANE: Yoga, History Class (SCC), Clogging, Zumba at Sinto Senior Activity Center, 1124 W Sinto Ave. Call for times: (509) 327-4210

SPOKANE: "Horizon Hospice Living with Loss" 6:30 pm. Meets the last Thursday of every month at the Horizon Hospice Office, 123 Cascade Way.

FRIDAYS

SPOKANE: Aerobics, Tap Grandmas at Sinto Senior Activity Center, 1124 W Sinto Ave. Call for times: (509) 327-4210

SPOKANE: Elder Services hosts a caregiver support group for unpaid caregivers that is held the first and third Friday of every month at Elder Services, 5125 N Market. Group begins at 2:00 pm and ends by 3:30 pm. For more information call (509) 458-7450

Spokane



SEMINARS/CLASSES/ EVENTS/MEETINGS (continued)

SATURDAY

MEAD: "Support Group For Elder Caregivers" Second Saturday of the month. 10:00-11:00 am. At All Families Adult Day Center. Call ahead and reserve a space. Leave a message for Renee: (509) 939-5569

SUNDAYS

SPOKANE: "Sunday Game Day" Join us at Sinto Senior Activity Center for our Sunday Game day at 1:30 pm. Games of your choice. Singles of all ages welcome. Cost is \$2.00 and includes all the coffee you can drink, prizes are given. (509) 327-2861



WHAT AN OPPORTUNITY!

You can send us your events seminars, announcements, employment opening, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW Free! Send to: Dale@SeniorPages.com

CALENDAR

SEPTEMBER 9-SPOKANE:

"Heartsaver CPR/First Aid & AED" 8:00 am-12:00 pm. This course covers Adult CPR, Child CPR, AED, & Choking and is perfect for caregivers. Participants must pass a skills test for certification. Certification is valid for 2 years. Held at St. Luke's Rehabilitation Institute. For additional information and to register contact CHER, 601 W 1st. (509) 232-8138. www.cherspokane.org.

SEPTEMBER 10-SPOKANE:

"The Fun of Antiques" 10:00 am-3:00 pm. Free appraisals of up to three small items, refreshments, items on display and for sale, apartments open to view. Presentations about aspects of antique collecting, caring for antiques, and more. Come one and all, and bring a friend! At Rockwood South Hill 2903 E 25th Ave. Free. For information call Judy Smith (509) 536-6659

SEPTEMBER 11-SPOKANE:

"Celebrate the grandparents in our life and in the community. 1:00-4:00 pm. Greater Spokane County Meals on Wheels presents Grandparents' Day at CenterPlace at Mirabeau. This will be a day filled with great food (catered

by Silver Cafe), fun, and laughter. Eric Haines will provide all-ages entertainment, and there will even be a silent auction with great items sure to please everyone. Tickets are only \$15 per person with children 10 and under free. For information call (509) 924-6976

SEPTEMBER 12-SPOKANE:

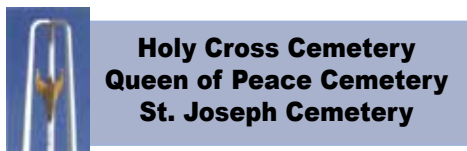
"Alzheimer's Disease * Dementia-Introduction" 8:00 am-2:30 pm This course will provide an over view of various cognitive dysfunctions such as Alzheimer's, Parkinson's, and traumatic brain injury. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseubenefits.org

SEPTEMBER 12-SPOKANE:

"Pre-Diabetes Class" 5:30-7:30 pm. Pre-Diabetes affects more than 79 million Americans. Are you one of them? If you or someone you now is at risk for or has been diagnosed with pre-diabetes, please join u s. This is a two-part class series. All participants will

Spokane

CALENDAR (continued)



AMERICAN MEDICAL RESPONSE®

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receive a free testing meter. Support partner free. *Insurance does not cover the cost of this course, participants must pay in full. Fee: \$30 For additional information and to register contact CHER, 601 W 1st. (509) 232-8138. www.cherspokane.org.

SEPTEMBER 13-SPOKANE: "BLS-Healthcare Provider Initial" 8:00 am-12:00 pm. Coves 1 and 2 rescuer for Adult CPR, Child CPR (over age 1), infant CPR, Bag-Mask ventilations, AED, & Choking. This class is ideal for medical staff who provide direct patient care and students. Course certification is for 2 years. To be held at S. Luke's Rehabilitation Institute. For additional information and to register contact CHER, 601 W 1st. (509) 232-8138. www.cherspokane.org.

SEPTEMBER 13-SPOKANE: "BLS-Healthcare Provider Renewal" 12:30-3:30 pm. You must have a current American Heart Association Healthcare Provider card, or one that has been expired for less than 2 months presented at class. Course covers 1 and 2 rescuer for Adult CPR, Child CPR, Bag-mask ventilators, AED, & Choking. Certification is valid for 2 years. Class to be held at St. Luke's Rehabilitation Institute. Sponsored by CHER. For additional information and to register contact CHER, 601 W 1st. (509) 232-8138. www.cherspokane.org

SEPTEMBER 19-SPOKANE: "Critical Communication" Communication skills that are critical to providing high quality support of consumers, including: effective listening skills, verbal and non-verbal communication, reading body language and different methods of asking questions to engage consumer input. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseibenefits.org

SEPTEMBER 20-SPOKANE VALLEY: "Oh My Aching Back!" 11:30-12:30 pm. Informative "Doc Talk" Causes and Treatments for back pain by Chris Heller, MD. To take place at Park Place, Brookdale Senior Living, 511 S Park Rd. Light lunch provided by Park Place Chef. Enter to win fun door prizes. To RSVP call Robin Bishop (509) 879-2053 or Stephanie Wells (509) 47305639

SEPTEMBER 20-SPOKANE: "Bloomsday History" 11:00-11:45 am. Don Kardong will come and discuss how Bloomsday got started and how it grew from a small group of runners to become one of the largest road races in the world. He'll discuss how it's organized, who makes it happen, who participates, and how organizers have worked to keep attendance strong. In addition, Don will talk about how an event like Bloomsday improves health and fitness in the community. To be held at the Corbin Senior Activity Center, 827 W Cleveland. For info call (509) 327-1584

SEPTEMBER 22-SPOKANE: "National Prevention Fall Awareness Day September 23" 11:00 am. The Fall Free Spokane Coalition, an advocacy group through the Spokane Regional Health District, will be conducting a Free educational presentation about Falls Prevention at Sinto Senior Center. This one-hour class will focus on the 6 risk factors of falls: Balance, Mobility, Multiple Medications, Low Blood Pressure, Sensory Deficits, and Home Hazards. Research shows that 4 or 5 risk factors makes the probability of a fall more of a certainty. In order to prevent falls, one has to be aware of the risk factors and then remove or manage each risk one by one. For more information contact Mark or Tyce Strahl, Speciality Homecare Lifeline (509) 473-9956

Spokane



Spokane Valley



SeniorPagesVideos

CALENDAR (continued)

SEPTEMBER 22-SPOKANE: "4th Annual Walk Along At Corbin Park" 7:00 am-1:00 pm. We hope that every Corbin class/group will have at least one participant who is sponsored by the call/group and that Corbin-friendly companies also participate. Get your sign-up sheet at the front desk and help support your senior center. We will have free water and snacks available at the registration table in the park as well as free chair massages by Carolyn Wescott, clinic owner of Massage Envy. For additional information call (509) 327-1584

SEPTEMBER 23-SPOKANE: "Celebrity Chef" Noon. Merrill Garden at The Academy will be hosting this month's lunch with a special delicious light menu you will not want to miss. Please come join Corbin Senior Activity Center for this special meal \$5.50. At 827 W Cleveland. (509) 327-1584

SEPTEMBER 24-SPOKANE: "Caring for LGBT Clients" 10:00 am-2:30 pm. This course will provide an overview of specific issues sexual minorities such as GLT individuals face with regard to their care needs. Sponsored by Aging and Long Term Care of Eastern Washington in the Jim Snider Room, 1222 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.cherspokane.org

SEPTEMBER 26-SPOKANE: "Time Management" 1:00-5:00 pm. A course that teaches time management skills specifically for the home care setting so that Home Care Aides can be more productive. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseiubenefits.org

SEPTEMBER 28-SPOKANE: "Cooking for Diabetes" 10:00 am-2:30 pm. Introduction to cooking for people with diabetes, including tips on how to modify favorite recipes for a diabetic and where to find 'hidden' sugars in the diet. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseiubenefits.org

SEPTEMBER 28-SPOKANE: "BLS-Healthcare Provider Renewal" 12:30-3:30 pm. You must have a current American Heart Association Healthcare Provider card, or one that has been expired for less than 2 months presented at class. Course covers 1 and 2 rescuer for Adult CPR, Child CPR, Bag-mask ventilators, AED, & Choking. Certification is valid for 2 years. Class to be held at St. Luke's Rehabilitation Institute. Sponsored by CHER. For additional information and to register contact CHER, 601 W 1st. (509) 232-8138. www.cherspokane.org

SEPTEMBER 29-SPOKANE: "Alzheimer's Disease & Dementia-Advanced" 1:00-7:30 pm. Review of symptoms, stages and strategies, including Gentlecare, Validation Therapy and medications. Features videos showing lessons learned and gifts received from caregiver's journeys as well as case examples. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseiubenefits.org



Spokane Valley

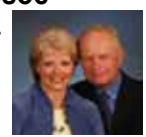


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CALENDAR (continued)

SEPTEMBER 28-SPOKANE:

“BLS-Healthcare Provider Renewal” 12:30-3:30 pm. You must have a current American Heart Association Healthcare Provider card, or one that has been expired for less than 2 months presented at class. Course covers 1 and 2 rescuer for Adult CPR, Child CPR, Bag-mask ventilators, AED, & Choking. Certification is valid for 2 years. Class to be held at St. Luke’s Rehabilitation Institute. Sponsored by CHER. For additional information and to register contact CHER, 601 W 1st. (509) 232-8138. www.cherspokane.org

SEPTEMBER 29-SPOKANE:

“Guilt & Grief” 6:30-8:00 pm. Guilt and less extreme self-reproach are common reactions to things the griever did or failed to do before the loss. Maybe we said something hurtful, or maybe we didn’t say enough, or maybe our actions are haunting us now. Whatever the case, please come and give your guilt a voice and take those difficult steps toward forgiveness. To be held at the Horizon Hospice Office, 123 W Cascade Way. RSVP to: (509) 489-4581

SEPTEMBER 30-SPOKANE:

“Amazing Africa” 11:00-11:45. For those who have even the slightest interest in the awesome continent of Africa and a fondness for the amazing creatures of the Serengeti - come join us for a look back to last October’s Safari. This seminar is hosted by two

Corbin travelers fortunate enough to have experienced this adventure. From the game preserves of Tanzania to the mysterious island of Zanzibar. You’re sure to enjoy the photos and stories brought back by these two globe trotters. And this may just whet your appetite for the forthcoming trip to South Africa. A luncheon follows at Noon. \$7.50 To be held at Corbin Senior Activity Center, 827 W Cleveland. (509) 327-1584

OCTOBER 1-SPOKANE:

“Parkinson’s Disease” 2:00-4:00 pm. This course covers the basics of Parkinson’s Disease from the client, caregiver and pharmacist perspective and includes tips for providing care to persons with Parkinson’s Disease. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseibenefits.org

OCTOBER 10-SPOKANE:

“Transfers & Body Mechanics” 1:00-3:00 pm. Teaches the types of transfers that are utilized in the home care setting. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseibenefits.org

OCTOBER 11-SPOKANE:

“Diabetes Advanced” 12:00-4:00 pm. Review diabetes basics, different types of insulin, carbohydrate counting, hypoglycemia treatment/recognition, insulin pumps, continuous glucose monitoring and exercise. Sponsored by Aging and Long Term Care of Eastern Washington in the Jim Snider Room, 1222 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseibenefits.org

OCTOBER 11-SPOKANE:

“BLS-Healthcare Provider Renewal” 12:30-3:30 pm. You must have a current American Heart Association Healthcare Provider card, or one that has been expired for less than 2 months presented at class. Course covers 1 and 2 rescuer for Adult CPR, Child CPR, Bag-mask ventilators, AED, & Choking. Certification is valid for 2 years. Class to be held at St. Luke’s Rehabilitation Institute. Sponsored by CHER. For additional information and to register contact CHER, 601 W 1st. (509) 232-8138. www.cherspokane.org



twitter.com/seniorpages
“Activities we receive after the deadline for the Senior Review will be posted on our Twitter Pages. Follow us!”

CALENDAR (continued)

OCTOBER 12-SPOKANE: "Freedom From Smoking-Class Series. This 6-week series helps you identify why you are smoking, find options for nicotine replacement therapy, and helps you set a quit date. If quitting smoking is on your to-do list, this class can help you successfully quit smoking! Fee: \$10 Class to be held at St. Luke's Rehabilitation Institute. Sponsored by CHER. For additional information and to register contact CHER, 601 W 1st. (509) 232-8138. www.cherspokane.org

OCTOBER 15-SPOKANE: "Recovering from Trauma" 9:00 am-3:30 pm. Introduction of different steps involved in recovery from trauma. Sponsored by Aging and Long Term Care of Eastern Washington in the Jim Snider Room, 1222 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseibenefits.org

OCTOBER 17-SPOKANE: "Mental Illness-overview" 10:00 am-3:30 pm. The Home Care Aide will have an understanding of how biology, behavior and social aspects influence health and illness. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseibenefits.org

OCTOBER 17-SPOKANE: "Pre-Diabetes Class" 5:30-7:30 pm. Pre-Diabetes affects more than 79 million Americans. Are you one of them? If you or someone you now is at risk for or has been diagnosed with pre-diabetes, please join us. This is a two-part class series. All participants will receive a free testing meter. Support partner free. *Insurance does not cover the cost of this course, participants must pay in full. Fee: \$30 For additional information and to register contact CHER, 601 W 1st. (509) 232-8138. www.cherspokane.org.

OCTOBER 20-SPOKANE: "Fall Prevention" 1:00-5:00 pm. Learn how as a Home Care Aide, risk factors of falls and steps that you can take to prevent falls. Sponsored by Aging and Long Term Care of Eastern Washington in the Jim Snider Room, 1222 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseibenefits.org

OCTOBER 21-SPOKANE: "Heartsaver CPR/First Aid & AED" 8:00 am-12:00 pm. This course covers Adult CPR, Child CPR, AED, & Choking and is perfect for caregivers. Participants must pass a skills test for certification. Certification is valid for 2 years. Held at St. Luke's Rehabilitation Institute. For additional information and to register contact CHER, 601 W 1st. (509) 232-8138. www.cherspokane.org.

OCTOBER 24-SPOKANE: "Community Resources" 9:00 am-1:00 pm. Taking a look at resources, support groups, advocates and services in Spokane County that can assist a Home Care Aid in caring for themselves and their client. Sponsored by Aging and Long Term Care of

Eastern Washington in the Caregiver Training Room, 1235 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseibenefits.org

OCTOBER 27-SPOKANE: Grief Expectations: 6:30-8:00 pm. Many times we are unrealistic about our 'grief recovery'. Popular culture leads us to believe that we should have 'moved on' or 'gotten over it' by now. At this meeting we will talk about appropriate expectations and share our feelings about where we are right now in our own unique grief journey. Just as love takes time grow, grief takes time to diminish. Let us help! To be held at the Horizon Hospice Office, 123 W Cascade Way. RSVP to: (509) 489-4581

OCTOBER 27-SPOKANE: "Family Members as Caregivers" 1:00-7:30 pm. Learn strategies to help family members negotiate and balance multiple roles and responsibilities while learning to maximize the reward of caregiving while minimizing stress and exhaustion. Sponsored by Aging and Long Term Care of Eastern



CALENDAR (continued)

Washington in the Jim Snider Room, 1222 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseiubenefits.org

OCTOBER 29-SPOKANE: "Diabetes Basics" 9:00 am-1:00 pm. Discuss types of diabetes, monitoring, diet, medications, appropriate treatment of low blood sugar and complications associated with diabetes. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseiubenefits.org

OCTOBER 31-SPOKANE: "Green Cleaning" 12:00-4:00 pm. Introduction to green cleaning (non-toxic/ environmentally friendly) including health benefits, cleaning techniques and make at home solutions. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 Post. To register classes contact Northwest Training Partnership (866) 371-3200 or go online: www.myhseiubenefits.org



VOLUNTEERS NEEDED

SPOKANE

Corbin Senior Activity Center is looking for Tour Leaders who would like to accompany members on day tours around Spokane and vicinity. Corbin does day trips to wineries, bistros, lake cruises, farms and points/places of interest within a 150 mile radius of Spokane. After 2 years of training qualified Tour Leaders are advanced to extended tours (overnight +) Contact Marj Tomes at (509) 327-1584 or visit our website www.corbinseniorcenter.org

Deaconess Medical Center & Valley Hospital & Medical Center: In addition to learning new skills, new ideas and making new friends, volunteering provides the rewards that only come from serving others. As a volunteer, you are a valued member of our healthcare team. All it takes is a willingness to serve. For more information on volunteer opportunities as well as an application packet, log onto www.empirehealth.org and click on "Become a Volunteer." Or call: Volunteer Services Deaconess: (509) 473-3058 or Valley: (509) 473-5414 or e-mail: volunteers@empirehealth.org

Elder Services operates a volunteer special transportation services (Care Cars) for disabled persons 18 years of age and older who need escort transportation to and from essential medical appointments. Care Cars has been providing services to Spokane County residents since 1984 and depends on volunteers to provide these critical services. Volunteers receive training, support and supervision, as well as mileage reimbursement. For a very rewarding volunteer experience, call (509) 458-7450

Horizon Hospice is in need of Senior Volunteers. We value our senior volunteers because they bring confidence, ability to listen without judgement, dependability, and compassion drawn from a lifetime to their volunteer experience. If you can visit, share a hobby or play a game, read out loud, extend friendship, share music, run an errand, help with a newsletter or various other administrative tasks, then we have need of you! Call our Volunteer Coordinator today. Lori at (509) 489-4581 or email her at lbradeen@horizonhospice.com



VOLUNTEERS NEEDED (continued)

Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children. There are a variety of volunteer opportunities available. For more information contact www.northwestwishes.org. To sign-up and receive application materials email Volunteer Manager Jeni Miller at volunteer@northwestwishes.org

Providence Holy Family Hospital has many opportunities for volunteers. For information call Betsy Cain, Auxiliary Director. (509) 482-2253

SHIBA HelpLine: If you have basic computer skills and an interest in health insurance and the Medicare Maze, the SHIBA HelpLine is the place for you. It is free public service, offered and trained by the Office of Insurance Commissioner. Trained volunteers provide free, informed, and impartial health insurance counseling and education. You will learn new skills, make new friends and enjoy the rewards that come from serving others. For additional information contact Kathy Dugan at *Aging and Long Term Care of Eastern Washington*. (509) 458-2509, ext. 201

Retired and Senior Volunteer Program of Spokane County (RSVP) matches adults, 55 years and older with volunteer positions that fit individual interests, skills and availability. Contact: PO Box 208, Spokane, WA 99210 (509) 344-7787 www.rsvspokane.org

Senior Nutrition Sponsored by Catholic Charities Spokane needs volunteers to assist with serving a lunchtime meal and provide socialization for low-income seniors. They also help with educational workshops and health

...continued from page 1

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.

screenings that are provided at the meal sites for seniors. The meal site at the Senior Center in Deer Park is open Monday through Friday, while the site at the Delaney Apartments in Spokane is open Mondays and Thursdays. For more information contact Tom Carroll in Senior Services at (509) 459-6175

Southside Senior & Activity Center needs a person to set-up, serve, and clean-up for their Friday nutritional lunch program (every Friday) About 15-20 people attend. Volunteer may also eat lunch for \$3.50. 11:30-1:00 pm Contact Donna Reifel At (509) 535-0803 or email volunteers@southsidecenter.com

Southside Senior & Activity Center also needs a dishwasher for the High Tea on May 4th 12:00-1:30 pm. They also need volunteers to wash dishes at other events. Contact Donna Reifel At (509) 535-0803 or email volunteers@southsidecenter.com

Spokane Valley Senior Center Assn. has a variety of things in which you could participate. If you are interested in checking out what's currently available give them a call at (509) 926-1937

Volunteer Chore Services is a program to help elders and adults with disabilities remain living independently through a network of caring community-minded volunteers of all ages. Volunteers provide a variety of in-home services that these individuals are no longer able to do for themselves. The hours are flexible and the work is simple. To volunteer contact: Senior Services, a program of Catholic Charities Spokane, (509) 459-6184

For information on being a sponsor of the Spokane/North Idaho **Senior Review** Please contact our editor Dale Swant dale@seniorpages.com 888.575.9711

SUPPORT GROUPS (continued)

SPOKANE

AMPUTEE SUPPORT GROUP:

Provides an opportunity to meet people, share experiences and concerns, enjoy special speakers and discuss topics important to amputees. People with amputations as well as friends and families are welcome to attend. First Wednesday of every month, 6:00-7:00 at St. Luke's Rehabilitation Institute. For information call Becky Rivera, OT (509) 473-6681

BEREAVEMENT SUPPORT GROUP:

Hospice of Spokane will facilitate a bereavement support group for anyone who feels a need to share and be heard. No fee. 3:00 pm on Mondays at South Side Senior Activity Center, 3151 E 27th. Contact: Eileen Lyons at (509) 456-0438

BEREAVEMENT SUPPORT GROUP:

1:30-2:30 pm in the Wellness Center Room 227 of the Spokane Valley Senior Center, 2426 N Discovery Place. Sponsored By Hospice of Spokane. For information call: (509) 456-0438

CANCER SUPPORT GROUP:

5:30-7:00 pm. Mets first, third and fifth Tuesday of each month at Providence Holy Family Health Education Center, Room 6. Free, registration not required. Instructor is Beryl Anderson, RN, Med, OCN. Information: (509) 474-5490

CAREGIVER SUPPORT GROUP:

Elder Services hosts a caregiver support group for unpaid caregivers that is held the first and third Friday of every month at Elder Services, 5125 N Market. Group begins at 2:00 pm and ends by 3:30 pm. For more information call (509) 458-7450



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.

...continued on page 13

SUPPORT GROUPS (continued)

DIABETES SUPPORT GROUP: First Tuesday of each month from 5:30-7:00 pm sponsored by CHER. At Diabetes Education Center, 501 N Riverpoint Blvd., Suite 245. FREE No registration required. For information and locations call (509) 232-8145

GENERAL GRIEF SUPPORT

GROUP: *Any loss through death.* Sponsored by Hospice of Spokane. Mondays 6:00-7:00 pm at Hospice of Spokane, 121 S. Arthur St., North Side Group: Tuesdays, 1:30-2:30 pm at St Luke Lutheran Church, 9706 N division. South Side Group: Mondays, 3:00-4:00 pm at the South Side Senior Activity Center, 3151 E 27th. For additional information call (509) 456-0438

LIFE AFTER LOSS SUPPORT

GROUP: For those who have moved through early grief and are ready to explore their life after loss. Sponsored by Hospice of Spokane, 121 S Arthur. Call (509) 456-0438 for information and paperwork before attending. This group requires commitment to attend regularly.

LIVING WITH LOSS/GRIEF

SUPPORT GROUP: Meets last Thursday of every month at 6:30 pm at the Horizon Hospice Office. "Five Habits of Those Who Grieve Well" Grieving Well is not about getting good at grieving, but to move through a difficult period as smoothly as you can without unnecessarily prolonging the pain. We will share five habits that have enabled others to work through their grief favorably. RSVP to: (509) 489-4581

MULTIPLE MELOMA SUPPORT

GROUP: Meets the fourth Monday of each month, 5:30 pm., Cancer Care Northwest, 601 S. Sherman St. Contact: Dan or Vicki Jones (509) 596-2838

...continued from page 10

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.

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.

SUPPORT GROUPS (continued)

MULTIPLE SCLEROSIS ASSN. OF AMERICA: Meets the second Monday of the month, 10:30 am-Noon at Valley Senior Center, 2426 N Discover Place. Call Helen Anderson at (509) 921-5608

MUSCULAR DYSTROPHY ASSN: Offers free support groups for individuals and their families affected by neuromuscular diseases, including muscular dystrophy, myasthenia gravis, spinal muscular atrophy and amyotrophic lateral sclerosis, second Thursday of the month, 3-5 pm, 140 S Arthur St, fifth-floor conference room. Call Audrey Burr (509) 533-5470

SPINAL CORD INJURY SUPPORT GROUP: Provides supportive environment and opportunities to meet other individuals with spinal cord injuries, share experiences, participate in social activities and inquire about new medical advances and therapies for SCI related issues. Fourth Wednesday of every month, 1:00-2:00 pm at St. Luke's Rehabilitation Institute. For information call (509) 473-6681

SPOUSE GRIEF SUPPORT GROUP: Loss of a spouse through death held Wednesdays from 1:00-2:15 pm at Hospice of Spokane, 121 S Arthur St. Open to everyone at no charge. Contact: (509) 456-0438

STROKE SUPPORT GROUP: Provides education, peer support, special events and social networking for stroke survivors, family, friends and caregivers. Third Thursday of every month, 3:00-4:00 pm at St. Luke's Rehabilitation Institute. For information call (509) 473-6681

TOBACCO SUPPORT GROUP: Are you trying to quit tobacco or have recently quit? Join others like you who are battling tobacco. This group is for everyone, no matter where you are in the quitting process. 6:00-7:00 pm at Providence Holy Family Health Education Center, 5633 N Lidgerwood. Free. No registration is required. For additional information contact www.cherspokane.com

KIEMLE & HAGOOD COMPANY

"The Fun of Antiques" Saturday, Sept. 10 10 to 3:00 at Rockwood South Hill

Free appraisals of up to three
small items, refreshments, items
on display and for sale,
apartments open to view.
Come one and all, and bring a friend!

2903 E. 25th Avenue
536-6659 for more information



www.rockwoodretirement.org



2nd Annual Grandparents' Day Celebration

Sunday, September 11, 2011, 1-4 PM

CenterPlace at Mirabeau Park ~ 2426 N Discovery Place

Call 924-6976 for Tickets \$15 ~ Kids 10 and under FREE

Celebrate the grandparents in your life and in the community. This will be a day filled with great food (catered by Silver Café), fun, and laughter. **Eric Haines** will provide all-ages entertainment, and there will even be a silent auction with great items sure to please everyone. Tickets are only \$15 per person with children 10 and under free. *For more information, please call 509-924-6976.*

Greater Spokane County Meals on Wheels

2nd Annual Grandparents' Day Essay Contest

In 250 words or less, hand write "Why My Grandparent Should be Grandparent of the Year." A **\$100 prize** will be awarded to both the writer and the nominated grandparent in three age divisions: 7-10, 11-13 and 14-17. Entries will be judged on quality of expression, sincerity, neatness and originality. Each essay must include the writer's Full Name, Date of Birth, and Phone Number as well as the nominated grandparent's Full Name. Entries must be postmarked by September 2. Mail to Greater Spokane County Meals on Wheels, PO Box 14278, Spokane Valley, WA 99214, Attn: Essay Contest.

- A Grandparent is defined as an older, living adult who fulfills this role for a child. A familial relationship is not necessary.
- A separate entry must be submitted for each Grandparent nominated.
- Submissions become the property of Greater Spokane County MOW and may be quoted, printed and/or displayed.
- Essay winners will be announced at the **Grandparents' Day Celebration**. Writers are encouraged, but not required, to be present.
- A panel of judges will be selected from the community by Greater Spokane County MOW. All decisions are final.

Essay contest sponsored by:



Greater Spokane County Meals on Wheels operates the following programs: Valley Meals on Wheels, Lilac City Meals on Wheels, Cheney Meals on Wheels, Deer Park Meals on Wheels, and South County Meals on Wheels.

Informative "Doc Talk"

Oh My Aching Back!
*Causes and Treatments
for Back Pain*

Chris Heller, M.D.

September 20, 2011

11:30am - 12:30 pm



511 South Park Road
Spokane Valley, WA 99212

Highlights:

- Meet Dr. Heller in a small event setting
- Light lunch provided by Park Place Chef
- Enter to win fun door prizes

RSVP to
Robin Bishop, Park Place
509.879.2053
OR
Stephanie Wells, Senior Circle
509.473.5639



Dr. Heller specializes in brain and spine surgery for conditions ranging from tumors and aneurysms to disk herniations and other degenerative causes of neck, back, arm and leg pain.

He also performs stereotactic radio surgery, functional brain mapping and epilepsy surgery.

A native of the Pacific Northwest and a Gonzaga University graduate, Dr. Heller has spent the last three years practicing neurosurgery at Huntington Memorial Hospital in Pasadena, CA. He is excited to bring his expertise and compassion back home as part of the Medical Staff at Valley Hospital and Medical Center.

