

SENIOR REVIEW

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Spokane



New Year's Resolutions In The Works? Small Steps Are Best

By Jeannine Stein

So, you've made a New Year's resolution to get healthy. No doubt you've banished all cookies and chips from the house and plan to hit the gym every single day.

Let's get real. In three months, you're going to be comatose on the sofa with a telltale ring of orange Cheetos crumbs around your mouth.

Most people start off the new year by making grand, sweeping changes — and the changes never stick. What does stick? Thinking small: setting modest, attainable goals and slowly chalking up petite successes as you steadily build confidence. It's a strategy that can lead to substantial and sustainable health improvements over time, as fitness and nutrition experts well know.

...continued on page 9

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Spokane

SEMINARS/CLASSES/EVENTS/MEETINGS

Viking Plass
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MONDAY

SPOKANE: Aerobics, Writers Worksop (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: 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

SPOKANE: Gentle Mat Yoga every Wednesday from 12:00-1:00 pm. Southside Senior Activity Center, 3151 E 27th. (509) 535-0803

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.

SPOKANE: "Balance & Agility" Every Thursday from 1:00-2:00 pm at the Southside Senior Activity Center, 3151 E 27th Ave. (509) 535-0803

FRIDAYS

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

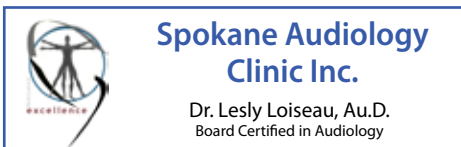
SPOKANE: Elder Services hosts a caregiver support group for unpaid caregivers that is held the first and third Friday of every month at Elder Services, 5125 N Market. Group begins at 2:00 pm and ends by 3:30 pm. For more information call (509) 458-7450

Spokane

SMOOTH TRANSITIONS
of the INLAND NORTHWEST



Household Downsizing and Estate Dispersal



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

SPOKANE: The Hearing Loss Association (HLA) of Spokane holds meetings at St. Luke's Rehabilitation Institute, 711S Crowley St. on the 2nd Saturday of each month between 9:30-11:30 am. HLA offers education and support for coping with hearing loss. For more information about monthly meetings, contact HLA at hlaspokane@hotmail.com or (509) 893-1472

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

CALENDAR

JANUARY 9-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 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.

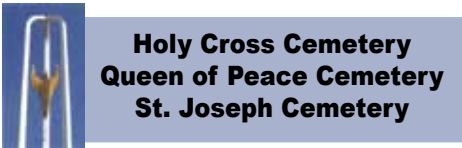
JANUARY 9-DAVENPORT "Pre-Diabetes Class" 5:30-7:30 pm. Pre-Diabetes affects more than 79 million Americans. Are you one of them? If you or someone you now is at risk for or has been diagnosed with pre-diabetes, please join u s. This is a two-part class series. All participants will receive a free testing 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.

JANUARY 26-SPOKANE: "Living With Loss, Open Forum" 6:30 pm. Living with Loss is an evolving program created for people to heal and grow through loss. We offer practical, meaningful, and creative healing to all kinds of losses. Our program is open o anyone in the community who needs a helping hand with loss issues. Nothing structured. We will talk about whatever you choose. Bring your questions and concerns; this will be your opportunity to let us know what YOU need. "Give sorrow words, the grief that does not speak whispers the oe'r fraught heart and bids it break." (William Shakespeare. Sponsored by Horizon Hospice, 123 W Cascade Way. RSVP 489-4581



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Spokane



CALENDAR (continued)

FEBRUARY 16-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 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.

FEBRUARY 13-DAVENPORT "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 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.

FEBRUARY 23-SPOKANE: "Living With Loss, Grief Myths" 6:30 pm. Living with Loss is an evolving program created for people to heal and grow through loss. We offer practical, meaningful, and creative healing to all kinds of losses. Our program is open o anyone in the community who needs a helping hand with loss issues. Why can't you get over this? Time will heal all. Your sister is coping OK why can't you? Move on. Our society has impossible and unrealistic expectations for those of us who have suffered a major loss. Come and explore cultural grief myths with us. We will support each other by embracing our own authentic grief process. Remember, there is no right or wrong way to grieve. Sponsored by Horizon Hospice 123 W Cascade Way. RSVP (509) 489-4581

MARCH 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 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.

APRIL 28-SPOKANE: "12th Annual Nancy Rockwell Gala and Auction" The annual fundraiser for the Alzheimer's association of the Inland Northwest at the Davenport Hotel. For additional information please call (509) 473-3390

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.emmpirehealth.org and click on "Become a Volunteer." Or call:

Spokane Valley



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VOLUNTEERS NEEDED continued

Volunteer Services Deaconess: (509) 473-3058 or Valley: (509) 473-5414 or e-mail: volunteers@emmpirehealth.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

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.rsvpspokane.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 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



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Dave Lindstrand 509 868-7423
E-mail ...dlindstrand@21goldchoice.com

VOLUNTEERS NEEDED continued

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

SUPPORT GROUPS

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

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

HEARING LOSS SUPPORT GROUP:

The Hearing Loss Association (HLA) of Spokane provides support, education, advocacy and camaraderie for people with hearing loss. HLA meetings are held at St. Luke's Rehabilitation Institute, 711 S Crowley on the 2nd Saturday of each month (except July and August) between 9:30-11:30 am. Each meeting, a speaker system, realtime captioning, and a room loop

SUPPORT GROUPS continued

make easy communication possible for all present. For more information about HLA and its meetings contact HLA at hlaspoke@hotmail.com or (509) 893-1472

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

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



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...continued from page 1

Not that there's anything wrong with wanting to run a marathon or lose 50 pounds — but it's not going to happen in a month, and when it doesn't, people often feel a huge letdown and then throw in the towel.

"We're guilty of that all-or-nothing mentality in so many areas of our lives," says Jessica Matthews, an exercise physiologist and spokeswoman for the San Diego-based American Council on Exercise. "We have to be doing something at 100 miles an hour or not at all."

If you want to ramp up physical activity but are currently about as energetic as a tree sloth on a slow day, you'd be better off adding easy routines — even something as minor as parking far away from your destination. "Every step really adds up," Matthews says.

Or just take a walk while at work. If you can't afford the luxury of a 40-minute march, do it in manageable five-minute batches every hour, says Felicia Stoler, a New York-based registered dietitian and exercise physiologist and author of "Living Skinny in Fat Genes. The Healthy Way to Lose Weight and Feel Great." You'll still increase your physical activity by 40 minutes a day.

Dietary first steps can also be ridiculously small, says San Francisco-based registered dietitian Manuel Villacorta, a spokesman for the Academy of Nutrition and Dietetics (formerly the American Dietetic Assn.). The person who eats no fruits or vegetables might add one serving a week. Those who never cook can make a simple, healthful meal from a prepared roasted chicken, frozen rice and canned beans.

"Start with things you can measure — amounts, frequency," he says. "Once you know you've done it, then you can go to the next level."

Why small steps? When you drastically cut out all fattening foods, you may bust out with a great big binge. Exercise too much and your unaccustomed muscles can suffer overuse injuries such as strains and sprains.

Or even more likely, psychological burnout sets in.

Before even the first tiny step is taken, people need to forge a plan to make sure it happens, says Marion Jacobs, a psychologist in private practice in Laguna Beach and adjunct professor emeritus of psychology at UCLA and author of "Take-Charge Living: How to Recast Your Role in Life ... in Six Acts."

"Change is a process," she says. "You don't go straight from 'A' to bikini. You have to make a plan for each step you have to take [and] you also have to look at the obstacles you're going to run into for each of these steps."

So think, and plan. Want to start running? Make sure your clothes are set out before you go to bed. Want to eat more home-cooked meals? Have a grocery list, a menu and a date to go shopping. Goals should be attainable — and pragmatic. "If you're not a morning person," Matthews says, "don't schedule exercise for 6 a.m."

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