

SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

Spokane



WHY THE RETIREMENT AGE IS INCREASING

Many countries are contemplating or are already in the process of raising the retirement age for their national pension systems, including the United States. However, in many places, this is simply a reversal of earlier declines in the retirement age. Many governments relaxed retirement-age rules in the 1970s and 1980s, and are now restoring retirement ages to their former levels.

The average global retirement age was 64.3 for men in 1949, but gradually fell to a low of 62.5 in 1993, according to an Organization for Economic Co-operation and Development analysis of retirement ages in 30 countries with national retirement plans. Now the age at which private-sector workers with a full career can first draw retirement benefits from the main national pension scheme without any reductions is 63. Legislation already in place will increase the average retirement age to 64.6 by 2050. “Earlier pension



ages mean higher taxes and contributions to pay for benefits. Voters in some countries may simply have a greater preference for leisure time over work on average,” says Edward Whitehouse, co-author of the report. “In some cases, lower pension ages have been introduced or maintained in

...more on page 9

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Spokane

SEMINARS/CLASSES/EVENTS/MEETINGS



Keepers with Care
Family In-Home Care



THE ACADEMY
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Senior Circle



Community Cremation Service



Southside Senior Activity Center
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WELLS FARGO ADVISORS

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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
SPOKANE: November 15-December 31st is open enrollment time for Part D Medicare Advantage Plans. This is the time when you can make changes to your Medicare plans. It is important to review your plan during this time to make sure are still enrolled in the best, most cost effective plan for you. Come and meet with a SHIBA representative who will sit down with you and a computer and help you find a plan that meets your specific needs. SHIBA volunteers provide free unbiased information and assistance. bring your list of medications with dosages, your current prescription drug plan card, your current Medicare Advantage card and your Medicare card to Aging and Long Term Care of Eastern Washington, 1222 N Post any Tuesday November 16-December 18, 9:00 am to 4:00 pm. For more information call: Margaret or Kathy at (509) 458-2500

SPOKANE: "Meditation 101" Enjoy your summer experiencing inner peace with self and others! While meditating, in the stillness of silence, we are free to experience inner peace, improve our well-being, cope with stress, find lasting joy, develop loving relationships, and appreciate each other and life. Tuesdays, December 14-January 18, 4:30-5:30 pm at the Southside Community Center, 3151a E 27th. Fee: \$30 members, \$36 non-members. (509) 535-0803

SPOKANE: "Zumba - Zumba - Zumba" Tuesdays 4:40-5:30 pm January 25-March 15. The Zumba exercise program combines Latin rhythms and easy-to-follow moves to create a none-of-a-kind fitness program while enjoying a good workout. Working out with Zumba provides you with an exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Southside Community Center, 3151a E 27th. Fee: \$30 members, \$36 non-members. (509) 535-0803

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

THURSDAYS
SPOKANE: "Balance and Agility I" This class is designed for those who need additional help with balance and control and also help improving the way they walk. January 6-February 10, Thursdays, 1:00-2:00 pm. Sponsored by Southside Senior Activity and Community Center. Fee: \$30 for members, \$36 non-members. For additional information call (509) 535-0803

SPOKANE: "Balance and Agility II" This class is designed for those who want to enhance the way they respond to balance and increase strength and agility. Includes 7 classes. April 29-June 10, Thursdays, 2:00-3:00 pm. Sponsored by Southside Senior Activity and Community Center. Fee: \$30 for members, \$36 non-members. For additional information call (509) 535-0803

Spokane



SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

SPOKANE: "Fitball for Seniors" December 9-January 20 2:00-3:00 pm This exercise class is designed for seniors (ages 50 and up). You will be using a stability ball to sit while doing a simple aerobic workout. These exercises will strengthen the arms, legs, and abs while listening to a simple music rhythm. Sponsored by Southside Senior Activity and Community Center. For additional information call (509) 535-0803

FRIDAYS

SPOKANE: "Zumba - Zumba - Zumba" Fridays 10:00-11:00 am January 7-February 10-11. The Zumba exercise program combines Latin rhythms and easy-to-follow moves to create a none-of-a-kind fitness program while enjoying a good workout. Working out with Zumba provides you with an exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Southside Community Center, 3151a E 27th. Fee: \$30 members, \$36 non-members. (509) 535-0803

SATURDAY

SPOKANE: the Spokane Chapter of the Hearing Loss Association (HLA) meets on the second Saturday of each month (Sept.-June) from 9:30-11:30 am at St. Luke's Rehabilitation Institute, 711 S Cowley. Contact hlaspokane@gmail.com or write to PO Box 30818, Spokane, WA 99213-3013 for information. or call Deanna Fendler of the HLS (509) 835-5011

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 14-SPOKANE: "Diabetes Support Group" 5:30-7:00 pm. This setting gives you the opportunity to ask questions and participate in discussion with other community members touched by diabetes. The discussion will be facilitated by a CHER Certified Diabetes Educator. At CHER Diabetes Education Center, 501 N Riverpoint Blvd., Ste 245. Free. No registration required.

Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

JANUARY 5-SPOKANE: "Culture Sensitivity" 9:00 a.m. - 3:30 p.m. (6 hrs) (1/2 hr lunch) Carlee Howie This training will provide caregivers with tools for successful inter-cultural communication and relationship building while gaining a better understanding of how we form our attitudes, values and daily practices. Jim Snider Room, 1222 N. Post.


JANUARY 7-SPOKANE: "Stress Management" 9:00 a.m. - 1:00 p.m. (4 hrs) Cristina Bresnahan-Johnson Introduction to stress-management techniques that can be used by Home Care Aides for self-care. Jim Snider Room, 1222 N. Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

Spokane

CALENDAR (continued)



HORIZON HOSPICE
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JANUARY 10-SPOKANE: "Developmental Disabilities-Introduction" 8:00 a.m. - 12:00 p.m. (4 hrs) Kelly Moore. A look at the history of developmental disabilities, state guidelines and rules about the definition of developmental disabilities and some of the basics of working with persons with these disabilities. Caregiver Training Room, 1235 N Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

JANUARY 10-FEBRUARY 21-SPOKANE: "Beginning Genealogy" Mondays, 10:00 am-12:00. Genealogy instructor, Shirley Penna-Oakes, will explain about how to genealogically research family trees and how to fill out family charts. With this class you will learn how to research and document vital records, as well as marriage, military, and land records. Everything you need to know to begin your genealogy research. Fee: \$72 Sponsored by Southside Senior Activity Center, 3151 E 27th. (509) 535-0803

JANUARY 10-FEBRUARY 21-SPOKANE: "Advanced Genealogy" Mondays, 1:00-3:00 pm In this class you will be working on a computer to get a hands on experience of looking up your families. Also discussed are the varieties of genealogy research sites that are available on the computer. Many of these sites can be viewed for free as well as the genealogical documents you can bring up and print. Shirley Penna-Oakes, your instructor, also will discuss the importance of those sites, those that are by subscription only, and how many are available through local libraries. Fee: \$72 Sponsored by Southside Senior Activity Center, 3151 E 27th. (509) 535-0803

JANUARY 11-SPOKANE: "Caregiver Support Group" 1:00-3:30 pm. Bring your loved one to enjoy socialization and activities with others while you attend a caregiver support group led by Jim Lippold, MSW. To be held at Providence Adult Day Health, 6018 N Astor St. To learn more call (509) 482-2475

JANUARY 11-SPOKANE: "BLS Healthcare Provider Initial" 8:00 am-12:00. Covers 1 and 2 rescuers for adult CPR, cild CPR (over age 1), infant CPR, bag-mask ventilations, AED and choking. At St. Luke's Rehabilitation Institute, Room 200, 711 S. Cowley St. Fee: \$60 Register at www.cherspokane.org

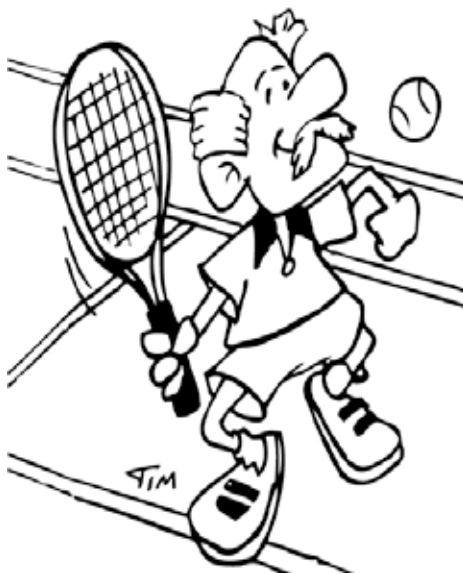
JANUARY 11-SPOKANE: "Reiki" 10:00-11:30. Class will provide you an overview of this ancient Japanese healing art and how it works on healing the body, mind, and spirit. Reiki handouts are provided and discussion about not only this healing art, but also how it is used in various healing settings, hospitals, clinics and private offices. Fee: \$12 Sponsored by Southside Senior Activity Center, 3151 E 27th. (509) 535-0803

JANUARY 11-SPOKANE: "Developmental Disabilities-Introduction" Monday, 8:00 a.m. - 12:00 p.m. (4 hrs) Kelly Moore. A look at the history of developmental disabilities, state guidelines and rules about the definition of developmental disabilities and some of the basics of working with persons with these disabilities. Caregiver Training Room, 1235 N Post. Sponsored by Aging and Long Term Care. (509) 458-2509

JANUARY 11-SPOKANE: "BS-Healthcare Provider Renewal" 12:30-3:00 pm. You must have a current American Heart Assn. Healthcare Provider card, or one that has been expired for less than 2 months present at class. Course covers 1 and 2 rescuers for adult CPR, child CPR

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Spokane Valley



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CALENDAR (continued)

(over age 1), infant CPR, bag-mask ventilations, AED and choking. At St. Luke's Rehabilitation Institute, Room 200, 711 S Cowley St. Fee: \$40. Register at www.cherspokane.org

JANUARY 13-SPOKANE: "Alzheimer's Disease & Dementia-Introduction" 9:00 a.m. - 3:30 p.m. (6 hrs) (1/2 hr lunch) Yvonne Daley. This course will provide an over view of various cognitive dysfunctions such as Alzheimer's, Parkinson's, and traumatic brain injury. Jim Snider Room, 1222 N. Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

JANUARY 14-SPOKANE: "CPR" 9:00 a.m. - 1:00 p.m. (4 hrs) Gary Beers. Designed for individuals who need an elementary level of CPR knowledge and skills for their workplace environment. Meets OSHA requirements. Jim Snider Room, 1222 N. Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

JANUARY 20-SPOKANE: "Men's Breakfast" 8:30-9:30 am. Complimentary scrumptious breakfast served restaurant style in the Fairwood Village Dining Room. Join us for a morning of good company, great food and interesting conversation. At Fairwood Retirement Village & Assisted Living, 312 W Hastings Rd. RSVP to (509) 467-2365

JANUARY 22-SPOKANE: "Multiple Sclerosis" Saturday, 1:00 p.m. - 5:00 p.m. (4 hrs) Elly Slama. Understanding the multiple sclerosis process and dealing with the constant changes. Jim Snider Room, 1222 N. Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

JANUARY 24-SPOKANE: "Cooking for Diabetes" 9:00 a.m. - 1:00 p.m. (4 hrs) Merri Lou Dobler. 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. Caregiver Training Room, 1235 N Post. Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

JANUARY 25-SPOKANE: "The Chakras: The Wheels of Life" 10:00 am-12:00. Dr. Charles Lightwalker will discuss how chakras are classified as healing centers, power centers, and part of the healing practices of many traditions. Fee: \$12 Sponsored by Southside Senior Activity Center, 3151 E 27th. (509) 535-0803

JANUARY 27-SPOKANE: "Alzheimer's Diseases & Dementia-Advanced" 1:00 p.m. - 7:30 p.m. (6 hrs) (1/2 hr dinner) Joyce Tucker. Review of symptoms, stages and strategies, including Gentlecare, Validation Therapy and medications.

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CALENDAR (continued)

Features videos showing lessons learned and gifts received from caregiver's journeys as well as case examples. Caregiver Training Room, 1235 N Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

JANUARY 28-SPOKANE: "Transfers & Body Mechanics" 1:00 p.m. - 3:00 p.m. (2 hrs) Holly David. Teaches the types of transfers that are utilized in the home care setting. Caregiver Training Room, 1235 N Post. 1:00 p.m. - 3:00 p.m. (2 hrs) Holly David Transfers & Body Mechanics - Teaches the types of transfers that are utilized in the home care setting. Caregiver Training Room, 1235 N Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

JANUARY 31-SPOKANE: "Introduction to Epilepsy and Seizure Disorders" 1:00 p.m. - 3:00 p.m. (2 hrs) Ryan Oelrich Introduction to Epilepsy and Seizure Disorders - Discuss various causes of seizures, learn effective responses as a Home Care Aide, review new and alternative treatments, current research and effects for seizures. Caregiver Training Room, 1235 N Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

FEBRUARY 2-SPOKANE: "Traumatic Brain Injury Fundamentals" 1:00 p.m. - 7:30 p.m. (6 hrs) (1/2 hr dinner) Craig Sicilia. Learn what your client is experiencing following a traumatic

head injury and some ways that a Home Care Aide, assist and respond to them during your care. Jim Snider Room, 1222 N. Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

FEBRUARY 5-SPOKANE: "PED Quarterly Concert Series presents Casey MacGill's Blue 4 Trio" 6:30 pm. Live at the Bing Crosby Theater. Includes Monarch Arts exhibit, Whitestone Winery will be pouring their delicious wines and the unveiling of the Winter Issue of PED Quarterly. \$10 at the door. Limited supply of free tickets available at Good Samaritan Society of Spokane Valley, and at the PED offices. For information call Stephanie Regalado-Hertel (509) 326-1471

FEBRUARY 8-SPOKANE: "Caregiver Support Group" 1:00-3:30 pm. Bring your loved one to enjoy socialization and activities with others while you attend a caregiver support group led by Jim Lippold, MSW. To be held at Providence Adult Day Health, 6018 N Astor St. To learn more call (509) 482-2475

FEBRUARY 7-SPOKANE: "Advanced Developmental Disabilities" 8:00 a.m. - 12:00 p.m. (4 hrs) Kelly Moore. An in-depth look at supporting and providing care for persons with developmental disabilities, including information on challenging behaviors, specific disabilities, conflict solving, and occurring diagnoses. Caregiver Training Classroom, 1235 N Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

Send us your Calendar by the
25th of the Month

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CALENDAR (continued)

FEBRUARY 10-SPOKANE: "Recovering from Trauma" 9:00 a.m. - 3:30 p.m. (6 hrs) (1/2 hr lunch) Tatayana Bistrevski. Introduction of different steps involved in recovery from trauma. Jim Snider Room, 1222 N. Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

FEBRUARY 12-SPOKANE: "Fibromyalgia" 1:00 p.m. - 3:00 p.m. (2 hrs) Yvonne Daley. This course will cover the complicated features of fibromyalgia including causes, symptoms and common treatments. Jim Snider Room, 1222 N. Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

FEBRUARY 12-SPOKANE: "Evening with the Winemaker" 6:00 pm. Valentine's ala New Orleans. Creole inspired menu prepared by CATERED FOR YOU. Wines presented by Don Townshend of Lone Canary & Townshend Cellars. \$100 per person. Presented by Center Pointe who provides social/educational activity for people with disabilities. N 1408 Washington. (509) 325-5451. www.Centerpointactivities.com

CALENDAR (continued)

FEBRUARY 14-SPOKANE: "Diabetes Basics" 10:00 a.m. - 2:30 p.m. (4 hrs) (1/2 hr lunch) Tory Lucas. Discuss types of diabetes, monitoring, diet, medications, appropriate treatment of low blood sugar and complications associated with diabetes. Caregiver Training Classroom, 1235 N Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

FEBRUARY 16-SPOKANE: "Bi-Polar Disease" 9:00 a.m. - 1:00 p.m. (4 hrs) Natasha Titov Bi. Introduction to Bi-Polar Disease including recognizing signs and symptoms and how to be supportive. Jim Snider Room, 1222 N. Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

FEBRUARY 19-SPOKANE: "Parkinson's Disease" 10:00 a.m. - 12:00 p.m. (2 hrs) Cris DuVall. 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. Jim Snider Room, 1222 N. Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

FEBRUARY 23-SPOKANE: "Moving for Health" 9:00 a.m. - 1:00 p.m. (4 hrs) Betty Wiyrick. Learn about the benefits and importance of exercise for both clients and Home Care Aides, along with fun and easy ways for everyone to incorporate exercise into daily life. Caregiver Training Classroom, 1235 N Post. Sponsored by Aging & Long Term Care of Eastern Washington.

Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

FEBRUARY 24-SPOKANE: "Senior Living Networking Committee" 3:00 pm. Hosted by The Academy Retirement. For additional information contact Pam Pierson (509) 953-5361 Pamelap50@qwest.net

FEBRUARY 24-SPOKANE: "Family Members as Caregivers" 1:00 p.m. - 7:30 p.m. (6 hrs) (1/2 hr dinner) Joyce Tucker. 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. Caregiver Training Classroom, 1235 N Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

FEBRUARY 25-SPOKANE: "Mousetrap is back" 2:00 pm. The final show of this murder mystery which the Corbin players turn into a hilarious romp. Christopher Wren will be back in pink and is unruly hair with maybe a new twist or two. Reservations now being accepted. \$10 per person that includes complimentary wine and hors d'oeuvres at intermission roved by The Academy Retirement. Presented by Corbin Senior Activity Center, 827 W Cleveland. (509) 327-1584

FEBRUARY 26-SPOKANE: "Developmental Disabilities and Sexuality" 9:00 a.m. - 1:00 p.m. (4 hrs) Theresa Fears. Introduction to sexuality in person with developmental disabilities directed toward the Home Care Aide and issues they may encounter. Jim Snider Room, 1222 N. Post. Sponsored by Aging & Long Term Care of Eastern Washington. Individual providers must register for

classes through the Northwest Training Partnership, (866) 371-3200 or go online: www.myseiubenefits.org

APRIL 8-SPOKANE: "Nancy Rockwell Gala 5th Annual Build-A-Basket Competition" Proceeds benefit individuals and families in the Inland Northwest who are diagnosed with Alzheimer's disease or a related dementia and those not yet diagnosed. The silent auction basket receiving the largest number of bids at this year's Gala at the Davenport hotel will become the recipient of the traveling Golden Basket Award. Baskets must be submitted by March 11 and can be dropped off until April 4 at the Alzheimer's Assn. Inland NW Chapter offices, 910 W 5th, Ste 256. For information call Sandi at (509) 473-3390



Mexico

VOLUNTEERS NEEDED (continued)

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

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

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

SENIOR REVIEW

Please have your classifieds and announcements in by Nov 25th for the December Senior Review
Send to Dale@seniorpages.com

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

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

DIABETES SUPPORT GROUP:

First Tuesday of each month from 6:00-7:30 pm sponsored by CHER. At Deaconess Health and Education Center, 910 W 5th Ave. 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

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the mistaken belief that getting older workers out of jobs means more jobs for younger workers.”

Life expectancy, however, increased continuously over the past few decades. The period of time that seniors live after reaching retirement age grew from 13.4 years for men in 1958 to 18.5 in 2010. The OECD analysis of United Nations data projects life expectancy to be 20.3 years in retirement, even after the higher retirement ages are phased in.

“Retirement is now something that everybody looks forward to, a long period of leisure at the end of the life,” says Richard Jackson, director of the Global Aging Initiative at the Center for Strategic and International Studies. “Retirement before 1950 had a negative connotation. It was something that you did to a worn-out machine.”

Countries with the lowest retirement ages. The most strikingly low retirement age is in Turkey. The former retirement age of 60 was abolished and replaced with a requirement of about 25 years of contributions to receive a full pension. The OECD calculated that many workers who begin working by age 20 will be able to retire around age 45. The next lowest retirement age is 57 in Greece, up from 55 in 1959. In Italy, the retirement age declined from 60 in 1949 to a low of 55 in the 1980s and 1990s, and then climbed back to 59 today. Under current law, the retirement age will increase to 65 in Italy by 2030. A few countries now have a national retirement age of 60, including Belgium, Hungary, Korea, and Luxembourg. France's current retirement age is 60.5.

Places with the highest retirement ages. The countries with the oldest 2010 retirement ages are Iceland and Norway, both age 67. The United States currently has the third highest retirement age: 66. By 2030, the United States and Denmark will also tie as the countries with the

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SUPPORT GROUPS (continued)

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.

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

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oldest retirement age. Both nations have legislation in place to raise the retirement age to 67. However, the United Kingdom is currently projected to overtake all other countries by 2050 with a retirement age of 68.

Different retirement ages for women.

Half of OECD countries have, at some time, had a different retirement age for women than men.

When women have a different retirement age, it is always lower than

that for men, despite the fact that women generally have a longer life

expectancy. The women's retirement age is most commonly five years

earlier and averages 3.8 years younger than men. As more women enter

the workforce, many of these younger retirement ages for women are

being phased out. Experts have many theories about why retirement

ages were and are lower for women in some countries. "One case, I have

heard is that men tend to marry younger women," says Whitehouse.

"There is rather more evidence for the motive that earlier pension ages for women is, in some sense, a reward for taking on caring responsibilities."

The United States has never had a different retirement age for men and women.

If you are interested in our
Logo Sponsor program
for your Hot Sheet listings,
Please Call Dale at
509 979-6882

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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Build a Basket

and enter the
NANCY ROCKWELL GALA
5TH ANNUAL BUILD-A-BASKET COMPETITION
APRIL 8, 2011

Proceeds from the Nancy Rockwell Gala support Alzheimer's research and benefit individuals and families in the Inland Northwest who are diagnosed with Alzheimer's disease or a related dementia and those not yet diagnosed.

The Silent Auction basket receiving the largest number of bids at this year's Gala at the Davenport Hotel will become the recipient of the traveling GOLDEN BASKET AWARD.



alzheimer's 
 association®

Basket descriptions and fair market value must be submitted by March 14, 2011, to be entered into the contest. Completed baskets can be dropped off until April 4 at the Alzheimer's Association - Inland Northwest Chapter office, 910 W. 5th Ave., Ste. 256, Spokane. Call Sandi for more information at (509) 473-3390