

SENIOR REVIEW

Weekly Information and "Hot Sheet" Calendar/Classifieds from Senior Pages

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Post Falls



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10 UNCOMMON SOURCES OF INCOME IN RETIREMENT

To live out their retirement years in relative bliss, people traditionally count on multiple sources of income—investments, retirement funds, pension plans, and Social Security. For many, however, the recession sapped one or more of their income sources and derailed plans for post-work life, which now calls for a little money-making creativity. From renting out an empty bedroom to working a part-time job in retail, retirees are handling the setback with aplomb.

Here are 10 ways that retirees can earn a little extra cash or, say, get free housing:

1. Micro-gardening. Carving out a plot in your backyard to grow peppery mizuna greens or woody perennials may not make you millions, but it could supplement your income without taking over your schedule. When it comes to micro-gardening, the most time-consuming and energy-demanding thing to do is grow vegetables and then sell them at a farmers' market.

The less demanding—albeit less trendy—method is growing nursery stock and selling it to local garden centers. You can approach the garden centers before planting to see if there's demand for the product you want to grow. You can also offer to grow something unusual that their competitors won't be selling. The advantage of this arrangement is that you know there's a market for what you're going to grow in a year.

2. Work-camping. For adventurers who own RVs, work-camping (also called work-amping) can offset the costs of enjoying America on wheels. Paid work-campers typically exchange their labor for a free camping site and pay that's around minimum wage, and often work for private companies that operate public parks. Some "camp hosts" share responsibility for large campgrounds, while others host smaller campgrounds alone.

3. Tax preparation. Many short-term jobs that are good fits for retirees are related to financial services. Companies like H&R Block recruit for seasonal tax-prep positions and don't necessarily require experience. H&R Block, for one, requires applicants to pass an income-tax training course and exam, while individuals with previous experience may be able to test out of the course.

4. Crafts. When Morgan Hoth was a teacher, she spent the school year instructing students with learning disabilities and summers experimenting with arts and crafts—weaving rugs, then hauling them outside to spray with dye, for example. "By the time I had retired, I had been playing for 30 years," Hoth says. Today, the artist sells painted scarves and wraps made of stonewashed crepe. Perhaps the best-known website to sell items is Etsy.com. Etsy is an online marketplace for creative crafts makers and artists of all stripes.

5. Caregiving. While many Americans, particularly baby boomers, have taken on the role of caregiver without being paid, there are opportunities to earn a paycheck. Employers are looking for people who are certified nurses as well as people without any healthcare experience. Non-medical care positions could include home helpers who assist with light housekeeping or caregivers who help with personal care and hygiene.

6. Board work. There are nonprofit board member positions that are important to communities or causes, but they are generally volunteer positions. In the for-profit realm, board work can be highly lucrative for prominent corporate boards. Board members are generally compensated for their time. Some companies pay directors with stock options. Most board work won't replace a retired executive's previous full-time income, but it can keep retirees energized and engaged. Firms may look for directors with experience in the same industry, or may prefer an individual with specific skills—in marketing or logistics, for example. Board positions are often filled through networking.

7. Tutoring. The many subjects in which students need tutors include mathematics, standardized test preparation, foreign languages, and even health and nutrition. In-Home Tutoring Services and Sylvan Learning Center post openings on their websites. Expect to earn as much as \$20 an hour, although pay varies widely.

8. Caretaking. Care to spend your days living in the caretaker's cabin of a national

...more on page 2

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Spokane Valley



Liberty Lake



Spokane



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historic site? Or caring for a multimillion-dollar home in northern California? Some care taking positions are longer term and others last just a week or two and involve caring for pets when homeowners are on a vacation. These days, real estate investors are stuck with homes they can't sell and therefore need caretakers to keep out vandals who could, for example, strip out copper piping. Some assignments are simple housesitting arrangements, while others might require care taking of a small inn or motel—or even an island—and they generally include salary and benefits.



9. Fellowship. A program called Encore Fellowships places veteran for-profit workers in fellowships with nonprofit organizations that have a social mission. Working for six months or a year, the fellows get a \$25,000 stipend as they delve into social-purpose work and share their professional experience (in, say, marketing or financial management, or strategic planning).. Civic Ventures, the think tank that runs the program, plans to expand it to 100 fellows in five states by the end of this year.

10. Return temping. At the National Institutes of Health, retirees are given the opportunity to return for temporary work assignments as well as consulting or contract work. (They can even opt for part-time jobs or full-time positions.) NIH isn't alone; many universities offer similar gigs, and agriculture giant Monsanto has been bringing retirees back for temp jobs since the 1990s. If this kind of job appeals to you, explore the options with your past employer

SEMINARS/CLASSES/EVENTS/MEETINGS

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 & FRIDAYS

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

WEDNESDAYS:

SANDPOINT: Healthcare Provider CPR classes are ideal for dental hygienists, family practice nurses and CNAs. Held every third Wednesday of the month at the Brown House basement from 8:00 am-10:00 am for Bonner General Hospital staff as well as community healthcare providers. There is an exam prior to attending. Fee: \$25 For complete details contact Bonner General Hospital (208) 263-1441 or Deven Fredericks in the Education Department at (208) 263-1441, ext. 1491

THURSDAYS

COEUR D'ALENE: "Free Class on Joint Replacement". Plan now to return to an active life after joint replacement surgery. 6:00-7:00 pm the last Thursday of each month at Ivy Court, 2200 Ironwood Place. For information call: (208) 667-6486

COEUR D'ALENE: "Mix N Mingle" for CareNet members. A non-formal meeting the second Thursday of the month in addition to the monthly CareNet meetings. A chance to visit and get to know each other. At Bardenay's, 1710 W Riverstone Dr, 4:30-6:30 pm or until ???

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. Includes 7 classes April 29-June 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)

FRIDAYS

SPOKANE: "Body Strength and Conditioning" A fun and challenging workout that will improve strength, agility, balance and overall performance. Cardiovascular and weight management benefits can also be experienced. Bring a set of hand weights and if you have a mat and/or resistance bands then bring those also. Limited number of mats available. Includes 7 classes. April 30-June 11, Fridays, 11:45 am-12:45 pm. Sponsored by Southside Senior Activity and Community Center, 3151 E 27th Ave. Fee: \$30 members, \$36 non-members. For additional information call (509) 535-0803

SATURDAYS

COEUR D'ALENE: "Joint Replacement Education" Plan now to return to an active life. Free class the last Thursday of each month, 6:00-7:00 pm at Ivy Court, 2200 Ironwood Place. Contact: (208) 667-6486

SANDPOINT: First Aid/CPR classes are offered on the third Saturday of each month (excluding holidays) from 8:45 am until 3:00 pm. CPR-only classes begin at 12:30 pm. For additional information call Deven Fredericks in the Education Department of Bonner General Hospital at (208) 263-1441, ext. 1491

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

MAY 24-SPOKANE: "Cleaning Green" 4:00-9:00 pm by Sherri Sly. Using ordinary items to clean almost anything. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

CALENDAR

MAY 24-SPOKANE: "Alternative Therapies in Diabetes Treatments" 6:00-7:30 pm. Are you interested in or already using herbal or dietary supplements for your health? Come and learn about the most popular complementary therapies including herbal and dietary supplements commonly used by people with diabetes. Join us to learn the facts on these supplements, any potential adverse effects and drug interactions that could occur and what reliable resources there are for information to evaluate any health claims. At Deaconess Health and Education Center, 800 W 5th. Free. To register visit www.cherspokane.org.

MAY 24-28-SPOKANE: "Internet Basics" 8:30-10:30 am, M/W/F. Access the internet with the use of Internet Explorer. Learn to use and understand internet terminology as you explore the internet by use of the browser. Discover new places, and how you can use the save, copy and print features of the computer to send this information to others. (Computer Kindergarten required.) Sponsored by Southside Senior Activity and Community Center, 3151 E 27th Ave. Fee: \$75 members, \$90 non-members. For additional information call (509) 535-0803

MAY 25-SPOKANE: "Psychology of HIV" 4:00-9:00 pm by Kayleen Islam-Zwart, PhD. Living with HIV, associated mental health problems and impairments. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

MAY 26-SPOKANE: "Injury Fall Prevention" 11:30-12:30 pm. Tom Ulvin the Injury Fall Prevention Coordinator is presenting a talk on fall prevention. Great presentation for seniors, their caretakers and family members. At Deaconess Medical Center. Free to Senior Circle members. Lunch is provided. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767

MAY 26-SPOKANE: "Memory Screening" 10:00 am-2:00 pm at Northwest Neurological, PLLC, 507 S Washington, Suite 101. Fee: Free. For information contact Jackie Chalmers, Northwest Neurological (509) 458-7720



Market Street cable car, May, 1941, waiting to be towed to the scrapper.

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CALENDAR (continued)

MAY 26-SPOKANE: "What You Need To Know About Credit Cards Today" 10:15-11:45. Doreen Kelsey, an STCU expert on credit card reform, will let you know about the latest changes and the pitfalls you need to avoid, etc. This is an interactive seminar, so come with your questions. If you sign up by May 19 for this free seminar, you will be given a ticket to the lunch that follows this presentation. If you do not sign up in advance you can still attend but you will not get a meal ticket. Sponsor by Corbin Senior Center. To reserve your spot call Christa at (509) 327-1584, ext. 10.

MAY 26-SPOKANE: "Injury Fall Prevention" 11:30-12:30 pm. Tom Ulvin the Injury Fall Prevention Coordinator is presenting a talk on fall prevention. Great presentation for seniors, their caretakers and family members. Lunch will be served. To be held at Deaconess Health & Education Center. Free to Senior Circle members. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767

MAY 26-POST FALLS: "CareNet Meeting" Meeting to take place at Garden Plaza of Post Falls. 12:30 pm. Guest speakers this month will be Cheryl Carriere and Dale Druckrey of Pinnacle Relocation Services. Please RSVP by May 21st to: ciccone2@adelphia.net

MAY 27-COEUR D'ALENE: 11th Annual Area Agency on Aging Annual Conference. "Caregivers Building Skills & Improving Lives" at Coeur d'Alene Resort. Contact Pearl Bruno Bouchard (208) 667-3179, Ext 228

MAY 27-SPOKANE: "Boundaries in Caregiving" 8:00 am-1:00 pm by Kelly Moore. Learn to set limits, and developing boundaries, personally and professionally. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

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

MAY 27-COEUR D'ALENE: "Aging Well: Caregivers Building Skills & Improving Lives: 7:30-5:00 pm at the CDA Resort. Featuring William Matteson, Ph.D. on Assessment & Misdiagnosis for professionals. Also, Matrix training workshops for professional caregivers - meets required Competency Standards. Lunch and snacks included. Sponsored by the Area Agency on Aging of North Idaho. (800) 786-5536, ext. 220

MAY 27-SPOKANE: Senior Living Networking Committee" scheduled to meet at Manor Care 2:00-4:00 pm. For additional information contact Pam Pierson (509) 5361 or email Pamelap50@qwest.net

MAY 31-SPOKANE: "Catholic Cemeteries Memorial Day Masses" To be held at Queen of Peace Cemetery at 10:00 am, St. Joseph Cemetery 10:00 am, Holy Cross Cemetery at 10:00 am. Knights of Columbus Color Corps at all Masses. Please bring chairs. In case of inclement weather, Mass will be held at St. Joseph Church, 4521 N Arden Rd, Spokane Valley, Holy Cross Chapel, or the Immaculate Heart Retreat Center chapel

MAY 29-30-SPOKANE: "Remembering Roy Rogers and Other Western Heroes" A special Memorial Weekend at Heritage Funeral Home, 508 N Government Way. 9:00 am-5:00 pm all three days. Displays and events include: Western Artifacts and Memorabilia, Entertainment each day at 2:00 pm in the Heritage Chapel, Performance by the Rockin' B Ranch, Veterans Display, Aerospace Display, Tree of Remembrance, Antique & Classic Car Display, Refreshments in the reception room and a Band Concert Sunday at 6:00 pm at the Cross of Inspiration, Greenwood Memorial Terrace.

MAY 31-SPOKANE: "Washington State Veterans Cemetery Dedication at Medical Lake" 10:30 am. Governor Chris Gregoire and First Mike will be in attendance, as well as US Department of Veterans Affairs Director of State Cemetery Grants Frank K. Salvas, Sr. and WDAV director John E Lee. First internments are expected to take place beginning June 7 with the initial capacity for 10,700 and ultimate capacity of 70,000. For additional information call the Washington State Department of Veterans Affairs, 1-800-562-0132

JUNE 1-SPOKANE: "Cerebral Palsey" Everything you wanted to know and more. 12:00-5:00 pm. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

Spokane

CALENDAR (continued)



Holy Cross Cemetery
Queen of Peace Cemetery
St. Joseph Cemetery

JUNE 2-SPOKANE: "Dealing With Stress" 4:00-9:00 pm. Taught by Sherri Sly. Learn how to deal with stress, multiple priorities and fatigue. Discuss how this can lead to neglect and abuse of the client. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

JUNE 2-SPOKANE: "Resident Care Provider Symposium" 1:00 am-3:15 pm. Workshop is specifically designed to meet the learning needs of those working in Adult Family Homes and Assisted Living settings You can receive 4 continuing ed hours. Hosted by Family Home Care. Fee: \$20 To register call (509) 475-7093 or 755-4951

JUNE 3-SPOKANE: "Beyond the Basics of Autism" 9:00 am-2:30 pm. Taught by NW Autism Assn. Expands on the language and communication difficulties individuals with Autism face and the expression of problematic behaviors. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

JUNE 4-SPOKANE: "My Way or the Highway" 8:00 am-1:00 pm. Taught by Kelly Moore. Conflict resolution and communication skills. Practice what you learn. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

JUNE 4-SPOKANE: "Music, Art & Jazz" 5:00-8:00 pm at DeLeon's, 825 W. Riverside. Get the dad or grad in your life seasonings-plus tips from Sergio DeLeon himself to make tasty carne asada! Sponsored by Hospice of Spokane

JUNE 8-SANDPOINT: "Driving & Dementia" 2:00-4:00 pm at The Bridge Assisted Living, 1123 N Division. Speaker is Joel Loiacono, MPA, Alzheimer's Assn. Executive Director. Free and open to the public. Two free CEUs available for all professionals. For information contact the Alzheimer's Assn. (208) 666-2996

JUNE 8-SPOKANE: "Neurological Disorders & Responses" By Ryan Oelrich, Epilepsy Foundation NW & Ed Kennedy, Spina Bifida Foundation. Review of new and alternative treatments, current research and effects for seizures. Giving independence while caring for people with spinal bifida. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N Post. For information call (509) 458-2509

JUNE 9-COEUR D'ALENE: "Maintain Your Brain" 6:30 pm at Bestland Independent Senior Living, 606 Best Ave. Free and open to the public. Certificates of attendance available for all professionals Sponsored by the Alzheimer's Association. For information call (208) 666-2996

JUNE 10-SPOKANE: "BLS-Healthcare Provider Initial-CPR" 8:00 am-12:00 pm. Covers 1 and 2 rescuer for Adult COPR Child PR (over age 1), Infant CPr, Bag-Mask ventilations, AED, & Chocking. This class is ideal for caregivers or students going into the medical field. Course certification valid for 2 years. At St. Luke's Rehabilitation Institute, 711 S Cowley. Fee: \$60. Register at www.cherspokane.org.

JUNE 10-SPOKANE: "BLS-Healthcare Provider Renewal-CPR" 12:30-3:00 pm. If you must have a current American Heart Assn. Healthcare Provider card, or have one that has expired for less than 2 months presented at class. Participants must pass a written test and perform a CPR skills test for certification Certification is valid for 2 years. At St. Luke's Rehabilitation Institute, 711 S Cowley. Fee: \$40. Register at www.cherspokane.org

JUNE 11-SPOKANE: "Alzheimer's Disease, What It Is/What It Is Not" 1:30-6:30 pm. By Joyce Tucker. Symptoms and stages of dementia. Features videos showing lessons learned and gifts received from caregiver's journeys as well as case examples and leading edge brain scans. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N Post. For information call (509) 458-2509

JUNE 12-SPOKANE: "Best Ball Scramble" Golfers of all levels are welcome Activity Holes, Mulligans. String for "missed by that much" putts, raffles, 50/50 cash pot, award prizes and a super prize of a new, 2010 golf cart and a set of Cleveland CG7 pearl irons, Cleveland HiBore driver. \$80 green fee includes golt cart and lasagna dinner. Proceeds to to support Corbin Senior Activity Center. For more information call (509) 327-1584

Please forward a copy of the SENIOR REVIEW to others in the Senior Industry.



CALENDAR (continued)

JUNE 12-SPOKANE: "Living with Traumatic Brain Injury (Moving On)" 9:30 am-3:00 pm. By People First. A personal future planning's system to help survivors dream and achieve goals and plan for a fulfilling future. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N Post. For information call (509) 458-2509

JUNE 14-SPOKANE: "Humor & Caregiving" 9:00 am-2:00 pm. By Sherri Sly. Learn how humor affects health and effects stress reduction. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

JUNE 14-SPOKANE: "Pre-Diabetes" 6:00-8:00 pm. Pre-Diabetes affects more than 57 million Americans. Are you one of them? If you or someone you know 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. At Deaconess Health and Education Center, 800 W 5th Ave. To register visit www.cherspokane.org or call (509) 232-8138

JUNE 14-SPOKANE: "Non-Medication Management for Diabetes" 5:00-6:00 pm A program presented for Senior Circle members at Deaconess Health & Education Center, Room 265. Dr. Joseph Taylor of Inland Family Medicine will discuss other options to help manage your Diabetes without using medication. Free to Senior Circle members. Dinner is provided. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767

JUNE 15-SPOKANE: "Non-Medication Management for Diabetes" 5:00-6:00 pm Dr. Joseph Taylor of Inland Family Medicine will discuss other options to help manage your diabetes without using medication. To be held at Deaconess Health & Education Center, Room 265. Free to Senior Circle members. Dinner is provided. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767

JUNE 21-SPOKANE: "Healthy Cooking" 8:00 am-1:30 pm. By Lynn Jones, RDT. Introduction to healthy cooking including tips on how to modify favorite recipes to make them healthier. Includes menu planning, simple recipes, cooking on a budget and dealing with picky eaters. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

JUNE 22-SMELTerville: "Driving & Dementia" 2:00-4:00 pm at Shoshone Medical Center Health & Education Center, 838 Commerce Drive. Speaker is Joel Loiacono, MPA, Inland Northwest Alzheimer's Assn., Executive Director. Free and open to the public, certificates available to all attendees. For more information contact: PJ Christo (208) 666-2996 or Shoshone's Support Group Leader Aline Rohde (208) 659-6719. No reservations necessary.

JUNE 23-SPOKANE: "Alzheimer's Disease/ Dementia (Advanced)" 9:00 am-3:00 pm. By the Alzheimer's Assn. Learn how to address communication and behavior issues associated with Alzheimer's disease and other types of dementia. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N Post. For information call (509) 458-2509

JUNE 23-25-SPOKANE: "AARP Safe Driving Class. 8:30-12:30 both days. Will be held at Harvard Park, 1616 E 30th. Need to attend both days. RSVP to Susie Workman, (509) 747-2703. You are welcome to stay for dinner after the class. susan.workman@holidaytouch.com

JUNE 24-SPOKANE: "Hand in Hand in Life's Final Journey Seminar" 6:00-7:00 pm at Spokane Veterans Home, 222 E 5th. Hosted by Comfort Keepers. Guest speakers from Horizon Hospice; Mark Hilditch, Director of Outreach will speak on: The When, Why & Where of Hospice Care, and Pastor Mike Farmer will speak on: Soul

JUNE 24-COEUR D'ALENE: "Senior Empowerment Fair" 11:00 am-3:00 pm. Lake City Senior Center. For information contact Tandra Maple, 505 E Best Ave. Coeur d'Alene, ID 83814

JUNE 25-SPOKANE: "Heartsaver CPR and First Aid" 8:00 am-12 Noon. Course covers Adult CPR, Child CPR (over age 1), AED and Choking and is perfect for worksites, safety personnel, caregivers, school staff and staff working in a medical setting but do not provide direct patient care. Participants must pass a skills test for certification that is valid for two years. At St. Luke's Rehabilitation Institute, 711 S Cowley St. Fee: \$45. To register go to www.cherspokane.org or call (509) 232-8138

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

JUNE 29-SPOKANE: "Increase Your Activity and Have Fun Too!" 6:00-7:30 pm. Whether you think of activity as exercise, a hobby, the gym or just plain movement, it is the magic bullet, the perfect pill, the solution to many of our health problems. So why don't we get enough when we know it is so good for us? At this presentation we will explore the impact of activity on our health and why movement is so beneficial. We will look at simple ways to increase movement in our daily lives, all in the spirit of fun. At Providence Holy Family Health Education Center, 5633 N Lidgerwood. Free. To register visit www.cherspokane.org or call (509) 232-8138

JUNE 30-SPOKANE: "Memory Screening" 10:00 am-2:00 pm at Northwest Neurological, PLLC, 507 S Washington, Suite 101. Fee: Free. For information contact Jackie Chalmers, Northwest Neurological (509) 458-7720

JULY 12-SPOKANE VALLEY: "Pre-Diabetes" 6:00-8:00 pm. Pre-Diabetes affects more than 57 million Americans. Are you one of them? If you or someone you know 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. At Valley Hospital Health Education Center, 12606 E Mission Ave To register visit www.cherspokane.org or call (509) 232-8138

JULY 13-SPOKANE: "BLS-Healthcare Provider Initial-CPR" 8:00 am-12:00 pm. Covers 1 and 2 rescuer for Adult COPR Child PR (over age 1), Infant CPR, Bag-Mask ventilations, AED, & Chocking. This class is ideal for caregivers or students going into the medical field. Course certification valid for 2 years. At St. Luke's Rehabilitation Institute, 711 S Cowley. Fee: \$60. Register at www.cherspokane.org.

**Link your website to the Hot Sheet...
\$7.00 per week**

CALENDAR (continued)

JULY 13-SPOKANE: "BLS-Healthcare Provider Renewal-CPR" 12:30-3:00 pm. If you must have a current American Heart Assn. Healthcare Provider card, or have one that has expired for less than 2 months presented at class. Participants must pass a written test and perform a cPR skills test for certification Certification is valid for 2 years. At St. Luke's Rehabilitation Institute, 711 S Cowley. Fee: \$40. Register at www.cherspokane.org

JULY 13-SANDPOINT: "The Key to Dementia Care For Families & Professionals. 2:00-4:00 pm Speaker is Joel Loiacono, MPA, Inland NW Alzheimer's Assn. Executive Director. A Life Care Center of Sandpoint, 1125 N Division (208) 265-9299. Free and open to the public, certificates for all professionals No reservations necessary. For questions please call the Alzheimer's Assn. (208) 666-2996

JULY 14-LIBERTY LAKE: "14th Annual Good Sam Scramble" Annual fundraiser at Meadowood Golf Course featuring a shotgun start, fun games, great prizes and a delightful post-game meal. For more information about playing and/or sponsorships please contact Kathleen Harper at (509) 924-6161, ext. 511 or e-mail: khaper@good-sam.com

JULY 19-SPOKANE: "Pre-Diabetes" 6:00-8:00 pm. Pre-Diabetes affects more than 57 million Americans. Are you one of them? If you or someone you know 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. At Deaconess Health and Education Center, 800 W 5th Ave. To register visit www.cherspokane.or or call (509) 232-8138

JULY 21-SPOKANE: "BLS-Healthcare Provider Renewal-CPR" 12:30-3:00 pm. If you must have a current American Heart Assn. Healthcare Provider card, or have one that has expired for less than 2 months presented at class. Participants must pass a written test and perform a cPR skills test for certification Certification is valid for 2 years. At St. Luke's Rehabilitation Institute, 711 S Cowley. Fee: \$40. Register at www.cherspokane.org

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patient care. Participants must pass a skills test for certification that is valid for two years. At St. Luke's Rehabilitation Institute, 711 S Cowley St. Fee: \$45. To register go to www.cherspokane.org or call (509) 232-8138

JULY 29-COEUR D'ALENE: "Know The 10 Signs!" Normal aging, simple memory loss Alzheimer's. Speaker is Joel Loiacono, PPA, Exec Director Alzheimer's Assn., Inland NW Chapter. 5:00 pm at Coeur d'Alene Public Library, 702 EW Front St. Free & open to the public. Dinner included, reservations requested. (208) 666-2996

Memorial Day Masses

Monday, May 31, 2010

NEW LOCATION

+ Queen of Peace Cemetery – 10 a.m.

Celebrant: Rev. Brian Mee

Pastor – St. Peter Parish

Assisting: Deacon John Ruschinsky

Director – Immaculate Heart Retreat Center

+ St. Joseph Cemetery – 10 a.m.

Celebrant: Most Rev. William Skylstad

Bishop of Spokane

Concelebrant: Rev. Mike Kwiatkowski

Pastor – St. Joseph Parish, Otis Orchards

Music by St. Joseph Parishioners

+ Holy Cross Cemetery – 10 a.m.

Celebrant: Rev. Msgr. John Steiner

Pastor – St. Mary's Parish

Assisting: Deacon Dan Ritchie

Catholic Cemeteries of Spokane

Music by Cheryl Branz

Knights of Columbus

Color Corps at All Masses

Please bring chairs.

In case of inclement weather, Mass will be held at St. Joseph Church 4521 N. Arden Road, Spokane Valley, Holy Cross Chapel, or the Immaculate Heart Retreat Center chapel.

CATHOLIC CEMETERIES OF SPOKANE

**HOLY CROSS
CEMETERY**

7200 North Wall
467-5496

**QUEEN OF PEACE
CEMETERY**

6910 South Ben Burr Rd.
343-9437

**ST. JOSEPH
CEMETERY**

17825 East Trent
891-6420

VOLUNTEERS NEEDED

COEUR D'ALENE

Have you considered becoming a volunteer ombudsmen? Ombudsmen are advocates for residents of long-term care facilities. The primary goal is to advocate for residents' rights, quality of life and quality of care. Vulnerable elders need the voices of caring individuals to speak for them. Responsibilities include: Visiting with residents and acquainting them with the ombudsman program. Receiving, investigating and referring complaints made by or on behalf of residents., following up on concerns or complaints. Or more information about the program, the Sandpoint training, or future trainings in Coeur d'Alene, please contact Jan Noyes, Volunteer Ombudsman Coordinator, Area Agency on Aging of North Idaho, 2120 Lakewood Drive, Suite B, Coeur d'Alene, ID 83814. (208) 667-3179. jnoyes@aaani.org

Dirne Health Centers, a non-profit Medical Clinic in Coeur d'Alene, ID, are seeking volunteers to help in the office, at health fairs, at the clinic, in our retired medical facility. Contact: Amanda, 208-819-4520

ElderHelp would like to thank you for helping to meet the numerous and various needs that we have been receiving from our low-income seniors/without YOU, our volunteers, many of these senior's needs would go unattended. If you, or you know of someone who could help, please contact Sally at info@elderhelpofnorthidaho.org and we will connect you with the seniors who need your help.

Elder Help of North Idaho is looking for leaders for several of their volunteer groups including Home Repairs, Firewood, Fundraising, Event Coordination, Client Services, Marketing and Public Relations and Volunteer Coordinator. For additional information contact Tom Lucas, VP at (208) 661-8870 www.elderhelpof-northidaho.org

HAYDEN

Applegate Hospice is looking for volunteers to help read to seniors, visit, go shopping, keep seniors company or simply become a friend. Contact: (208) 762-7825

POST FALLS

Auburn Crest Hospice has volunteer opportunities in the following areas: Companionship, Meal Preparation, Caring Touch, Caregiver Respite, Life Review, Community Relations, Letter Writing/Reading, Staff Support, Office Tasks, Event Organizing, Scrap-booking, Planning Memorial Services, Bereavement Calling and more. Contact Jennifer at (208) 773-7731. e-mail: Jennifer@auburncrest.com

SANDPOINT

Bonner General Hospital Auxiliary volunteers assist in various areas throughout the hospital, providing those special "extras" that make a meaningful difference in the lives of our patients. The auxiliary asks members to provide 25 hours of volunteer service annually. Its a wonderful way to make new friends and contribute to the good work of the medical community. If you would like to join the Bonner General Hospital Auxillary, stop by the information desk in the hospital lobby area and pick up an application.

Sandpoint, ID Valley Vista Care Services would welcome a committed, consistent and caring volunteer interested in indoor/outdoor walks, reading and friendly visiting with residents. We also have scheduled small and large group activities that offer a wide range of possibilities and life enrichment. Please call Selene at 208-265-4514 for more information.

SPOKANE

Corbin Senior Center is looking volunteers to help with their various programs. If you want to feel good and really make a difference in the senior community call Corbin Senior Center, W 827 Cleveland, (509) 327-1584.

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

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



Advertising Sales are closing
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2010-2011 Moses lake
Call Dale at 800.575.9711

VOLUNTEERS NEEDED (continued)

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

SUPPORT GROUPS

COEUR D'ALENE

MAN TO MAN: PROSTATE CANCER SUPPORT GROUP: Meets first Thursday of every month, 7-9 pm, Kootenai Medical Center classrooms, 20032 Lincoln Way, Coeur d'Alene. Contact: (208) 765-5020 or (208) 666-3828

NORTH IDAHO CANCER SUPPORT GROUP: For anyone touched by cancer at 1:00-2:00 pm Wednesdays, Lake City Community Church, 6000 Ramsey Rd, Coeur d'Alene. Contact: (208) 7723-5495

ALZHEIMER'S & DEMENTIA SUPPORT GROUP: For caregivers of those with Dementia, Alzheimer's and any related disorder. Held third Saturday of every month 1:30-3:30 pm at Kootenai Medical Center main building, main floor classrooms. Facilitators: Arlene Sleigh. (208) 772-2542

KELLOGG

ALZHEIMER'S SUPPORT GROUP: For caregivers of those with Dementia, Alzheimer's and any related disorder. Held third Wednesday of every month at 3:00 pm at the Wellness Center, 204 Oregon, West Conference Room (208) 556-1147 Facilitator: Aline Rohde, SSW (208) 659-6719 or Alzheimer's Assn. (208) 666-2996

POST FALLS

ALZHEIMER'S & DEMENTIA SUPPORT GROUP: For caregivers of those with Dementia, Alzheimer's and any related disorder. First Wednesday of every month at 12:00 noon. Lunch and location hosted by Guardian Angel Homes, 1070 E Mullan Ave., Post Falls. (208) 777-7797. Support group facilitator: Kent Moline, MSW Alzheimer's Assn. (208) 666-2996

MULTIPLE SCLEROSIS SUPPORT GROUP: For people with MS meets 11:00 am-1:00 pm on the second Monday of the month at Life Care Center of Post Falls, 460 N Garden Plaza Court in Post Falls. and includes a complimentary Lunch. Contact Bet at (208) 773-9372.

SANDPOINT

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

GRIEF SUPPORT GROUP: Meets twice each month to share stories and feelings and support one another in an understanding and caring environment. An application is required, but attendance is flexible. Group members frequently find solace and comfort in the recognition that there are others going through similar experiences. Contact Bonner Community Hospice at Bonner General Hospital, call Kathryn Cook at (208) 265-1185. All bereavement services are free to residents of Bonner or Boundary counties.

ALZHEIMER'S SUPPORT GROUP: For caregivers of those with dementia, Alzheimer's and any related disorder. Third Wednesday of every month. 2:00 pm at Valley Vista Care Center, 220 S Division. Support Group Facilitator is Brian Casey (208) 265-4514

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. Third Tuesday of every month, 11:00 am-Noon 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: March 2, 5:30-7:00 pm 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



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

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

SeniorPages.com

VACANCIES

AIRWAY HEIGHTS

TWO BEDROOM UNITS available at Airway Seniors, 13520 W 6th., (509) 244-0200

COEUR D'ALENE

SENIORS & DISABLED: Coeur d'Alene Manor offers remodeled, spacious 1 bdrm apts. 62+ disabled. Rent based on 30% income, maximum income limits apply. Includes laundry room, community room, onsite parking, patios, balconies, and onsite staff. Central location and close to shopping. Pets welcome. (208) 664-6800 e-mail: cdamanor@verizon.net

AFFORDABLE FAMILY HOUSING: English Village offers spacious townhouses with remodeled 1,2,3 bdrm. Rent is 30% of income; low and moderate income limits required. Features onsite staff, laundry room, onsite parking, community room, patios, playground and picnic area. Central location and close to shopping. (208) 664-4290 e-mail: englishvillage@verizon.net

HAYDEN

STUDIO AND DELUXE APARTMENTS: Now available for assisted living. If you know of residents in need of assisted living we would love to be of service. Contact Bret Bloodgood, Sylvan House, 600 W Honeysuckle Ave. (208) 762-4097. bloodgood@alcco.com

POST FALLS

NEW FACILITY IN POST FALLS. Garden Plaza of Post Falls offers the finest independent and assisted living facility in the area. Located in luxurious surroundings, we offer our residents the freedom to enjoy a carefree lifestyle. Monthly lease with no buy-in. Spacious apartments with a choice of restaurant style fine dining or casual bistro dining, fitness center, pool, beauty salon/barber shop, putting green, billiards room, internet cafe and more. Located at 545 N Garden Plaza Ct., (next to Wal-Mart), Post Falls. Visit our website at www.gardenplazapostfalls.com or call for more information. (208) 773-3701

ASSISTED LIVING: Legacy House, currently has openings, to provide exceptional quality care for a loved one in need of assisted living or memory care. We are accepting private pay, Medicaid, VA and long term care insurance. Located at 1136 E Mullan Ave., the facility includes a library, computer stations, activities room and beauty salon. Tours are available. Contact: Kathleen (208) 773-8218. gail@legacypf.com

PULLMAN

OVERLOOKS BREATHTAKING NORTHERN VIEW: A small-town attitude creates a family-like atmosphere at Pioneer Square, 220 SE Kamiaken. Each apartment home is equipped with a complete kitchen, wall to wall carpet, window coverings and air conditioning, Community room, computer lab, handicap accessible units, laundry on-site, pet friendly, utilities included. Catholic Housing Communities manages, preserves, and maintains affordable HUD Project-based Section 8 subsidized units for lower-income seniors and persons with disabilities. Communities are staffed with property managers, maintenance, social service coordinators and part-time nurses. Contact: (509) 332-1106

ST. MARIES

ASSISTED LIVING APARTMENT Available in peaceful St Maries., Enjoy beautiful scenery. Contact Sonya at (208) 245-4576 for more details about our assisted living community.

SPOKANE

SENIORS & DISABLED: Coeur d'Alene Manor offers remodeled, spacious 0-1 bdrm apts. 62+ & disabled. Rent based on income, maximum income limits apply. Includes laundry room, community room, onsite parking, patios, balconies, and onsite staff. Central location and close to shopping. Pets welcome. (800) 572-9181



VACANCIES (continued)

1-BEDROOM APARTMENTS: Comfortable. Appliances, non-smoking, close to bus lines. 62 and older HUD subsidized. Hillyard Plaza. Call (509) 489-7271

BEAUTIFUL ONE-BEDROOMS: Also two studios available. Sunset Views. Includes three meals and snacks daily, daily activities, housekeeping and 24-hour staff. Our new wing now open. Currently accepting Medicaid. Contact: Parkway Village, 509-443-0401 or 509-481-1881

INDEPENDENT AND ASSISTED LIVING. Free Month Rent. 1 and 2 bedroom independent rooms. Studio, 1 and 2 bedroom assisted living apartments. Includes all utilities except phone. Meals, housekeeping, activities, 24 hr nursing. All the amenities of home with the security of knowing help is always available. Contact: Mia Walden, Royal Plaza Retirement Center, 302 E Wedgewood. (509) 483-7136

MOVE-IN SPECIAL-UP TO ONE-MONTH FREE: One & Two Bedroom Senior Apartment living. New facility just opened. Vintage at Spokane, 43 E Weile Ave. Contact: Carmen 866-686-4417

SPOKANE VALLEY

2-BEDROOM: Now available at Courtland Place, 1309 N Evergreen. Contact: 509-767-1552 or 888-767-1552

NURSING HOME VACANCIES: Special rooms now available in our nursing home unit. Good Samaritan Society, 17121 E 8th. For information contact: (509) 924-6161, ext 114.

NEW UNITS OPEN: Evergreen Fountains Senior Living Community, 1201 N Evergreen Rd. Now open and offering daily tours from 10-3. Contact: 509-922-3100

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

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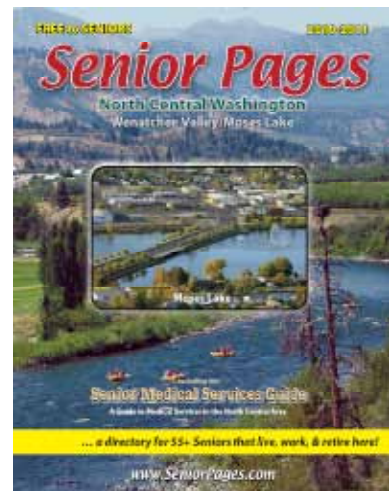
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- ◆ Performance by the Rockin' B Ranch entertainers Monday at "high noon"
- ◆ Veterans Display
- ◆ Aerospace Display
- ◆ Tree of Remembrance
- ◆ Antique & Classic Car Display
- ◆ Refreshments in our reception room
- ◆ Band Concert – Sunday, 6:00 pm at the Cross of Inspiration, Greenwood Memorial Terrace

Saturday, May 29th	9 A.M. – 5 P.M.
Sunday, May 30th	9 A.M. – 5 P.M.
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HOSPICE
OF SPOKANE

