

SENIOR REVIEW

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

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Spokane Valley



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Spokane



Spinal-Fluid Test Is Found to Predict Alzheimer's

Researchers report that a spinal fluid test can be 100 percent accurate in identifying patients with significant memory loss who are on their way to developing Alzheimer's Disease.
Multimedia

Although there has been increasing evidence of the value of this and other tests in finding signs of Alzheimer's, the study which will appear Tuesday in the Archives of Neurology shows how accurate they can be. The new result is one of a number of remarkable recent findings about Alzheimer's.

After decades when nothing much seemed to be happening, when this progressive brain disease seemed untreatable and when its diagnosis could be confirmed only at autopsy, the field has suddenly woken up.

Alzheimer's, medical experts now agree, starts a decade or more before people have symptoms. And by the time there are symptoms, it may be too late to save the brain. So the hope is to find good ways to identify people who are getting the disease, and use those people as subjects in studies to see how long it takes for symptoms to occur and in studies of drugs that may slow or stop the disease.



Detect Alzheimer's Before Symptoms

Researchers are finding simple and accurate ways to detect Alzheimer's long before there are definite symptoms. In addition to spinal fluid tests they also have new PET scans of the brain that show the telltale amyloid plaques that are a unique feature of the disease. And they are testing hundreds of new drugs that, they hope, might change the course of the relentless brain cell death that robs people of their memories and abilities to think and reason.

A lot of work lies ahead, researchers say — making sure the tests are reliable if they are used in doctors' offices, making sure the research findings hold up in real-life situations, getting doctors and patients comfortable with the notion of spinal taps, the method used to get spinal fluid. But they see a bright future.

...more on page 10

Spokane



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 ???

COEUR D'ALENE: "Free Monthly Wellness Clinic" The third Thursday of each month from 10:00-12:00 Loyalton of Coeur d'Alene Senior Living, 205 E Anton Ave

sponsors this special event. Participants include Ivy Court Nursing & Rehab, Crest home Health, Home Helpers, Priority Footwear, Auburn Crest Hospice, LaCross Health & Rehab, Mobility Equipment and Loyalton of Coeur d'Alene. For additional information call (208) 667-6490

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

SATURDAYS

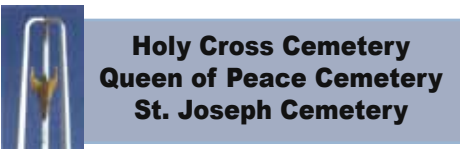
COEUR D'ALENE: "Joint Replacement Education" Plan now to return to an active life. Free class the last Thursday of each month, 6:00-7:00 pm at Ivy Court, 2200 Ironwood Place. Contact: (208) 667-6486

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

Spokane



CALENDAR

AUGUST 17-SPOKANE: "Walking Groups" 6:00-7:00 pm Physical activity can improve your mood and your health! CHER provides free, guided walking groups so that you can safely exercise with a group, meet new people, and enjoy beautiful Manito Park. Free. At Manito Park Duck Pond. No registration required. For more information visit www.cheerspokane.org

AUGUST 17-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 CHER Diabetes Education Center, 501 N Riverpoint Blvd., Ste 245. Fee \$30. To register visit www.cheerspokane.org or call (509) 232-8138

AUGUST 18-SPOKANE VALLEY: "Sullivan Park Book Fair" 2:00-4:00 pm. Sullivan Park is hosting a book fair in our beautifully remodeled assisted living building! Donate your gently used books, and purchase new books here. Barnes * Noble and the Spokane County Library will be partnering with us. Donations benefit the American Cancer Society. At Sullivan Park Assisted Living, 421 S Adams Rd. For additional information call (509) 924-5555

AUGUST 19-SPOKANE: "Walking Groups" 6:00-7:00 pm Physical activity can improve your mood and your health! CHER provides free, guided walking groups so that you can safely exercise with a group, meet new people, and enjoy beautiful Manito Park. Free. At Manito Park Duck Pond. No registration required. For more information visit www.cheerspokane.org

AUGUST 21-SPOKANE: "2nd Annual Breakfast & Indoor Yard Sale" 7:00 am-Noon. Pancakes, sausage, eggs hash-browns, homemade syrups, plus a glass of juice and unlimited coffee. In advance: adults \$4.50, children under 12, \$2.50, At the door: Adults \$5, Children \$3.00 At Corbin Senior Activity Center, 827 W. Cleveland. Underwritten by Heritage Funeral Homes.

AUGUST 21-SPOKANE: "Stress Management" 9:00 am-2:30 pm. Facilitator Wendy Wable. Learn how to control stress and anxieties. Sponsored by Aging and Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. (509) 458-2509

AUGUST 21-SPOKANE: "Founder's Day" Southside Senior Activity & Community Center celebrates 24 years. Open house 9:00-3:00. Showcasing activities at the center, free popcorn and hot dogs. Dinner Dance, Honorary Ceremony 5:00-10:00 pm. \$25/person. Entertainment by Pages of Harmony Barbershop Chorus; Music by Six Foot Swing Band. Located at 3151 E 27th Ave. For additional information call (509) 535-0803

AUGUST 24-SPOKANE VALLEY: "Horizon Hospice Bereavement Support Group" Who am I now? "Under reconstruction" is a term that well defines a newly grieving person. We struggle to find ourselves or be back on familiar ground, but in fact we will never be the same, we ARE under reconstruction. Join us to talk about these transitions. 3:00 pm at Cottage Club House #1 at Sullivan Park, 411 S Adams Rd. For questions call or email Nancy at (509) 489-4581, nloudon@horizonhospice.com

AUGUST 24-SPOKANE: "Walking Groups" 6:00-7:00 pm Physical activity can improve your mood and your health! CHER provides free, guided walking groups so that you can safely exercise with a group, meet new people, and enjoy beautiful Manito Park. Free. At Manito Park Duck Pond. No registration required. For more information visit www.cheerspokane.org

AUGUST 25-COEUR D'ALENE: "CareNet Meeting" 12:30 pm. Hosted by Ivy Court at Riverstone Picnic Area (behind the Bardenay Restaurant). Please RSVP by 8/20/10. Call Kimberlee Ciccone (208) 665-7373 or email: ciccone2@adelphia.net

AUGUST 26-SPOKANE VALLEY: "Horizon Hospice Bereavement Support Group" Who am I now? "Under reconstruction" is a term that well defines a newly grieving person. We struggle to find ourselves or be back on familiar ground, but in fact we will never be the same, we ARE under reconstruction. Join us to talk

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Spokane



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Spokane Valley



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Society
SPOKANE VALLEY



Pine Ridge
Alzheimer's Special Care Center

Southern Idaho



AtHome Care

CALENDAR (continued)

about these transitions. 6:30 pm at Horizon Hospice Office, 123 W Cascade Way. For questions call or email Nancy at (509) 489-4581, nloudon@horizonhospice.com

AUGUST 26-POST FALLS: "Residential Care: Choosing a New Home" 6:00 pm. Speaker is Joel Loiacono, Executive Director of Alzheimer's Assn., Inland NW Chapter. At Guardian Angel Homes, 1070 E Mullan. Free and open to the public. Light summer Hors D'Oeuvres Served. Certificates for all professionals. Sponsored by the Alzheimer's Assn. No reservations necessary. (208) 666-2996

AUGUST 26-SPOKANE: Senior Living Networking Committee meeting at Orchard Crest. 8:00 am. Paul Keil, Center Director of Operations at Pitney Bowes will provide a presentation on "Ethics" Light breakfast provided. RSVP to Michael or Debbie at (509) 928-2222

AUGUST 26-SPOKANE: "Walking Groups" 6:00-7:00 pm Physical activity can improve your mood and your health! CHER provides free, guided walking groups so that you can safely exercise with a group, meet new people, and enjoy beautiful Manito Park. Free. At Manito Park Duck Pond. No registration required. For more information visit www.cheerspokane.org

AUGUST 27-SPOKANE: "Care for the Caregiver" 9:00 am-2:00 pm Facilitator: Sherri Sly. Caring for oneself, managing a home and work life, relaxation and meditation techniques, keeping healthy. Sponsored by Aging and Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. (509) 458-2509

AUGUST 27-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: \$50. To register go to www.cherspokane.org or call (509) 232-8138

AUGUST 28-SPOKANE: "Medication Management" 10:00 am-3:30 pm. Facilitator Cris Duvall, PhD. From the caregiver's perspective. Understanding medications, problem solving and addressing questions and concerns. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Center, 12352 N Post. (509) 458-2509

AUGUST 30-SPOKANE: "Critical Communication: 8:00 am-1:00 pm. Facilitator: Sherri Sly. Communicating with the confused and dealing with difficult behaviors. Sponsored by Aging and Long Term Care of Eastern Washington in the Care Giver Training Center, 1235 N Post. (509) 458-2509

AUGUST 31-SPOKANE: "Boundaries in Caregiving" 8:00 am-1:00 pm. Facilitator: Kelly Moore. Setting boundaries and developing boundaries personally and professionally. Sponsored by Aging and Long Term Care of Eastern Washington in the Care Giver Training Center, 1235 N Post. (509) 458-2509

AUGUST 31-SPOKANE: "Walking Groups" 6:00-7:00 pm Physical activity can improve your mood and your health! CHER provides free, guided walking groups so that you can safely exercise with a group, meet new people, and enjoy beautiful Manito Park. Free. At Manito Park Duck Pond. No registration required. For more information visit www.cheerspokane.org

SEPTEMBER 1-SPOKANE: "Exercise is NOT a Four Letter Word" 12:00-5:00 pm Learn ho to incorporate physical activity-fitness and strengthening ADL's for your specific client's needs and level of ability. Instructor: Betty Wiyrick. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center, 1235 N Post. For registration information call (509) 458-2509

SEPTEMBER 2-SPOKANE: "Blood Borne Pathogens" 4:00-9:00 pm. Instructor: Sherri Sly. Information on HIV/AIDS, MRSA and blood borne pathogens. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center, 1235 N Post. For registration information call (509) 458-2509

Coeur d' Alene



Post Falls



CALENDAR (continued)

SEPTEMBER 3-SPOKANE: "Cerebral Palsy" 10:00 am-3:30 pm. Instructor: Elly Slama. Everything you wanted to know and more. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center, 1235 N Post. For registration information call (509) 458-2509

SEPTEMBER 8-SPOKANE: "Alzheimer's Disease/Dementia (intro)" 9:00 am-3:00 pm. Alzheimer's Assn. Dementia overviews, medications, latest research, stages, communication and behaviors. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room, 1222 N Post. For registration information call (509) 458-2509

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<p>CALL FOR INFORMATION OR A TOUR 509 483-6483 WWW.RIVERVIEWRETIREMENT.ORG 1801 UPRIVER DR • SPOKANE 99207</p>	 RIVERVIEW RETIREMENT COMMUNITY	<ul style="list-style-type: none"> • VILLAGE INDEPENDENT HOMES • TERRACE INDEPENDENT HOMES • ASSISTED LIVING APARTMENTS • SKILLED NURSING AND REHAB
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CALENDAR (continued)

SEPTEMBER 10-12-SPOKANE: "Sage Players Present 'Caucasian Chalk Circle'" Sage Players was formed in the summer of 2008 with the express purpose of performing plays with senior citizens as the cast, and to "give back" to Spokane. The group grew out of the Institute for Extended Learning Senior Program Readers' Theatre class. They now return to Corbin Senior Activity center to perform a stage reading of "Caucasian Chalk circle." This politically provocative play follows the events surrounding a young boy's abandonment in the heat of a brutal civil war. Proceeds will be shared equally with Corbin Senior Activity Center and the institute for Extended Learning Seniors Program Scholarship fund. Friday and Saturday, September 10 and 11 performances begin at 7:00 pm, the Sunday matinee on September 12th is at 2:00 pm. Tickets are available at the door for a minimum \$10 donation for adults. For group reservations or other information call (509) 710-1802 or email: chalkcircle1@gmail.com

SEPTEMBER 11-SPOKANE: "Alzheimer's Association 2010 Memory Walk" At CenterPlace. For additional information or to request an "off-line" registration form, contact Angie Spleiss, Memory Walk Coordinator. angie.spleiss@alz.org or call (509) 473-3390

SEPTEMBER 11-PALOUSE: "Alzheimer's Association 2010 Memory Walk" At James Toyota. For additional information or to request an "off-line" registration form, contact Angie Spleiss, Memory Walk Coordinator. angie.spleiss@alz.org or call (509) 473-3390

SEPTEMBER 12-SPOKANE VALLEY: "Grandparents Day" Valley Meals on Wheels is having a special celebration at CenterPlace at Mirabeau Point, 2426 N Discovery Way from 1:00-4:00 pm. Auction, and entertainment provided by all-ages comedian Eric Haines. Tickets \$15, Children 10 and under free when accompanied by a grandparent!

SEPTEMBER 13-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 CHER Diabetes Education Center, 501 N Riverpoint Blvd., Ste 245. Fee \$30. To register visit www.cherspokane.or or call (509) 232-8138

SEPTEMBER 13-SPOKANE: "Advanced Diabetes" 9:00 am-2:30 pm. Instructor: A. Burton, RN, CDE. Review diabetes basics, different types of insulin, carbohydrate counting, hypoglycemia treatment/recognition, insulin pumps, continuous glucose monitoring and exercise. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center, 1235 N Post. For registration information call (509) 458-2509

SEPTEMBER 14-SANDPOINT: "Resident Care, How to Choose a New Home". 2:00-3:30 pm Speaker is Joel Loiacono, MPA, Alzheimer's Assn., Inland NW Chapter. To be held at Life Care Center of Sandpoint, 1125 N Division, (208) 265-9299. No reservations necessary. Free and open to the public. For any questions call. (208) 666-2996

SEPTEMBER 14-SPOKANE: "Heartsaver CPR and First Aid" 12:30-3:00 PM. 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

CALENDAR (continued)

SEPTEMBER 14-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: \$45. Register at www.cherspokane.org

SEPTEMBER 14-SPOKANE: "Healthcare Provider Initial-CPR" 8:00 am-12:00 pm. Covers 1 and 2 rescuer for Adult CPR, Child CPR (over age 1), Infant CPR, Bag-Mask ventilations, AED, & Choking. This class is idea for physicians, nurses, medical staff who provide direct patient care. Course certification valid for 2 years. To be held at St. Luke's Rehabilitation Institute, 711 S. Cowley. Fee: \$60. To register visit www.cherspokane.org

SEPTEMBER 14-SPOKANE: "Suicide Prevention" 8:00 am-1:00 pm. Instructor: A J Hutsell. Caregivers will learn the risk factors and warning signs of suicide and resources for help. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room, 1222 N Post. For registration information call (509) 458-2509

SEPTEMBER 15-SPOKANE: "History Values & Resources for People with Developmental Disabilities" 9:00 am-2:00 pm. The Arc. Various speakers promoting resources for this special group of individuals. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room, 1222 N Post. For registration information call (509) 458-2509

SEPTEMBER 17-19-SPOKANE: "Sage Players Present 'Caucasian Chalk Circle'" Sage Players was formed in the summer of 2008 with the express purpose of performing plays with senior citizens as the cast, and to "give back" to Spokane. The group grew out of the Institute for Extended Learning Senior Program Readers' Theatre class. They now return to Corbin Senior Activity enter to perform a stage reading of "Caucasian Chalk circle." This politically provocative play follows the events surrounding a young boy's abandonment in the heat of a brutal civil war. Proceeds

will be shared equally with Corbin Senior Activity Center and the institute for Extended Learning Seniors Program Scholarship fund. Friday and Saturday, September 17 and 18 performances begin at 7:00 pm, the Sunday matinee on September 19th is at 2:00 pm. Tickets are available at the door for a minimum \$10 donation for adults. For group reservations or other information call (509) 710-1802 or email: chalkcircle1@gmail.com

SEPTEMBER 17-SPOKANE: "Death & Dying-Enhancing the Final Chapters" 1:30-6:30 pm. Instructor: Joyce Tucker, LICSW. A multi-cultural and historical overview of death and dying including end-of-life tools, compassionate care options, final days, honoring the loss as well as celebrating lives and legacies. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center, 1235 N Post. For registration information call (509) 458-2509

SEPTEMBER 20-SPOKANE: "Diabetes Myth Busters" 9:00 am-2:30 pm. Instructor Tory Lucas, RN, CDE, CCRN. Discuss common myths and misperceptions regarding diabetes. Review of diabetes, nutritional guidelines, exercise, the roll of meters and medicines. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center, 1235 N Post. For registration information call (509) 458-2509

SEPTEMBER 21-COEUR D'ALENE: "Legal Aspects For The Elderly and Related Dementia Issues". National Alzheimer's Awareness Day. 6:30-8:30 pm. Speaker is Kate Monroe, Attorney at Law. To be held at Life Care Center of Coeur d'Alene, 500 W Aqua Ave. Buffet is included, RSVP required. Please phone the Alzheimer's Assn., Limited seating. (208) 666-2996. Free and open to the public.

SEPTEMBER 22-SPOKANE: "Dealing with Aging & Down's Syndrome" 9:30 am-2:30 pm. The ARC. Learning to work with a new aging population. Discussing medical issues, behavioral problems and frustrations as a caregiver. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center, 1235 N Post. For registration information call (509) 458-2509

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Alene Lindstrand..... **509 869-7657**
Dave Lindstrand **509 868-7423**
E-mail ... dlindstrand@21goldchoice.com

SEPTEMBER 22-SPOKANE: "End of Life Care" 10:00 am-3:00 pm. Hospice of spokane. Caregiving from the medical, spiritual, psychosocial and bereavement perspectives. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room, 1222 N Post. For registration information call (509) 458-2509

SEPTEMBER 23-SILVERTON: "Know The 10 Signs!" 2:00-4:00 pm. Normal aging, simple memory loss, Alzheimer's. Speaker Joel Loiacono, PMA, Executive Director: Alzheimer's Assn., Inland NW Chapters. To be held at Good Samaritan /society Silver Wood Village, 405 W 7th St., Free and open to the public. For more information call (208) 666-2996

SEPTEMBER 24-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

SEPTEMBER 25-SPOKANE: "Understanding Medications: 10:00 am-3:30 pm. Instructor: Chris DuVall, PhmD. Taking a look at disease specific pharmacological compounds, why they work, common side effects and what to watch for as a caregiver. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room, 1222 N Post. For registration information call (509) 458-2509

CALENDAR (continued)

SEPTEMBER 25-COEUR D'ALENE: "Down Syndrome 2nd Annual Buddy Walk" Riverstone Park. 8:30 am walker check-in & t-shirt pick-up, 9:20 awards and announcements, 9:30 am walk begins. Stick around after the walk to celebrate with y our Buddies, join the 2010 Buddy Hall of Fame, play in the park, become an advocate, and enjoy free refreshments. For additional information contact: Jump Start Perdiatric Therapy, 411 W Haycraft Ave, Ste B3.

SEPTEMBER 27-SPOKANE: "Introduction to the Human body" 9:00 am-2:00 pm. Instructor: Sherri Sly. Learn the basics in how our body works and how to care for it. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center, 1235 N Post. For registration information call (509) 458-2509

SEPTEMBER 28-SPOKANE: "Autism Basics" 9:00 am-2:30 pm. Presented by NW Autism Association. Workshop will introduce and describe autism spectrum disorders, discuss challenges and provide overview of ideas and strategies to help providers offer effective care and support to individuals an families. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center, 1235 N Post. For registration information call (509) 458-2509

OCTOBER 2-COUER D'ALENE: "Alzheimer's Association 2010 North Idaho Memory Walk" At Riverstone Park. For additional information or to request an "off-line" registration form, contact Angie Spleiss, Memory Walk Coordinator. angie.spleiss@alz.org or call (509) 473-3390

OCTOBER 4-SANDPOINT: "How to Partner With Your Doctor" 2:00-4:00 pm. Presented by the Alzheimer's Assn. at Luther Park at Sandpoint, 510 Olive Ave. (208) 265-3557. Free and open to the public. Certificates of attendance available for all professionals. For questions please call the Alzheimer's Assn. at (208) 666-2996 or call Brian Casey our Sandpoint Support Group Facilitator (208) 265-4514

OCTOBER 5-HAYDEN: "Planning" The Key To A Joyous Holiday Season" 6:00-8:00 pm. For family and professional dementia caregivers. Speaker:Joel Loiacono, MPA, Inland NW Alzheimer's

Assn. At the Sylvan House, 660 w Honeysuckle Ave, just west of Hwy. 95 & Honeysuckle. Free and open to the public. Certificates available to all professional attendees. Contact the Alzheimer's Assn. (208) 666-2996

NOVEMBER 3-SANDPOINT: "The Alzheimer's Project, Changing the way American thinks about Alzheimer's disease" 2:00 pm. Join us for a free special screening of "Caregivers" from the HBO documentary series. Followed with discussion led by Christiane Swartz, Counselor, Light Years Geriatric Mental Health. To be held at The Bridge Assisted Living, 1123 N Division St. Free dinner buffet includes/ reservations are required by calling (208) 263-1524

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NOVEMBER 4-POST FALLS: "Alzheimer's Candlelight Vigil" 6:30 pm. Please join us as we commemorate National Alzheimer's Disease Awareness Month by honoring loved ones lost and those living with the disease. Join us for a candle lighting ceremony to champion the Alzheimer's cause by spreading awareness and hope. At Guardian Angel Homes, 1070 E Mulla Ave. Reception to follow with wine hors d'oeuvres and music by a string ensemble. For more information call (208) 666-2996

NOVEMBER 10-COEUR D'ALENE: "Alzheimer's Project Screening: Momentum In Science" 6:30 pm. HBO viewing with facilitation by Dr. Susan Melchiorre Geriatrician, Medical Director of North Idaho Memory Clinic Medical Director of On-Site for Seniors. At Kootenai Medical Center Health /Resource Building, Fox Auditorium, NW corner of Interstate 95 and Ironwood Dr. Free and open to the public, no reservations required. presented by the Alzheimer's Association.

VOLUNTEERS NEEDED

BONNERS FERRY

For all Caregivers. First Wednesday of every month, 2:00 pm at Panhandle Heath District, 7402 Caribou. Support Group Facilitators: Jolle Walle (208) 267-2828 and Carol Lucero (208) 267-5050. Sponsored by Alzheimer's Association.

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.elderhelpofnorthidaho.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

VOLUNTEERS NEEDED (continued)

POST FALLS

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

SANDPOINT

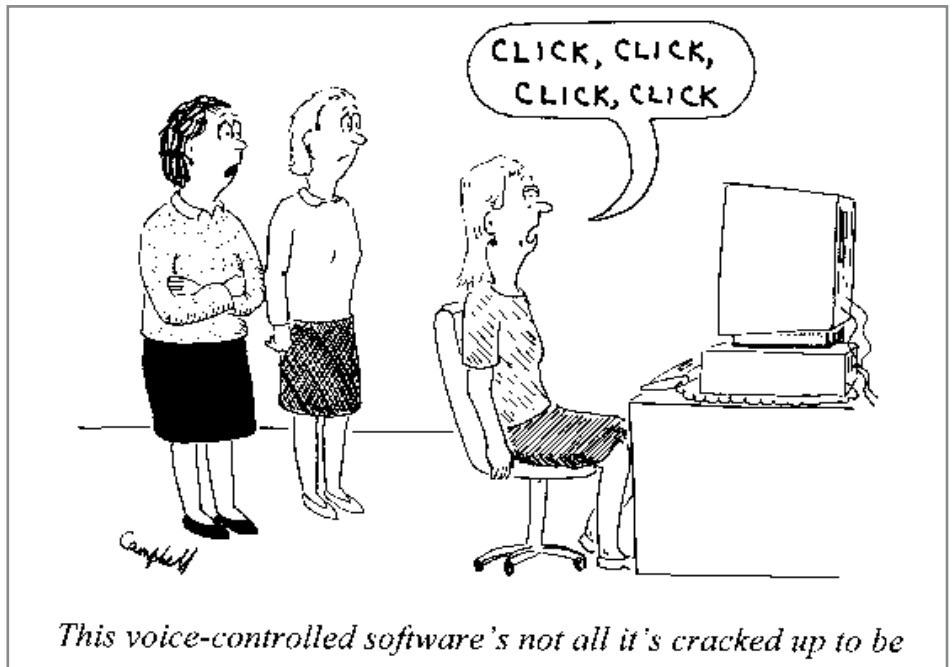
Bonner General Hospital Auxillary volunteers assist in various areas throughout the hospital, providing those special "extras" that make a meaningful difference in the lives of our patients. The auxillary asks members to provide 25 hours of volunteer service annually. Its a wonderful way to make new 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



This voice-controlled software's not all it's cracked up to be

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

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

KIEMLE & HAGOOD COMPANY

SENIOR REVIEW

SUPPORT GROUPS

BONNERS FERRY

FOR ALL CAREGIVERS: First Wednesday of every month, 2:00 pm at Panhandle Health District, 7402 Caribou. Support Group Facilitators: Jolle Walle (208) 267-2829 and Carol Lucero (208) 267-5050

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. Traditional Support Group. Facilitator: Arlene Sleigh. (208) 772-2542

ALZHEIMER'S & DEMENTIA SUPPORT

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

KELLOGG

FOR ALL CAREGIVERS: 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. Facilitators: Kent Moline, MSW and Jennifer Baus

MULTIPLE SCLEROSIS SUPPORT

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

SANDPOINT

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 and Kelly Hurt (208) 266-1528

ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with dementia, Alzheimer's and any related disorder. First Wednesday of every month, 4:30 pm at Luther Park, 510 Olive Ave. (208) 265-3557. Facilitators: Sandy Sparring and Wendy Traffie (208) 265-3557

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

SUPPORT GROUPS (continued)

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

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

SeniorPages.com

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Although the latest PET scans for Alzheimer's are not commercially available, the spinal fluid tests are.

So the new results also give rise to a difficult question: Should doctors offer, or patients accept, commercially available spinal tap tests to find a disease that is yet untreatable? In the research studies, patients are often not told they may have the disease, but in practice in the real world, many may be told.

Some medical experts say it should be up to doctors and their patients. Others say doctors should refrain from using the spinal fluid test in their practices. They note that it is not reliable enough — results can vary by lab — and has been studied only in research settings where patients are carefully selected to have no other conditions, like strokes or depression, that could affect their memories.

"This is literally on the cutting edge of where the field is," Dr. DeKosky said. "The field is moving fast. You can get a test that is approved by the F.D.A., and cutting edge doctors will use it."

But, said Dr. John Trojanowski, a University of Pennsylvania researcher and senior author of the paper, given that people can get the test now, "How early do you want to label people?"

Some, like Dr. John Growdon, a neurology professor at Massachusetts General Hospital who wrote an editorial accompanying the paper, said that decision was up to doctors and their patients.

Some Do Not Have The Disease

Sometimes patients with severe memory loss do not have the disease. Doctors might want to use the test in cases where they want to be sure of the diagnosis. And they might want to offer the test to people with milder symptoms who want to know whether they are developing the devastating brain disease.

One drawback, though, is that spinal fluid is obtained with a spinal tap, and that procedure, with its reputation for pain and headaches, makes most doctors and many patients nervous. The procedure involves putting a needle in the spinal space and withdrawing a small amount of fluid.

Most doctors say spinal taps are safe and not particularly painful for most people. But, he said, there needs to be an education campaign to make people feel more comfortable about having them. He suggested that, because most family doctors and internists are not experienced with the test, there could be special spinal tap centers where they could send patients.

The new study included more than 300 patients in their 70s, 114 with normal memories, 200 with **memory** problems and 102 with Alzheimer's disease. Their spinal fluid was analyzed for amyloid beta, a protein fragment that forms plaques in the brain, and for tau, a protein that accumulates in dead and dying nerve cells in the brain. To avoid

SUPPORT GROUPS (continued)

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

For more information
on other editions of the
Senior Pages

Tri-Cities
Walla Walla/NE Oregon
Yakima Valley/Ellensburg
North Idaho
Spokane County
Missoula/Bitterroot Valley
Moses Lake/Grant County
Wenatchee Valley
please call: 800.735.7258

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bias, the researchers analyzing the data did not know anything about the clinical status of the subjects. Also, the subjects were not told what the tests showed.

Nearly every person with Alzheimer's had the characteristic spinal fluid protein levels. Nearly three quarters of people with mild cognitive impairment, a memory impediment that can precede Alzheimer's, had Alzheimer's-like spinal fluid proteins. And every one of those patients with the proteins developed Alzheimer's within five years. And about a third of people with normal memories had spinal fluid indicating Alzheimer's. Researchers suspect that those people will develop memory problems.

Stop The Proteins, Stop The Disease?

The prevailing hypothesis about Alzheimer's says that amyloid and tau accumulation are necessary for the disease and that stopping the proteins could stop the disease. But it is not yet known what happens when these proteins accumulate in the brains of people with normal memories. They might be a risk factor like high cholesterol levels. Many people with high cholesterol levels never have heart attacks. Or it might mean that Alzheimer's has already started and if the person lives long enough he or she will with absolute certainty get symptoms like memory loss.

Many, like Dr. DeKosky, believe that when PET scans for amyloid become available, they will be used instead of spinal taps, in part because doctors and patients are more comfortable with brain scans.

And when — researchers optimistically are saying “when” these days — drugs are shown to slow or prevent the disease, the thought is that people will start having brain scans or spinal taps for Alzheimer's as routinely as they might have colonoscopies or mamograms today.

For now, Dr. DeKosky said, the days when Alzheimer's could be confirmed only at autopsy are almost over. And the time when Alzheimer's could be detected only after most of the brain damage was done seem to be ending, too.

“The new biomarkers in CSF have made the difference,” Dr. DeKosky said, referring to cerebral spinal fluid. “This confirms their accuracy in a very big way.”

By Gina Kolata, Reprinted from the New York Times

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at 509 979-6882*



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

EMPLOYMENT CLASSIFIED

GENERAL MANAGERS: Century Park invites two managers to join our leadership team in Idaho: The Bridge at Sandpoint (42-apt AI) and Garden Plaza at Post Falls (campus manger for 145-apt IL and 45-apt I-start-u community). Contact Lori Doss, HR Dir at LDoss@centurypa.com or (423) 485-9406 fax. Please visit our website at www.centurypa.com. EOE

LICENSED OCCUPATIONAL THERAPIST: Panhandle Home Health Agency has an opening in Kootenai County . Fro additional information contact Linda at: (208) 415-5160. Please visit our web site at www.phd1.idaho.gov

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



Southside Senior Activity & Community Center

3151 East 27th Avenue
Spokane, Washington 99223
(509) 535-0803

FOUNDERS' DAY

25 years strong and growing, 1985 - 2010

August 21, 2010

Open House

9 am - 3 pm

Showcasing activities at the Center
FREE popcorn and hot dogs
Everyone Welcome

Dinner Dance

Honorary Ceremony

5 pm - 10 pm

Ticket cost: \$25 per person
Entertainment by Pages of Harmony
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September 12, 2010
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CenterPlace at Mirabeau Point
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Dinner, Silent
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Eric Haines

Grandparents
Day



Tickets \$15
Children 10 and
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alzheimer's association



Alzheimer's Association Inland NW Chapter 2010 MEMORY WALKS

- _ September 11, 2010 – **Spokane Memory Walk @ CenterPlace**
<http://MemoryWalk2010.kintera.org/Spokane>
- _ September 18, 2010 – **Tri-Cities Memory Walk @ Clover Island**
<http://MemoryWalk2010.kintera.org/TriCities>
- _ September 25, 2010 – **The Palouse Memory Walk @ James Toyota**
<http://MemoryWalk2010.kintera.org/Palouse>
- _ October 2, 2010 – **The North Idaho Memory Walk @ Riverstone Park**
<http://MemoryWalk2010.kintera.org/NorthIdaho>

MOVE FOR A CURE!

Go to the above referenced walk sites to register today! Sign up a team or walk as an individual! You can also find links to our walk sites on our chapter web site at www.alz.org/inlandnorthwest. You will be able to easily personalize your own web page and use social networking to help in your fund raising efforts! And we're here to help along the way! Once you sign up, team captain packets or individual walker packets will be mailed full of lots of valuable fund raising information!