

SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Please click on our sponsors below and view their websites.

Spokane











Golden Years Are Gone

Gone are the days of golf and gardening into the golden years. Many older workers are working well into retirement and it's not just because they have to, it's because they want to.

Bob Alper, who has supported himself as a full-time comedian since 1986, says even at 65, retirement never crossed his mind. "I live for the moment when I can get up on the stage and make people laugh," says Vermont-based rabbi-cum-comedian who performs 60-70 shows a year at And Alper is not alone. The number of workers 65+ who are choosing to keep working has been on the rise for more than two decades.

In 1998, 11.9% of workers 65+ remained in the labor force. In 2008, it was 16.8%. This year, 18% say they will continue working. And by 2018, the Bureau of Labor Statistics projects 22% of older workers will continue to punch a clock.



Even the wealthy are reluctant to retire from the workforce, according to a report released on Sunday by Barclays Wealth. Half of the high net worth respondents over 65 surveyed said they will always be involved in commercial or professional work of some kind.

Dubbed "nevertirees," many wealthy individuals will never stop working, the report said, even if they have little

...more on page 10

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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

Memory Clinic at Northwest Neurological. For information call Jackie Chalmers, Memory Clinic Coordinator (509) 458-7720

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

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

TUESDAYS

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

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: "Meditation 101" Enjoy your summer experiencing inner peace with self and others! While meditating, in the stillness of silence, we are free to experience inner peace, improve our well-being, cope with stress, find lasting joy, develop loving relationships, and appreciate each other and life. Tuesdays, September 21-October 12th, 4:30-5:30 pm at the Southside Community Center, 3151a E 27th. Fee: \$30 members, \$36 non-members. (509) 535-0803

COEUR D'ALENE: "Free Monthly Wellness Clinic" The third Thursday of each month from 10:00-12:00 Loyaltion 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 Loyaltion of Coeur d'Alene. For additional information call (208) 667-6490

TUESDAYS & FRIDAYS

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

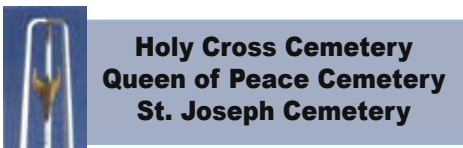
SANDPOINT: "Powerful Tools For Caregivers" Learning to take care of yourself makes you a healthier caregiver! Meets once weekly for six weeks, Oct 7-Nov. 11, 5:00-7:00 pm (Dinner provided) Panhandle Health District, 1020 Michigan. Designed for all non-paid caregivers. Free of charge! Registration is mandatory and limited, call (208) 666-2996

WEDNESDAYS

SPOKANE: Free memory screening the last Wednesday of the month at the

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. October 21-December 2, Thursdays, 1:00-

Spokane



SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

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: "Fitball for Seniors" October 21-December 2:00-3:00 pm This exercise class is designed for seniors (ages 50 and up). You will be using a stability ball to sit while doing a simple aerobic workout. These exercises will strengthen the arms, legs, and abs while listening to a simple music rhythm. Sponsored by Southside Senior Activity and Community Center. For additional information call (509) 535-0803

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

CALENDAR

OCTOBER 25-SPOKANE: "Dementia Challenges" 9:00 am-2:30 pm. Communicating with the confused and dealing with difficult behaviors. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center, 1235 N Post. (509) 458-2509

OCTOBER 26-SPOKANE: "Abuse, What It Is/What It Isn't" Discussion on identifying abuse, neglect and exploitation. Review of signs and symptoms. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room 1222 N Post. (509) 458-2509

OCTOBER 26-SPOKANE VALLEY: "Complicated Grief" 3:00 pm. People who have extreme trouble working through their grief may have complicated grief. Complicated grief, or unresolved grief, is a term used to describe a prolonged sense of mourning. We will explain and talk about the symptoms, come and see if you are at risk. To be held at The Cottage at Sullivan Park, 411 S. Adams Rd, Cottage Club House #1. RSVP to Nancy at (509) 489-4581. NLoudon@horizonhospice.com

OCTOBER 27-SPOKANE: "Annual Halloween Party & Barn Dance" 11:00 am-2:30 pm at Central Grange. Sponsored by Hillyard Senior Center. Enjoy the fabulous sounds of Uncle Harold's Creepy Crawler Band. A haunted carriage ride, costume contest, games, prizes, lunch and a lot of scary fun. For reservations call (509) 482-0803

OCTOBER 28-SPOKANE: "Complicated Grief" 6:30 pm. People who have extreme trouble working through their grief may have complicated grief. Complicated grief, or unresolved grief, is a term used to describe a prolonged sense of mourning. We will explain and talk about the symptoms, come and see if you are at risk. To be held at the Horizon Hospice office, 123 W Cascade Way. RSVP to Nancy at (509) 489-4581. NLoudon@horizonhospice.com

OCTOBER 28-SPOKANE VALLEY: "Pastor Appreciation Luncheon" 12:00 pm In honor of all that you do to make our community a better place to live. Complimentary admission, lunch, live music and appreciation gifts. At Park

Spokane



Spokane Valley



Southern Idaho



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

CALENDAR (continued)

Place, 511 S Park Rd. For reservations and information call Robin Bishop at (509) 879-2053

OCTOBER 29-SPOKANE: "AARP Driver Safety Class" 8:30-3:00 pm. At Fairwood Retirement Village, 312 W Hastings. \$12 AARP Members, \$15 non-members. Lunch Provided. Reservations required. Call (509) 467-2365

OCTOBER 30-SPOKANE: "Fundamentals of Traumatic Brain Injury" 9:30 am-3:00 pm Overview of a life altering injury and its effects on survivors and their families. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room 1222 N Post. (509) 458-2509

NOVEMBER 1-SPOKANE: "Back Care and Transfers" 9:00 am-2:00 pm Learn how to take care of you back and transfer safely. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center, 1235 N Post. (509) 458-2509

NOVEMBER 3-SANDPOINT: "The Alzheimer's Project Caregivers", 2:00-4:00 Changing the way American thinks about Alzheimer's disease. Join us for a free special screening of "Caregivers" from the HBO documentary series. Followed with discussion led by Christine Swartz, Counselor, Light Years Geriatric Mental Health. To be held at The Bridge Assisted Living, 1123 N Division St. Followed by a free dinner buffet. RSVP requested by calling (208) 263-1524. Followed at 5:00 by a Candle Light Vigil to honor those who've gone before us and those families dealing with dementia.

NOVEMBER 4-SPOKANE: "Firearms and Weapons of the American Revolution" 2:00 pm. A presentation by The Spokane Chapter No 1 of the Sons of the American Revolution. Includes a full color guard and drum demonstration. Sponsored by Heritage Funeral Home and Fairmount Memorial Assn. Dessert by Paula Davis following presentation at Corbin Senior Center. \$5 non-Veterans, Free for Veterans.

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 4-SPOKANE: "Family Members as Caregivers" 1:30-6:30 pm. Strategies to help family members negotiate and balance multiple roles and responsibilities to maximize the long-term joy of caregiving while minimizing stress and exhaustion. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room, 1222 N Post. (509) 458-2509

NOVEMBER 5-SPOKANE: "First Aid & Blood Borne Pathogens" Learn how to provide basic First Aid and protect against blood borne pathogens. Receive certification card upon completion. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room, 1222 N Post. (509) 458-2509

NOVEMBER 6-SPOKANE VALLEY: "Art, Craft & Quilt Fair" 8:00 am-3:00 pm. Sponsored by Good Samaritan Society, 17028 East 8th Ave. Contact: Carol Ann Christnacht (509) 924-6161, ext. 650

NOVEMBER 6-SPOKANE: "CPR Adult, Child, Infant" 1:00 pm. Learn new ECC Standards & POLST form. Receive certification card upon completion. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room, 1222 N Post. (509) 458-2509

NOVEMBER 9-SPOKANE: "Senior Drug Education Workshop" 2:30-3:30 pm at Fairwood Retirement, 312 W Hastings Rd. WSU Pharmacy Students will review medications with seniors. Bring your medications for consult and review. Open to the public. RSVP Required. (509) 467-2365

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Coeur d' Alene



Post Falls



CALENDAR (continued)

NOVEMBER 9-POST FALLS: "2010 Post Falls Senior Center Health Expo" 11:00 am-2:00 pm at the Post Falls Senior Center. Guest Speakers: Micahel Wytychak III on Elder Law and Heather Taber, SHIBA, "legal Aspects for the Elderly," & "Senior Issues and Medicaid. For information call Bestland Senior Living, (208) 665-1600

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.

CALENDAR (continued)

NOVEMBER 12-SPOKANE: "Kidney & Liver Functions: 9:00 am-2:00 pm. Review of functions, disease, dietary considerations, treatments, including transplantation. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room, 1222 N Post. (509) 458-2509

NOVEMBER 13-SPOKANE: "Depression? Good Grief-Don't Let It Get You Down" 9:30 am-3:00 pm. Signs, symptoms, medicine side effects, stages and process of grief, what to expect and how to heal. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Jim Snider Room, 1222 N Post. (509) 458-2509

NOVEMBER 13-COEUR D'ALENE: "On Site for Seniors Home Tweet Home Afternoon Tea" 2:00-4:00 pm at the Lake City Senior Center, 1916 N Lakewood Drive. An event to develop community awareness and to raise volunteer and financial support toward meeting the OSFS mission. Seating is limited. Tickets \$25. For information call Lynne Martin (208) 772-5026 or Stephanie Godinez (208) 765-4343

NOVEMBER 15-SPOKANE: "Diabetes Myth Busters" 9:00 am-2:30 pm. Discuss common myths and misperceptions regarding diabetes. Review of diabetes, nutritional guidelines, exercise, the role 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. (509) 458-2509

NOVEMBER 18-SPOKANE: "Monthly Marketing Luncheon" 11:00 am. At Fairwood Retirement Village 312 W Hastings Rd. Bring a friend. Community information and home tours will be available. Complimentary Raffle Drawing. A 55 plus community. RSVP: (509) 467-2365

NOVEMBER 18-SPOKANE: "Senior Living Networking Committee Meeting" To be held at Comfort Keepers. For additional information contact Pam Pierson (509) 953-5361.

NOVEMBER 22-SPOKANE: "Green Cleaning" 9:00 am-2:00 pm. Discover how to use ordinary items to clean almost anything. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center. 1235 N Post. (509) 458-2509

NOVEMBER 23-SPOKANE: "Intercultural Caregiver: Developing Understanding to Provide Compassionate Care" 3:00-8:00 pm. This training will provide caregivers with tools for successful intercultural communication and relationship building. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center. 1235 N Post. (509) 458-2509

NOVEMBER 29-SPOKANE: "Abilities & Disabilities: 8:00 am-1:99 pm. Residential Service Guidelines about rights of people with Developmental Disabilities. Sponsored by Aging and Long Term Care of Eastern Washington. To be held in the Caregiver Training Center. 1235 N Post. (509) 458-2509

DECEMBER 9-COEUR D'ALENE: "Enhancing Residential Care: Staff & Family Relationships" 5:30 pm. Joel Loiacono is the speaker from the Alzheimer's Assn., Inland Northwest Chapter Executive Director. Dinner is included, RSVP requested. To be held at Legends Park Assisted Living, 1820 N Legends Parkway (208) 666-9900 (Across the street from the KROC Center.) Limited seating. For reservations call the Alzheimer's assn. (208) 666-2996

DECEMBER 29-SPOKANE: "Free Memory Clinic" Presented by Northwest Neurological. For more information contact Jackie Chalmers, (509) 458-7720

SeniorPages.com

CALL FOR INFORMATION OR A TOUR

509 483-6483

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- VILLAGE INDEPENDENT HOMES
- TERRACE INDEPENDENT HOMES
- ASSISTED LIVING APARTMENTS
- SKILLED NURSING AND REHAB

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

Dime 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

On Site For Seniors. We are looking for volunteers to visit with some of our patients who are alone and lonely. could you spare an hours each week to bring a little happiness into their lives? On Site for Seniors is a faith-based, non-profit organization. It's fun, and you will receive training and will be part of a wonderful and caring group. If you are interested call Mary ann Arndt (208) 772-5026 or email marndt@onsite4seniors.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.

Century 21 Beutler & Assoc

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Your dreams...Your choices...**
Call Alene today, your full-service Senior Real Estate Specialist.



41 W Riverside Ave, Ste 310
Spokane WA 99201
Alene Lindstrand..... **509 869-7657**
Dave Lindstrand..... **509 868-7423**
E-mail... dlindstrand@21goldchoice.com



SPOKANE

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

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

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

Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally

Link your website to the Hot Sheet...

VOLUNTEERS NEEDED (continued)

important role in the delivery of wishes to eligible Children. There are a variety of volunteer opportunities available. For more information contact www.northwestwishes.org. To sign-up and receive application materials email Volunteer Manager Jeni Miller at volunteer@northwestwishes.org

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

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

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

Senior Nutrition Sponsored by Catholic Charities Spokane needs volunteers to assist with serving a lunchtime meal and provide socialization for low-income seniors. They also help with educational workshops and health screenings that are provided at the meal sites for seniors. The meal site at the Senior Center in Deer Park is open Monday through Friday, while the site at the Delaney Apartments in Spokane is open Mondays and Thursdays. For more information contact Tom Carroll in Senior Services at (509) 459-6175

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

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

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

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

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

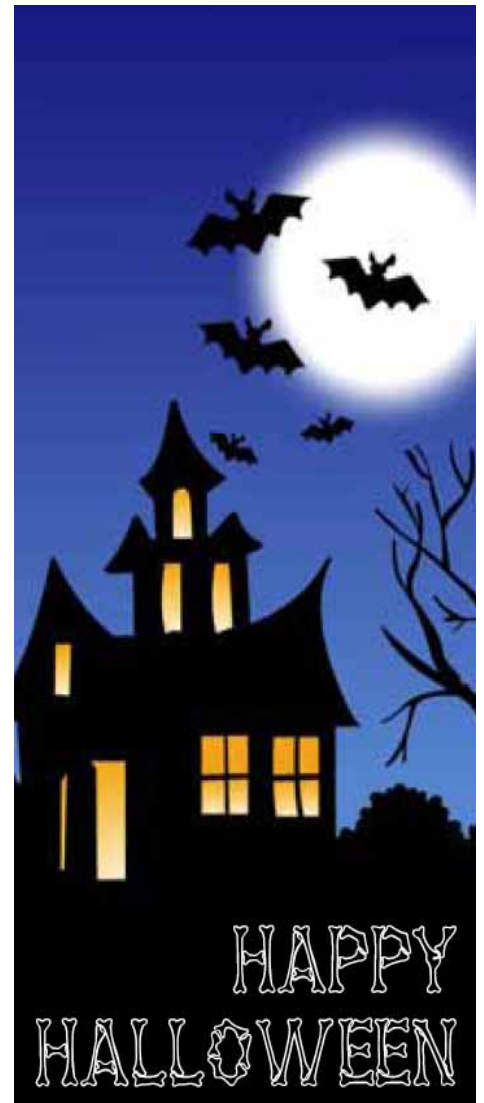
ALZHEIMER'S & DEMENTIA SUPPORT GROUP: For caregivers of those with Dementia, Alzheimer's and any related disorder. Held third Saturday of every month 1:30-3:30 pm at Kootenai Medical Center main building, main floor classrooms. Traditional Support Group. Facilitator: Arlene Sleigh. (208) 772-2542

SUPPORT GROUPS (continued)

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



SUPPORT GROUPS

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 Sparling 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

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

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



"If identity theft is such a bad thing, then how do you explain Halloween?"

SENIOR REVIEW

is going Monthly starting in November. Please have your classifieds and announcements in by Oct 25th. Send to Dale@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@frontier.com

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

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

BEAUTIFUL APARTMENTS: Special apartments available for seniors at Good Samaritan Society, 17121 E 8th. These beautiful units offer independent seniors the opportunity to live freely in outstanding surroundings at a reasonable price. For information and a free tour call Jackie at (509) 924-6161, ext. 114

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

**KIEMLE &
HAGOOD
COMPANY**



...continued from page 1

financial need to do so. Like Alper, they want to keep doing what they are doing for as long as possible.

7 secrets to a richer retirement

“There was a [general upward trend](#) of labor force activity among older workers before the financial collapse,” explained Alicia Munnell, director of the Center for Retirement Research at Boston College. “People were getting healthier and living longer.”

Mark Miller, author of *The Hard Times Guide to Retirement Security*, said boomers began viewing the retirement years differently well before the recession took hold. “Many were committed to staying engaged. ... The whole idea of working longer, even for a handful of years, can be tremendously beneficial to your mental well being.”

25 Best Places to Retire

But the current dour economic climate has also forced many older workers to push back their retirement plans out of financial necessity.

In the [recession's wake](#), home valuations, stock portfolios and retirement accounts have been depleted. Meanwhile, the cost of health insurance has increased dramatically, leaving many workers with no other alternative but to hold on to the jobs they have.

“The economy has now made working longer a real imperative,” Miller said.

That's the case for Chuck McCabe, 65, who opened several tax preparation firms in Virginia nine years ago.

“I expected I would retire at a normal age but the business took a lot longer to get to a point where it would be marketable. Now I really can't retire until the business is valuable enough for me to sell it.” McCabe, who has cashed in his 401(k) to make payroll, estimates that it will be least five years until he can consider retiring.

McCabe's wife, Marilyn, also 65, even passed up her own retirement after a career in human resources to work alongside her husband and help build his tax practice. “She'll be working with me until we sell the business,” he said. “I think she would like to be retired now.”

Like the McCabe's nearly half of those ages 65 and older report being behind in terms of retirement preparedness, according to a recent survey by TD Ameritrade.

“We are entering a stage, given the heightened longevity and our changing economic circumstances, that people will continue working,” according to Marcia Wagner, managing partner of The Wagner Law Group, a Boston-based law firm specializing in the Employee Retirement Income Security Act.

Wagner admits she has no plans to ever retire either -- but, like Alper, by choice. “I will work till I die because I like what I do.” ■



AARP Driver Safety Class

Fairwood Retirement Village

Friday, October 29

8:30a.m. to 3:00p.m.

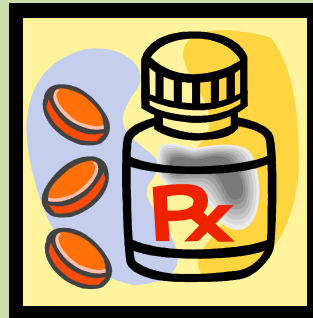
\$12/AARP Members, \$15/Non-Members

Lunch Provided

Reservations Required: (509) 467-2365

312 W. Hastings Rd. North Spokane

Senior Drug Education Workshop



Tuesday, November 9

2:30p.m. to 3:30p.m.

WSU Pharmacy Students will be at Fairwood Retirement Village to review medications with seniors. Bring your medications for consult and review. Open to the public.

RSVP Required: (509) 467-2365

312 W. Hastings Rd. North Spokane



Pastor Appreciation Luncheon

October 28th - 12:00 p.m.

You have spent most of your life in preparation to serve and to guide the special needs of communities. Now it's our turn to serve you.

Join us at Park Place on October 28th for our *Pastor Appreciation Luncheon* in honor of all that you do to make our community a better place to live. Complimentary admission, lunch, live music and appreciation gifts.

For reservations and information call:

Robin Bishop
509.879.2053

PERSONALIZED
SENIOR LIVING



PARK PLACE

SPOKANE

BROOKDALE SENIOR LIVING

Independent Living

Personalized Assisted Living

Alzheimer's & Dementia Care

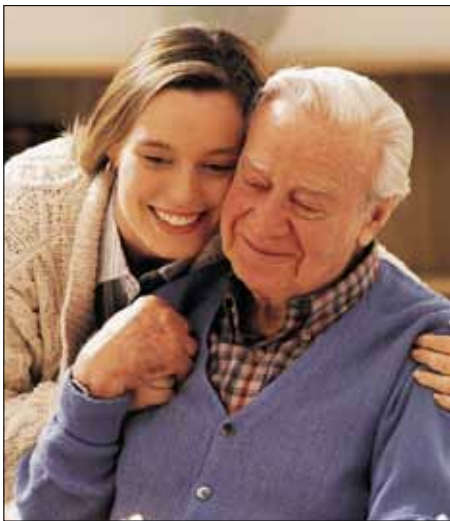
Exceptional Experiences Every DaySM

511 South Park Road
Spokane, Washington 99212
www.brookdaleliving.com

Join us for a free special screening of "Caregivers" from the HBO documentary series

THE ALZHEIMER'S PROJECT

CHANGING THE WAY AMERICA THINKS ABOUT ALZHEIMER'S DISEASE



**Wednesday, Nov. 3, 2010
2 p.m.**

**The Bridge Assisted Living
1123 N. Division St.
Sandpoint, Idaho**

Viewing of "Caregivers" along with discussion led by
Christiane Swartz, MSW, LICSW
Counselor, Light Years Geriatric Mental Health
Certificates available for all professionals

**Free dinner buffet included; reservations are required by calling
(208) 263-1524**

BROUGHT TO YOU BY

alzheimer's  association®
the compassion to care, the leadership to conquer



**Join us for a
Candlelight
Vigil at 5 p.m.**
*with special guest
Rep. George Eskridge*



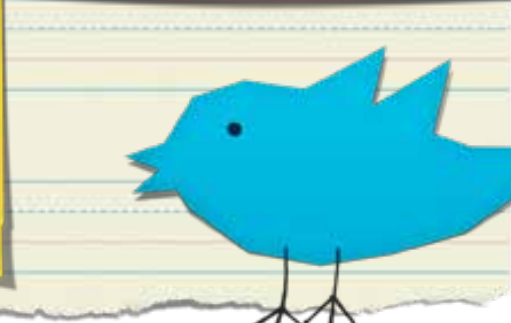
Good Samaritan Society

ART, CRAFT & QUILT FAIR



**Saturday,
November 6
8am to 3pm**

Limited number of tables so
remember to sign up early!
\$35.00 per table
Make checks payable to
Good Samaritan Society



17028 East 8th Ave
Spokane Valley, WA 99016
Contact:
Carol Ann Christnacht
509-924-6161 ext. 650

Multiple Vendors





Medicare Open Enrollment

November 15th through December 31st

is Open Enrollment time for Part D and Medicare

Advantage Plans. This is the time when you can make changes to your Medicare plans. It is important to review your plan during this time to make sure you are still enrolled in the best, most cost effective, plan for you.

If you need help reviewing your plan, come and meet with a SHIBA representative who will sit down with you and a computer and help you find a plan that meets your specific needs. SHIBA volunteers provide free, unbiased information and assistance.

Bring your list of medications, with the dosages, your current prescription drug plan card, your current Medicare Advantage card and your Medicare card to:

**Aging and Long Term Care of Eastern Washington
1222 N Post, Spokane**

Any Tuesday

***November 16th through December 28th, 2010
9:00 a.m. to 4:00 p.m.***



**SHIBA HelpLine
(Statewide Health
Insurance Benefit
Advisors)**

Sponsored by Aging & Long Term Care of Eastern Washington and the SHIBA HelpLine, a program of the Office of the Insurance Commissioner.

For more information call:

Margaret or Kathy at 509-458-2509