

SENIOR REVIEW

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

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Spokane



End Of Life Decisions

A significant number of the elderly — more than one in four will eventually need someone to make end-of-life decisions about their medical care, a new study suggests.

The results illustrate the value of people making their wishes known in a living will and designating someone to make treatment decisions for them, the researchers said.

In the study, those who spelled out their preferences in living wills usually got the treatment they wanted. Only a few wanted heroic measures to prolong their lives.

The researchers said it's the first accounting of how many of the elderly really end up needing medical decisions made for them.

Last year, end-of-life care became embroiled in the health care reform debate. A

provision in the legislation would have allowed Medicare to pay doctors for counseling patients about end-of-life issues like living wills. Critics labeled the counseling "death panels" and the proposal was eventually dropped before the researchers could get their report out. They had pushed to complete the

study because of the national debate, but it <http://www.nlm.nih.gov/medlineplus/magazine/issues/spring08/images/nursing-home.jpg> took time to get it published.

The researchers concluded that advance directives — living wills and health proxies chosen to make end-of-life decisions — are "important tools for providing care in keeping with patients' wishes."

The use of these directives has increased in the U.S.

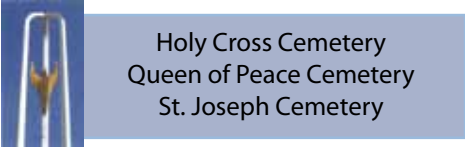


...more on page 11

SeniorPages.com

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 ???

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

FRIDAYS

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

Spokane



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RIVERVIEW
RETIREMENT COMMUNITY



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Hillyard Plaza Apartments
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Franklin Hills
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The Gardens
Health & Rehabilitation



VINTAGE
at Spokane

Independent Senior Living



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Did you know that we had a Checking Package just for Seniors?

SPOKANE CITY CREDIT UNION



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Senior Helpers®
Caring In-Home Companions

SeniorPages.com

SEMINARS/CLASSES/EVENTS/MEETINGS

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: Second Sunday of each month, there's a dance lesson and two hours of live music by "Hot Club of Spokane" (20s & 30s style hot jazz) at the Southside Senior Activity Center. \$10 admission, or \$7 for students/seniors. Wine/Beer no-host bar.

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

APRIL 26-SPOKANE: "Special Diets" 8:00 am-1:30 pm. Taught by Lynn Jones, RDT. Explore menus for clients on special diets with an emphasis on diabetes. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post.

APRIL 26-SPOKANE: "Walking Groups" 9:00-10:00 am. Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. Location: North Town Mall, 4750 N Division. Meet indoors, lower level, Sears entrance. Free. For more information contact: www.cherspokane.org

APRIL 27-SPOKANE: "1st Annual Celebrate Life Fair" 2:00-4:00 pm. You are invited to share your zest for life! Music, delicious food, new ideas and fun vendors, and great give-aways. At Park Place, Brookdale Senior Living. For information call (509) 879-2053

APRIL 27-COEUR D'ALENE: "Three C's Annual Spring Fashion Show." 11:30-2:00 pm. This special event is not only the major fundraiser for the year, but also a major source of funding for donations. For more information and to make arrangements for the pick-up of your donation please call Bobbi Freeman (208) 667-1479

APRIL 27-SPOKANE: "Fall Prevention" Taught by AJ Hutsell, Spokane Regional Health District. Learn risk factors for falls and steps that can be taken for fall prevention. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

APRIL 28-SPOKANE: "Respiratory Problems" 3:00-8:00 pm taught by D Robinson, American Lung Association. Dealing with asthma, emphysema, COPD and respiratory issues as a caregiver. Looking at triggers and treatments. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

APRIL 28-SPOKANE: "Quit and Win Tobacco Program" 6:00-8:00 pm. Quitting smoking isn't easy, especially when you try to do it on your own. This free program offers Classes twice per month, flexible quit dates, chances to win prizes at each class once you quit and support to help you quit and stay quit. At Providence Holy Family Health and Education Center, 5633 Lidgerwood. Free and open to the public. To register visit www.cherspokane.org

Spokane Valley



Coeur d'Alene



Post Falls



CALENDAR (continued)

APRIL 27-SPOKANE VALLEY: "Know Your Health Numbers" 6:00-7:30 pm. Do you have diabetes or are you at risk for diabetes and its complications? Please join us to help guide you to knowing your steps to better health. This class will cover the basic principles of medications, nutrition, exercise and how you can prevent the onset of complications from diabetes. All participants receive a free Bayer testing meter. At Valley Hospital Health Education Center, 12606 E Mission Ave. Fee: Free. To register visit www.cherspokane.org

APRIL 27-SPOKANE: "Reverse Mortgage Seminar" 2:00 pm. Did you know you can turn your dormant home equity into cash? If you are 62 and older, learn the ins and outs of Reverse Mortgages. Presented by Jack Tenold, Reverse Mortgage Specialist and member of the National Reserve Mortgage Lenders Assn. Held at 1500 W 4th Ave, Suite #410. Free. For reservations call: (509) 623-1623

APRIL 28-SPOKANE: "Memory Screening" 10:00 am-2:00 pm at Northwest Neurological, PLLC, 507 S Washington, Suite 101. Fee: Free. For information contact Jackie Chalmers, Northwest Neurological (509) 458-7720

APRIL 28-SPOKANE: "Walking Groups" 9:00-10:00 am. Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. Location: North Town Mall, 4750 N Division. Meet indoors, lower level, Sears entrance. Free. For more information contact: www.cherspokane.org

APRIL 29-SPOKANE: "Autism Basics" 9:00-2:30 pm. NW Autism Center. 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 and families. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

APRIL 29-COEUR D'ALENE: "Fashion Show" 12:00 Noon-2:00 pm at the Lake City Senior Center, 1916 N Lakewood Dr. Fashions from Post Falls Hospice & Women's Center Thrift Stores. Great looking clothes at thrift store prices. "Aloha Lunch" provided by Fairwinds Coeur d'Alene. Additional sponsors include Life Care Centers, Garden Plaza and Crest Home Health. Tickets \$12 presale, \$15 at the door. S.O.S. benefit for Lake City Senior Center. (208) 667-4628

APRIL 30-SPOKANE: "Challenging Behaviors". 8:00 am-1:00 pm by Kelly Moore. Taking a look at where behaviors come from and ways to respond as a caregiver. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

MAY 3-SPOKANE: "Kidney & Liver Functions" 9:00-2:00 pm by Sherri Sly. Review of their functions, disease, dietary considerations, treatments including transplantation. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

MAY 3-7-SPOKANE: "Computer Kindergarten" 8:30-10:30 am. M/W/F Come join us and discover how much fun you can have learning to use the computer. We will discuss the parts of a computer, use of the keyboard, how to open and properly shut down the computer, the opening and closing of programs, and how to cut, copy and paste. Sponsored by Southside Senior Activity and Community Center, 3151 E 27th. Fee: \$75 members, \$90 non-members. For more information call (509) 535-0803

MAY 4-COEUR D'ALENE: "Alzheimer's Project Screening: Caregivers" 5:30 pm. HBO viewing with discussion. Facilitator: Christiane Swartz LICSW Washington, LCSW Idaho. At Legends Park Assisted Living, 1820 N Legends Parkway. Dinner is included, RSVP required. Please phone the Alzheimer's Association (208) 666-2996 Free and open to the public. Limited seating

CALENDAR (continued)

Liberty Lake



Southern Idaho



SeniorPages.com



MAY 4-SPOKANE: "High Tea and Fashion Show" 11:30 am-1:00 pm. Enjoy a fashion show presented by Christopher Banks featuring Spring and Summer apparel modeled by Southside Senior Activity Center and Community Center's own members. Assorted finger sandwiches, spring garden vegetable soup, pasta salad, decadent desserts, and assorted teas will be served. Bring your favorite tea cup. Fee: \$10. At Southside Senior Activity Center, 3151 E 27th. For information call (509) 535-0603

MAY 8-SPOKANE: "Stress Management" 9:00 am-2:30 pm by Wendy Wable. Learn how to control stress and anxieties. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 10-SPOKANE: "Diabetes Basics" 9:00 am-2:30 pm by Tory Lucas, RN, NDE, CCRN. Discuss types of diabetes, monitoring, diet, medications, treatment of low blood sugar and complications. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

MAY 12-SPOKANE VALLEY: 3rd Annual WSRCC Business Conference for Adult Family Home Providers. To be held at Mirabeau Park Hotel & Convention Center, N 1100 Sullivan Park Rd. 8:00 am-4:30 pm. For information contact WSRCC of Adult Family Homes, 523 Pear St SE, Olympia, WA 98501

MAY 12-SPOKANE: "History, Values & Resources for People with Developmental Disabilities" 9:00 am-2:00 pm Various speakers promoting resources for this special group of individuals. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 12-SPOKANE VALLEY: "Third Annual WSRCC Business Conference For Adult Family Homes Providers" 8:00 am-4:30 pm. at the Mirabeau Park Hotel & Convention Center, N 1100 Sullivan Rd. Sponsored by the Washington State Residential Care Council. Meet other providers, vendors, and community resource people. Special seminars. To register log on to: www.wsrcc.org

MAY 14-SPOKANE: "First Aid & Blood Borne Pathogens". 4:00-9:00 pm by Gary Beers. 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 at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 13-POST FALLS: "Activity-Based Alzheimer's Care" Building a Therapeutic Program. 8:30 am-4:30 pm at Garden Plaza of Post Falls, 545 N Garden Plaza Ct. Contact: Alzheimer's Assn., 910 W 5th Ave, Suite 256, Spokane, WA 99204 or call PJ Christo (208) 666-2996

MAY 14-15-SPOKANE: "11th Annual Garage Sale" Sponsored by Southside Senior Activity Center, 3151 East 27th Ave. To participate or to donate items call (509) 535-0803

MAY 15-SPOKANE: "CPR (Adult, Child, Infant)" 8:00 am-1:00 pm by Gary Beers. Learn new ECC Standards and POLST form. Receive certification card upon completion. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 17-SPOKANE: "Advanced Diabetes" 9:00 am-2:30 pm by 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 at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

CALENDAR (continued)

MAY 21-SPOKANE: "Lessons and Gifts of Dementia" 1:30-6:30 pm by Joyce Tucker, LICSW. Discuss specific behavioral, environmental and medication strategies to improve quality of life and safety as well as preserve dignity and freedom. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 21-SANDPOINT: "Caring for the Caregiver" 2:00-4:00 pm at Life Care Center of Sandpoint, 1125 N Division. Speaker is Patty Bullick, MSW, LCSW, Riverwood Counseling, LLC. Free and open to the public. For information contact the Alzheimer's Assn. (208) 666-2996

MAY 21-HAYDEN LAKE: "2nd Annual \$1 Million Shootout ElderHelp/NIAHU Charity Golf Tournament" 7:00 am check in, 8:00 am Shotgun Start at Avondale Golf Club, 10745 Avondale Loop Rd.

MAY 22-SPOKANE: "Renewal First Aid and CPR" 4:00-9:00 pm by Gary Beers. Renew your cards. Learn new ECC Standards and POLST form. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

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

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

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

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

Spokane River Historical Encampment



CALENDAR (continued)



MAY 26-POST FALLS: “CareNet Meeting” Meeting to take place at Garden Plaza of Post Falls.

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

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

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

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

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

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

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

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

JUNE 9-COEUR D’ALENE: “ Maintain Your Brain” 5:30 pm at Bestland Independent Senior Living, 606 Best Ave. Free and open to the public. Certificates of attendance available for all professionals Sponsored by the Alzheimer’s Association. For information call (208) 666-2996

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

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

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

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



CALENDAR (continued)



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

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

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

VOLUNTEERS NEEDED

COEUR D'ALENE

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

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.

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.

Advertising Sales are closing end of
May

2010-2011 Moses lake

Call Dale at 800.575.9711



VOLUNTEERS NEEDED

SPOKANE

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

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

Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children. There are a variety of volunteer opportunities available. For more information contact www.northwestwishes.org. To sign-up and receive application materials email Volunteer Manager Jeni Miller at volunteer@northwestwishes.org

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

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

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

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

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

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

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

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



SUPPORT GROUPS

COEUR D'ALENE

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

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

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



KELLOGG

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

POST FALLS

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

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

SANDPOINT:

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

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

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

SPOKANE

AMPUTEE SUPPORT GROUP: Provides an opportunity to meet people, share experiences and concerns, enjoy special speakers and discuss topics important to amputees. People with amputations as well as friends and families are welcome to attend. Third Tuesday of every month, 11:00 am-Noon at St. Luke's Rehabilitation Institute. For information call Becky Rivera, OT (509) 473-6681

BEREAVEMENT SUPPORT GROUP: Hospice of Spokane will facilitate a bereavement support group for anyone who feels a need to share and be heard. No fee. 3:00 pm on Mondays at South Side Senior Activity Center, 3151 E 27th. Contact: Eileen Lyons at (509) 456-0438

CANCER SUPPORT GROUP: March 2, 5:30-7:00 pm at Providence Holy Family Health Education Center, Room 6. Free, registration not required. Instructor is Beryl Anderson, RN, Med, OCN. Information: (509) 474-5490

DIABETES SUPPORT GROUP: First Tuesday of each month from 6:00-8:00 pm sponsored by Providence Holy Family Hospital. For information and locations call (509) 232-8145

GENERAL GRIEF SUPPORT GROUP: *Any loss through death.* Sponsored by Hospice of Spokane. Mondays 6:00-7:00 pm at Hospice of Spokane, 121 S. Arthur St., North Side Group: Tuesdays, 1:30-2:30 pm at St Luke Lutheran Church, 9706 N division. South Side Group: Mondays, 3:00-4:00 pm at the South Side Senior Activity Center, 3151 E 27th. For additional information call (509) 456-0438

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despite debate about their effectiveness. For the past two decades, hospitals and facilities that take Medicare patients are required to provide information on them. A living will states a person's choices for treatment if he becomes incapacitated, but critics complain they are too vague to be helpful. A health care proxy names another person — usually a relative or friend — to make medical decisions if needed. Many people have both.

Typical decisions involve the use of breathing machines or feeding tubes or giving someone CPR.

In the study, researchers looked at how often the elderly reach the point where they can't make their own care decisions near the end of life — usually because of dementia, a stroke or a debilitating illness. They also examined how many had living wills or a proxy and the outcome. The study included 3,746 people age 60 and older who died between 2000 and 2006. The average age was 80.

About 30 percent needed a treatment decision made before death but couldn't do it themselves. Of those, about two-thirds had either a living will, a proxy or both. After the person died, relatives were interviewed to find out if the person's wishes were followed. Most reported that they had. Nearly all the patients had wanted limited or "comfort" care; only 2 percent wanted aggressive care.

Ideally, older patients, along with their proxy, should discuss their medical condition, goals and treatment options with a physician — instead of just signing a form. Findings demonstrate that talking about the goals of medical care has become acceptable to a large majority of Americans who need it most.

SUPPORT GROUPS (continued)

LIFE AFTER LOSS SUPPORT GROUP: For those who have moved through early grief and are ready to explore their life after loss. Sponsored by Hospice of Spokane, 121 S Arthur. Call (509) 456-0438 for information and paperwork before attending. This group requires commitment to attend regularly.

MULTIPLE MELOMA SUPPORT GROUP: Meets the fourth Monday of each month, 5:30 pm., Cancer Care Northwest, 601 S. Sherman St. Contact: Dan or Vicki Jones (509) 596-2838

MULTIPLE SCLEROSIS ASSN. OF AMERICA: Meets the second Monday of the month, 10:30 am-Noon at Valley Senior Center, 2426 N Discover Place. Call Helen Anderson at (509) 921-5608

MUSCULAR DYSTROPHY ASSN: Offers free support groups for individuals and their families affected by neuromuscular diseases, including muscular dystrophy, myasthenia gravis, spinal muscular atrophy and amyotrophic lateral sclerosis, second Thursday of the month, 3-5 pm, 140 S Arthur St, fifth-floor conference room. Call Audrey Burr (509) 533-5470

SPINAL CORD INJURY SUPPORT GROUP: Provides supportive environment and opportunities to meet other individuals with spinal cord injuries, share experiences, participate in social activities and inquire about new medical advances and therapies for SCI related issues. Fourth Wednesday of every month, 1:00-2:00 pm at St. Luke's Rehabilitation Institute. For information call (509) 473-6681

SPOUSE GRIEF SUPPORT GROUP: Loss of a spouse through death held Wednesdays from 1:00-2:15 pm at Hospice of Spokane, 121 S Arthur St. Open to everyone at no charge. Contact: (509) 456-0438

STROKE SUPPORT GROUP: Provides education, peer support, special events and social networking for stroke survivors, family, friends and caregivers. Third Thursday of every month, 3:00-4:00 pm at St. Luke's Rehabilitation Institute. For information call (509) 473-6681 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

SUPPORT GROUPS (continued)

SANDPOINT

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

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

SPOKANE

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

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

Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children. There are a variety of volunteer opportunitis available. For more informaton 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 opporunities 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 thier 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



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) 762-40

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 subsized 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 subsized. *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



VACANCIES (continued)

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

FASHION SHOW

Held at Lake City Senior Center
1908 W Lakewood Dr, C/O
509-487-4438

THURSDAY APRIL 29th
12:00 noon - 2:00 pm

Doors open at 11 am for those needing special assistance,
11:30 for general admission

Tickets
\$12 Presale
\$15 at
the door

SO.S benefits for Lake City Senior Center
"Save Our Seniors"

Featuring pianist Holly Jung

**Fashions from Post Falls Hospice &
Women's Center Thrift Stores**
Great looking clothes at thrift store prices

"Alaska Lunch" provided by Fairwinds Coast of Alaska

Additional sponsors include:

Life Care Centers
Golden Place
Good Home Health

**An assortment of
RAFFLE PRIZES**
6 tickets for \$5

Purchase tickets at Lake City Senior Center before they sell out!



HAVE FUN AND CELEBRATE LIFE EVERY DAY!

We are bringing Brookdale's anchoring cornerstone
to Park Place Residents and Friends.

*You are invited to share your zest for life
with us by participating in our*

1st ANNUAL CELEBRATE LIFE FAIR

APRIL 27, 2010 1:00 - 4:00 P.M.

Music, delicious food, new ideas and fun vendors
AND great give-aways.
We will see you all there!

RSVP Right Away to: Robin Bishop for your entry in
the Park Place Drawing
509.879.2053









News Release

Media Contact: Kris Mason, communication chair (509) 993-9219

For Immediate Release:
February 8, 2010

Women Helping Women Fund selects “Homeless to Harvard” student Liz Murray as luncheon speaker

Spokane, Wash. – Liz Murray, a graduate student featured in the Lifetime movie “Homeless to Harvard,” will be the guest speaker for the Women Helping Women Fund’s annual luncheon, **May 10, 2010**, from 11:30 to approximately 1:30 p.m. at the Spokane Convention Center.

Murray, who grew up in the Bronx to cocaine-addicted parents, is the first winner of Oprah Winfrey’s Chutzpah Award. Her mother died of AIDS when Murray was 15, and soon she was homeless, camping out in New York City parks and eating from dumpsters. Nonetheless, Murray finished high school in two years.

After she wrote an essay for a New York Times scholarship application, Murray’s story appeared in that newspaper. She won the scholarship, which took her to Harvard. Although she left to attend Columbia University while her father was dying of AIDS, she returned to Harvard and graduated with a bachelor’s degree in psychology in 2009.

Women Helping Women Fund serves Spokane women and children who face similar obstacles in life. It was founded in 1992 by six local women dedicated to making a difference for underserved populations in Spokane.

Women Helping Women’s annual fundraising luncheons have drawn nearly 30,000 people to hear speakers such as Madame Jehan Sadat, Cokie Roberts, Ellen Goodman, Gloria Steinem, Lisa Ling, Soledad O’Brien and Jeannette Walls.

Since 1992, thanks to gifts of thousands of individual and corporate donors, more than 305 local agency programs have received grants from Women Helping Women totaling more than \$3.8 million.

Luncheon guests are asked to make a minimum donation of \$125. The money raised at the luncheon is donated directly to programs managed by Spokane County non-profit agencies.

They are selected during a grant application process. Women Helping Women Fund screens the applications and targets well-run programs designed to meet the most urgent needs of women and children in Spokane. For more information or if you are interested in attending the luncheon, go to www.whwspokane.org or contact Lisa Diffley, WHWF Executive Coordinator at (509) 328-8285.