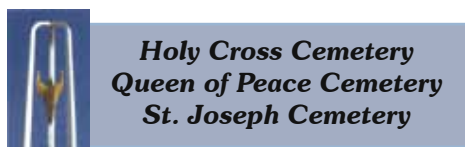


SENIOR REVIEW

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

Please click on our sponsors below and view their websites.

Spokane



Tips for Decreasing Costs Of Caring for Elderly Parents

Over 30 million Baby Boomers provide countless hours of assistance to elderly parents at no charge. It is estimated that, using average hourly wages, the total amount of this uncompensated care is comparable to the entire Medicare budget. For the estimated 7 million Boomers who provide long distance care, actual out of pocket expenses amount to almost \$5,000 per month. For caregivers who have, or are considering leaving the workforce to care for an ailing parent, the costs are even greater – over \$650,000 in forfeited salaries, benefits and pensions.

This stark economic reality shows only one dimension of the price caregivers pay for this act of love.

Caregivers pay with losses that extend well beyond their bank accounts. They often forego the activities that bring joy and richness to their lives, like meeting friends for dinner, or going out to the movies or taking family vacations. They pay with their time, the loss of professional opportunities and the erosion of personal relationships that result in isolation.

Sometimes, otherwise healthy loved ones need a short dose of care as they recover from an acute medical episode like a broken leg. Usually loved ones are on a path of steady decline with cascading assistance needs. Some caregivers sacrifice large chunks of their own lives as they help their parents and other family members and friends peacefully make their transitions. Caregivers can pay with their own health and well-being. In fact, we have evidence that some caregivers pay for their acts of care with their very lives.



You can decrease the personal and economic costs of caregiving. This means proactive planning rather than reactive responding. Planning saves money. You know this as you reflect upon your experiences of going to the grocery store with and without a shopping list. Planning also minimizes personal wear and tear and decreases stress. You will feel much better when you know your options and develop back-up plans before you jump into a challenging project.

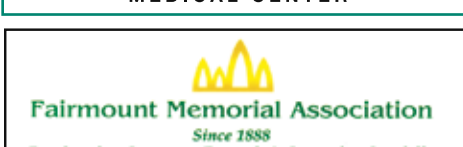
5 Tips to Decrease the Cost of Caregiving:

1. **Begin the conversation today.** We have tremendous cultural resistance to the recognition of aging, disability and death. Just as the first few steps uphill are the hardest, so, too, you may meet the greatest resistance

...more on page 11

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

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

SeniorPages.com

Spokane

CALENDAR (continued)



RIVERVIEW
RETIREMENT COMMUNITY



Did you know that we had a
Checking Package just for Seniors?
SPOKANE CITY CREDIT UNION



Southside
**Senior Activity
Center**
www.sssac.org

**Hillyard Plaza
Apartments**
Section 8 Program Available

Franklin Hills
Health & Rehabilitation
The Gardens
Health & Rehabilitation




VINTAGE
at Spokane
Independent
Senior
Living



**Comfort
Keepers**



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Seniors Real Estate Specialist
Let me work with your clients
868-1761




NW HS
Northwest Health Systems
Pharmacy and Medical Supply
Your Health. Our Commitment.

ROCKWOOD



**Senior
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Caring In-Home Companions

SeniorPages.com

APRIL 5-SPOKANE: "Diabetes Myth Busters: 9:00 am-2:30 pm. Taught by Tory Lucas, RN, CDE, CCRN.. 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 at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

APRIL 5-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 6-SPOKANE: "Parkinson's Disease Patient Care Educational Program" 11:00 am-1:00 pm at the Red Lion River Inn, 700 N Division St. Speakers will include Dr. Jim Leverenz, Associate Professor, University of Washington, "What they didn't tell you about Parkinson disease: non-motor complications"; Dr. David Greeley, Neurologist, "Don't blame everything on Parkinson's disease.. Other things to consider when you have problems", and Lindy Wood, Pharmacist, "Ask the Pharmacist: Answers to Frequently Asked Questions". Registration required at: evedavis@gmail.com or call (425) 443-8269. Sponsored by Washington State Chapter of American Parkinson's Disease Assn.

APRIL 6-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 6-SPOKANE: "Diabetes Support Group" 6:00-7:30 pm. This setting gives you the opportunity to ask questions and participate in discussion with other community members touched by diabetes. This discussion will be facilitated by a CHER Certified Diabetes Educator.

Deaconess Health and Education Center, 910 W 5th Ave. Free. No registration required. For additional information call (509) 232-8145

APRIL 7-SPOKANE: "End of Life Care" 10:00 am-3:00 pm Taught by Hospice of Spokane. Caregiving from the medical, spiritual, psychosocial and bereavement perspectives. 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

APRIL 7-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 8-SPOKANE: "Beyond Disabilities: Special Needs & Special Strategies" 1:30-6:30 pm. Taught by Joyce Tucker, LICSW. Expolore physical, mental and emotional diabilities with special attention to autism, traumatic brain injuries, developmental disabilities, multiple sclerosis, obesity and mental illness. 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

APRIL 9-SPOKANE: "10th Annual Nancy Rockwell Gala and Auction, An Evening of Elegance at The Davenport Hotel", 10 Post Street. Black Tie Optional. To benefit the Alzheimer's Association. For more information or tickets visit www.alz.org/inlandnorthwest or call (509) 473-3390

APRIL 9-COEUR D'ALENE: "Fair Housing Issues In Idaho" You are invited to a FREE Fair Housing Training sponsored by the Disability Action Center-NW, Intermountain Fair Housing Council and the City of Coeur d'Alene. 1:00-4:00 pm in the Community Room at the Coeur d'Alene Library, 702 E Front Street. Covered will be Fair Housing Basics, Disability Rights and Responsibilities, Reasonable Accommodations and Legal Decisions. RSVP to Disability Action Center-NW by March 31, 2010. (800) 854-9500 or (208) 664-9896

Spokane Valley



Coeur d' Alene



Post Falls



CALENDAR (continued)

APRIL 10-SPOKANE: "The Uninvited Guest" 9:00 am-2:30 pm. Taught by Jean Rose, MS Society. Understand the multiple sclerosis process and dealing with the constant changes. 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 12-SPOKANE: "What Are Developmental Disabilities" 8:00 am-1:00 pm. Taught by Kelly Moore. Overview of six of the primary developmental disabilities and history of DD. 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 12-SPOKANE: "BLS Healthcare Provider Initial - CPR" 8:00 am 12:00 pm. Covers 1 and 2 rescuer for Adult CPR, Child CPR (over age 1), Infant CPR, Bag-Mask ventilations, AED, & Coking. This class is ideal for physicians, nurses, medical staff who provide direct patient care, dentists, and students going into the medical field, such as nursing or EMT programs. Course certification is valid for 2 years. At St. Luke's Rehabilitation Insititute, 711 S Cowley St. Fee: \$65. To register visit www.cherspokane.org

APRIL 12-SPOKANE: "Pre-Diabetes. 6:00-8:00 pm. Pre-Diabetes affects more than 57 million Americans. Are you one of them? If you or someone you know is at risk for or has been diagnosed with pre-diabetes, please join us. This is a two part class series. All participants will recieve a free testng meter. Fee \$30. To be held at St. Luke's Rehbilitation Insititute, 711 S Cowley. To register visit www.cherspokane.org

APRIL 12-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 12-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

APRIL 12-16-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 terminolgy 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

APRIL 13-SANDPOINT: "Maintain Your Brain" Presented by The Alzheimer's Associaton at Luther Park at Sandpoint, 510 Olive Ave. 2:00-4:00 pm. Free and open to the public. You may call Luther Park at (208) 265-3557 or the Association at (208) 666-2996 for additional information.

APRIL 13-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 Spcialist 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 14-BONNERS FERRY: "Understanding Dementia" 10:00-12:00 pm. Speaker is P.J. Christo, RN, MS Alzheimer's Association, Inland Northwest Chapter Outreach Coordinator. At University of Idaho Extension Office, 6447 Kootenai St. Free and open to the public. Certificates available to all attendees. For additional information contact the Alzheimer's Assn., P.J. Christo (208) 666-2996. No reservations necessary.

SeniorPages.com

CALENDAR (continued)

Liberty Lake



Southern Idaho



APRIL 14-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 14-SPOKANE: "BLS Healthcare Provider Initial - CPR" 8:00 am 12:00 pm. Covers 1 and 2 rescuer for Adult CPR, Child CPR (over age 1), Infant CPR, Bag-Mask ventilations, AED, & Coking. This class is ideal for physicians, nurses, medical staff who provide direct patient care, dentists, and students going into the medical field, such as nursing or EMT programs. Course certification is valid for 2 years. At St. Luke's Rehabilitation Institute, 711 S Cowley St. Fee: \$65. To register visit www.cherspokane.org

APRIL 15-SPOKANE: "Moving Through Life With Dignity" 5:00-6:00 pm. Come hear guest speaker Dr. David Greeley, Northwest Neurological PLLC, speak on Signs and Symptoms of Neurodegeneration and Dementia and guest speaker Dr. Darrelle Volwiler, Ph.D., Clinical Psychologist, Volwiler Counseling on How to Work Through Denial with Family Members. Sponsored by Comfort Keepers, 307 W Francis Ave. Please RSVP to (509) 484-2345

APRIL 16-SPOKANE: "Caregivers Strategies for Challenging Behaviors" 1:30-6:30 pm. Taught by Joyce Tucker, LICSW. Learn non-judgmental emphatic and effective tools for use with conflicts and boundary dilemmas as well as dementia, schizophrenia, depression, anxiety and addictions. 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

APRIL 17-SPOKANE: "Identification and Working with Individuals Who Have a Hearing Loss" 10:00 am-4:00 pm. Presented by Eastern WA Center for Deaf & Hard of Hearing. How to work with hearing loss and new technology. Sponsored by Aging and Long Term Care of Eastern Washington at the EWCDHH Building, 1206 Howard. 1222 N. Post. For additional information call (509) 458-2509

APRIL 19-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 19-23-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



APRIL 19-SPOKANE: "Intro to Autism" This 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 20-SPOKANE: "Dealing with Aging & Down's Syndrome" Learning to work with a new aging population. Discussing medical issues, behavioral problems and frustrations as a caregiver. 9:30 am-2:30 pm. 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

APRIL 20-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



CALENDAR (continued)

APRIL 21-COEUR D'ALENE: "Family Problem Solving With Elder & Dementia Caregivers: Handling sensitive topics and family dynamics. Speaker is Jonnie Bradley, CPM. 6:00-8:00 pm at Legends Park Assisted Living, 1820 N Legends Parkway, (208) 666-9900 Dinner is included, limited seating, RSVP required for this free seminar. To reserve your spot call the Alzheimer's Association at (208) 666-2996

APRIL 21-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 22-SMELTERVILLE: "Dealing With Challenging Behaviors of Dementia" 2:00-4:00 pm at Shoshone Medical Center Health & Education Center, 838 Commerce Dr. Speaker is Joel Loiacono, Inland Northwest Alzheimer's Assn. Executive Director. Free and open to the public. For information please call PJ Christo (208) 666-2996

APRIL 23-SPOKANE: "Heartsaver CPR and First Aid" 8:00 am-12:00 pm. This course covers Adult CPR, Child CPR (over age 1), AED, & Choking and is perfect for worksites, safety personnel, caregivers, school staff and staff working in a medical setting but do not provide direct patient care. Participants must pass a skills test for certification. Certification valid for 2 years. At St. Luke's Rehabilitation Institute, 711 S Cowley St. Fee: \$50. To register visit www.cherspokane.org

APRIL 24-SPOKANE: "8th Annual Munch & Mingle Auction" Corbin Senior Center's Mardi Gras. Advance tickets are now available for \$25/ ticket, \$175 for a table of eight. Year after year attendees have raved about what a great time and wonderful food they had. Seating is limited. For information call (509) 327-1584

APRIL 24-SPOKANE: "Understanding Medications" 10:00 am-3:30 pm. Taking a look at disease specific pharmacological compounds, why they work, common side effects and what to watch for as a caregiver. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room. 1222 N. Post. For additional information call (509) 458-2509

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: "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

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

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

CALENDAR (continued)



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

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 an 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 14-14-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

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

HOW TO CALL THE POLICE WHEN YOU'RE OLD AND DON'T MOVE FAST ANYMORE.

George Phillips of Meridian, Mississippi was going up to bed when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window. George opened the back door to go turn off the light but saw that there were people in the shed stealing things. He phoned the police, who asked "Is someone in your house?" and he said "no". Then they said that all patrols were busy, and that he should simply lock his door and an officer would be along when available. George said, "Okay," hung up, counted to 30, and phoned the police again. "Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I've just shot them." Then he hung up. Within five minutes three police cars, an Armed Response Unit, and an ambulance showed up at the Phillips' residence and caught the burglars red-handed. One of the Policemen said to George: "I thought you said that you'd shot them!" George said, "I thought you said there was nobody available!"



(True Story) **Don't mess with old people!!**



CALENDAR (continued)

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 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

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 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

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

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

HAYDEN

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

POST FALLS

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

SANDPOINT

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

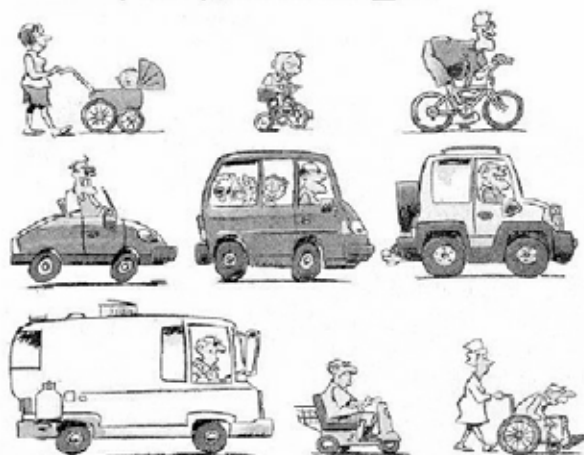
Sandpoint, ID Valley Vista Care Services would welcome a committed, consistent and caring volunteer interested in indoor/ outdoor walks, reading and friendly visiting with residents. We also have scheduled small and large group activities that offer a wide range of possibilities and life enrichment.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

SPOKANE

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

Deaconess Medical Center & Valley Hospital & Medical Center: In addition to learning new skills, new ideas and making new friends, volunteering provides the rewards that only come from serving others. As a volunteer, you are a valued member of our healthcare team. All it takes is a willingness to serve. For more

The Wheels of Life



VOLUNTEERS NEEDED

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 *Ageing 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 volunteers for the Nutritional Lunch Program on Wednesdays and Fridays each week to help serve lunches. Call Ron Beedles, Nutrition Manager at (509) 535-0803, ext. 0.

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

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



SUPPORT GROUPS

COEUR D'ALENE

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

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

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

KELLOGG

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

POST FALLS

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

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

SUPPORT GROUPS (continued)

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

...continued from page 1

simply starting the conversation about their possible need for care. Say today, "Mom and Dad, it would be great if you lived forever, but the discovery for the fountain of youth is nowhere on the horizon. What thoughts and plans do you have about enjoying your golden years?"

2. Create a plan. Talk with your parents about their ideal plan if they are no longer able to care for themselves. Then, start to work toward that proactively. Investigate long-term care insurance. Draw up the appropriate legal documents. Find out who would make medical choices if they were not able to make them on their own, along with some guiding principles for the choices. You can anticipate and limit parental resistance by saying, "Mom and Dad, I just got back from the lawyer's office signing my will and durable medical power of attorney. I've asked Mitch to make my medical choices if I cannot make them myself. Just so you know, if I were in vegetative state, I wouldn't want to be maintained on a machine. You probably already planned ahead too, right?"

3. Use personal and community resources. Make caregiving a family job to which each member contributes. Even children can make grandma's life special with drawings and phone calls. Identify services that make your job as a caregiver easier. If you and your parents live in the same community, check with friends and neighbors and local organizations to learn about services and resources that will make your job easier. You say, "Mom has just moved in with us, and she wants to 'find a card game with the girls.' Do you know of any senior centers that have social events? How about transportation?"

4. Gather cost-savings tips. This might mean something as simple as ordering generic medication or regularly inquiring about senior discounts. But, most cost savings opportunities aren't as obvious. Some states will pay for phones for hearing, visually or mobility limited seniors or fund home safety improvements. It takes time to locate money saving resources that most would have difficulty finding. It is a good idea to talk with friends or associates who may have encountered the same experiences with their parents. Tap into the resources others have collected.

5. Take care of yourself. You will be able to provide the best care as a caregiver when you're at your best. Get good nutrition, enough sleep and regular exercise. Manage your stress and do a little something every day to nurture your soul. Understand that you are at increased risk for anxiety, depression, and weakening your immune system. Talk to your doctor if you see worrisome signs such as problems sleeping, changes in appetite or loss of interest in activities you enjoy.

Despite the costs and time, most caregivers say that they received much more than they gave. Most say they would do it again, and many do.

Sometimes the question is not the personal cost of caregiving; it's the value that you bring to the lives of others that matter at the end. What personal cost are you willing to pay for the privilege of helping those who welcomed you into the world to enjoy their golden years and travel the road of illness with love and dignity?

SeniorPages.com

SUPPORT GROUPS

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

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 informatin 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

VACANCIES

COEUR D'ALENE

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

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



HAYDEN

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

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

**KIEMLE &
HAGOOD
COMPANY**

VACANCIES (continued)

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

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



2nd Annual \$1 MILLION Shootout ElderHelp /NIAHU Charity Golf Tournament

“Being a Blessing on Purpose.”

ElderHelp of North Idaho provides services to Kootenai County's growing population of low-income seniors. These seniors live on fixed incomes, have limited family support and/or endure physical limitations. Our sole purpose is to help these seniors to remain independent in the comfort and safety of their own homes.






**Friday, May 21st
2010
Shotgun Start
8am**



**AVONDALE
golf club**

Mardi Gras

Corbin's 2010 Gala & Auction

Saturday, April 24, 2010

Doors Open at 3:30 p.m. and Silent Auction Begins

Join the Fun and dress in Mardi Gras purple, green and gold!

Appetizers start at 4 P.M.

Wine, Hors d'oeuvres and Chocolate Fountain

Dinner will served at 5:15 P.M.

Featuring Creole Cuisine
(Vegetarian Entrée Available)

LIVE AUCTION STARTS AT 6:45 P.M.

Phil Harris, Auctioneer
George Maupin (KHQ), Emcee/Sidekick

TICKETS: \$25 (advance) \$28 (door)

Table of 8—\$175 Table of 10—\$225 Table of 6—\$140



827 West Cleveland
Spokane, WA 99205
509-327-1584

www.corbinseniorcenter.org

The Alzheimer's Association - Inland Northwest Chapter invites you to

the 10th Annual
Nancy Rockwell Gala and Auction
"An Evening of Elegance at The Davenport Hotel"



Friday, April 9, 2010

The Davenport Hotel
10 Post Street
Spokane, Washington

Black Tie Optional

Tickets \$100 per person or \$1,000 for table of 10

For more information or tickets visit
www.alz.org/inlandnorthwest
or phone (509) 473-3390

alzheimer's  association®

the compassion to care, the leadership to conquer