

# SENIOR REVIEW

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

Please click on our sponsors below and view their websites.

## Spokane Valley



## Liberty Lake



## Spokane



## Create Lasting Memories With A Personal And Visual Memorial

From the Egyptian pyramids to the Vietnam Veterans Wall in Washington, D.C., the emotional importance of memorialization transcends history and cultures, and it satisfies a basic human need to remember and to be remembered.

In today's completely customized society, the desire for personalization extends beyond life. In fact, nearly half of all consumers say that personalization has a significant impact on their funeral and memorial preferences, according to a study completed by Matthews International - the leading manufacturer of memorialization products, caskets and cremation equipment for the cemetery and funeral home industries.



Whether you choose a headstone, grave marker or cremation urn, consider how you would want to be remembered by future generations. Here's some ideas for creating a memorial that represents and celebrates life:

- \* Plan ahead. Approximately one in five people with recent experience planning a funeral or memorial say that the wishes of their loved ones were not known because they hadn't provided written or verbal guidance. Take control over the final details of your life and alleviate a future burden from those closest to you by planning in advance the details of your memorial and sharing your after-life preferences with family and friends.

- \* Illustrate your life story. Images can transform a memorial into a visual biography by depicting all aspects of a life - from military service to special honors to leisure activities. The new bronze plates allow you to add up to eight of your favorite photos - such as snapshots with your children, your fishing pole, a favorite car or your family home through a bronze casting process. The result is a highly detailed and extremely personal memorial that can be used in conjunction with ground burials,

...more on page 10

[SeniorPages.com](http://SeniorPages.com)

### Spokane

## SEMINARS/CLASSES/EVENTS/MEETINGS



[SeniorPages.com](http://SeniorPages.com)

**MONDAY & THURSDAYS**  
**SPOKANE:** "Free Osteoporosis Screenings", 9:00 am-Noon at Deaconess Medical Center, 800 West 5th Ave., Main lobby, Volunteer Office

**MONDAY & WEDNESDAYS:**  
**SPOKANE:** "Walking Group" Physical activity can improve your mood and your health. Limited health screening offered monthly. All levels of fitness welcome. Meet every Monday and Wednesday. 12:00-1:00 pm at Downtown YMCA, 507 N Howard. Free and open to the public. To register call (509) 232-8138

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

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

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

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

**COEUR D'ALENE:** "Free Monthly Wellness Clinic" The third Thursday of each month from 10:00-12:00 Loylton of Coeur d'Alene Senior Living, 205 E Anton Ave sponsors this special event. Participants include Ivy Court Nursing & Rehab, Crest home Health, Home Helpers, Priority Footwear, Auburn Crest Hospice, LaCross Health & Rehab, Mobility Equipment and Loylton of Coeur d'Alene. For additional information call (208) 667-6490

**SPOKANE:** "Balance and Agility I" This class is designed for those who need additional help with balance and control and also help improving the way they walk. Includes 7 classes April 29-June 10, Thursdays, 1:00-2:00 pm. Sponsored by Southside Senior Activity and Community Center. Fee: \$30 for members, \$36 non-members. For additional information call (509) 535-0803

**SPOKANE:** "Balance and Agility II" This class is designed for those who want to enhance the way they respond to balance and increase strength and agility. Includes 7 classes. April 29-June 10, Thursdays, 2:00-3:00 pm. Sponsored by Southside Senior Activity and Community Center. Fee: \$30 for members, \$36 non-members. For additional information call (509) 535-0803

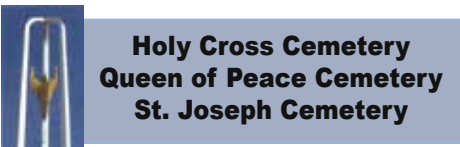
**FRIDAYS**  
**SPOKANE:** "Body Strength and Conditioning" A fun and challenging workout that will improve strength, agility, balance and overall performance. Cardiovascular and weight management benefits can also be experienced. Bring a set of hand weights and if you have a mat and/or resistance bands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

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

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

**SUNDAYS**  
**SPOKANE:** "Sunday Game Day" Join us at Sinto Senior Activity Center for our Sunday Game day at 1:30 pm. Games of your choice. Singles of all ages welcome. Cost is \$2.00 and includes all the coffee you can drink, prizes are given. (509) 327-2861

## Spokane



## CALENDAR

**JULY 19-SPOKANE:** "Introduction to Autism" 9:00 am-2:00 pm. speaker Sherri Sly. A look at autism spectrum disorder. Sponsored by Aging and Long Term Care of Eastern Washington. To be held at the Caregiver Training Center, 1235 N Post. (509) 458-2509

**JULY 19-SPOKANE:** "Pre-Diabetes" 6:00-8:00 pm. Pre-Diabetes affects more than 57 million Americans. Are you one of them? If you or someone you know is at risk for or has been diagnosed with pre-diabetes, please join us. This is a two-part class series. All participants will receive a free testing meter. At Deaconess Health and Education Center, 800 W 5th Ave. To register visit [www.cherspokane.org](http://www.cherspokane.org) or call (509) 232-8138

**JULY 20-SPOKANE:** "Holistic Health As We Age" 10:00-12:00 pm. This call teaches you how to take a more holistic approach to preventing illness and improving your health as we age. Sponsored by Southside Senior & Community Center. Fee: \$10 members, \$12 non-members

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

**JULY 21-SPOKANE:** "5th Annual Beach Themed Block Party" 11:00 am-2:00 pm. For information contact Heidi at Avalon Northpointe, (509) 879-8235

**JULY 21-SPOKANE:** "Caresharing: Strengthening the Bonds to those Coping with Dementia" Featuring national speaker and author Marty Richards, MSW, LICSW at Gonzaga University School of Law, 721 N Cincinnati. Fee: \$35 for professionals (includes 5-hour certificate of attendance and lunch) \$15 for family members, students and non-credit attendees (Includes attendance and lunch) Registration and payment must be postmarked by July 14. For more information call (509) 473-3390 or (509) 713-3390

**JULY 23-SPOKANE:** "Heartsaver CPR and First Aid" 8:00 am-12 Noon. Course covers Adult CPR, Child CPR (over age 1), AED and Choking and is perfect for worksites, safety personnel, caregivers, school staff and staff working in a medical setting but do not provide direct patient care. Participants must pass a skills test for certification that is valid for two years. At St. Luke's Rehabilitation Institute, 711 S Cowley St. Fee: \$45. To register go to [www.cherspokane.org](http://www.cherspokane.org) or call (509) 232-8138

**JULY 24-POST FALLS:** "UPS and United Way 5th Annual Golf Classic" To be held at Highlands Golf Course. A tournament to benefit the United Way programs and partner agencies. For information contact United Way of Kootenai County, 501 E Lakeside Ave, Ste 3, CDA, ID 83814. (208) 667-8112 [golf@kootenaiunitedway.org](mailto:golf@kootenaiunitedway.org)

**JULY 28-SPOKANE:** "Free Mini Memory Screening" Sponsored by Northwest Neurological, PLLC. For additional information contact Jackie Chalmers, Memory Clinic Coordinator (509) 458-7720

**JULY 27-SPOKANE:** "What Did You /say? Clarity in Communication. 8:00 am-1:00 pm. Kelly Moore speaker. Explore what and how we are saying what we are saying. Sponsored by Aging and Long Term Care of Eastern Washington. To be held at the Caregiver Training Center, 1235 N Post. (509) 458-2509

**JULY 28-POST FALLS:** "CareNet Meeting" 12:30 pm, hosted by Guardian Angel Homes, 1050 E Mullan Ave. (2089) 777-7797. Guest speaker Richard Mabbutt, Intermountain Fair Housing. Please RSVP by 723/10 to Kimberlee Ciccone, [cccone2@adelphia.net](mailto:cccone2@adelphia.net) or (208) 665-7373

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

### Spokane



Southside  
Senior Activity  
Center  
[www.sssac.org](http://www.sssac.org)

**Hillyard Plaza  
Apartments**  
Section 8 Program Available



Deaconess  
MEDICAL CENTER



Addus HealthCare



VINTAGE  
at Spokane

Independent  
Senior  
Living



Safe Bathtub  
Prevent Falls!

### Spokane Valley



Pine Ridge  
*Alzheimer's Special Care Center*



Good Samaritan  
Society  
SPOKANE VALLEY

### Southern Idaho



AtHome Care

## CALENDAR

**JULY 29-COEUR D'ALENE:** "Senior Fun Day" Lake City Senior center invites people of all ages! Featuring a Salad Bar Lunch & Gift Raffle to benefit Lake City Senior Center, 1916 Lakewood Drive. Chili Cook-off, Cash prizes, Carnival Games, Meet Rick & Teresa Lukens of KVNI. For more information call (208) 667-4628

**JULY 29-SPOKANE:** "Skin Care, Wounds, Ostomies & Incontinence: What You Need To Know" 10:00 am-3:30 pm. Amy Schaffner speaker. Discussing issues, complications, treatments and preventive measures. What's your role as a caregiver? Sponsored by Aging and Long Term Care of Eastern Washington. To be held at the Caregiver Training Center, 1235 N Post. (509) 458-2509

**JULY 29-COEUR D'ALENE:** "Know The 10 Signs" Normal Aging, Simple Memory Loss and Alzheimer's. Speaker Joel Loiacono, MPA. 5:00 pm at Coeur d'Alene Public Library, 702 E Front St. Library parking limited to two hours. Free and open to the public. Certificates of Attendance available. Sponsored by the Alzheimer's Assn. Dinner included, reservations requested. Call (209) 666-2996

**JULY 30-SPOKANE:** "CPR (adult, /child, Infant)" 4:00-9:00 pm. Gary Beers speaker. Learn New ECC Standards, & POLST form. Receive certification card upon completion. Sponsored by Aging and Long

**JULY 31-SPOKANE:** "1st Aid & Blood Borne Pathogens" 8:00 AM-1:00 pm. Gary Beers speaker. Learn how to provide basic First Aid and protect against blood borne pathogens. Receive certification card upon completion. Sponsored by Aging and Long Term Care of Eastern Washington. To be held at the Jim Snider Room, 1222 N Post. (509) 458-2509

**AUGUST 3-SPOKANE:** "Diabetes Support Group" This setting gives you the opportunity to ask questions and participate in discussion with other community members touched by diabetes. The discussion will be facilitated by a CHER Certified Diabetes Educator. 6:00:00 PM - 7:30:00 PM Location: CHER Diabetes Education Center, 501 N. Riverpoint Blvd. Ste. 245, Spokane, WA 99202 Fee: Free Contact: No registration required. Call 509.232.8145 with questions.

**AUGUST 4-SPOKANE:** "Parkinson's Disease-What is it?" 2:00 pm. Discussing patient, caregiver and pharmacist views. Outline tips for coping. Sponsored by Aging and Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. (509) 458-2509

**AUGUST 5-SPOKANE:** "Healing Broken Nerves, breakdowns, brain trauma, strokes, toxins, schizophrenia and dementia. 6:30 pm by Joyce Tucker. Sponsored by Aging and Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. (509) 458-2509

**AUGUST 7-SPOKANE:** "MS, the Uninvited Guest" 9:00 am-2:30 pm. Facilitator Jean Rose, MS Society. Understanding multiple sclerosis and dealing with the constant changes. Sponsored by Aging and Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. (509) 458-2509

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

**AUGUST 10-SPOKANE:** "Challenging Behaviors" 1:00 pm. Facilitator 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 in the XCaregiver Training Center, 1235 N Post. (509) 458-2509

**AUGUST 10-SANDPOINT:** "Legal Issues For Elders" 2:00-4:00 pm. Kate Monroe, Attorney At Law, will hold an open forum with legal questions welcome. At Luther Park at Sandpoint, 510 Olive Ave. (208) 265-3557. Sponsored by the Alzheimer's Assn. Free and open to the public. Certificates available for all professionals. (208) 666-2996

### Coeur d' Alene



### Post Falls



## CALENDAR (continued)

**AUGUST 10-SPOKANE:** "BLS-Healthcare Provider Renewal-CPR" 12:30-3:00 pm. If you must have a current American Heart Assn. Healthcare Provider card, or have one that has expired for less than 2 months presented at class. Participants must pass a written test and perform a cPR skills test for certification Certification is valid for 2 years. At St. Luke's Rehabilitation Institute, 711 S Cowley. Fee: \$45. Register at [www.cherspokane.org](http://www.cherspokane.org)

**AUGUST 11-SPOKANE:** "Renewal First Aid and CPR" 4:00-9:00 pm. Facilitator: Gary Beers. Renew your cards. Learn new ECC Standards and POLST form. Sponsored by Aging and Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. (509) 458-2509

## CALENDAR (continued)

**AUGUST 12-SPOKANE:** "Calming the Hyperactive Brains: Mania, PTSD, OCD, ADHD, Depression, Anxiety and Panic Disorders. 1:30-6:30 pm. Facilitator Joyce Tucker. Learn strategies to calm the brain. Features leading edge brain scans.. Sponsored by Aging and Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. (509) 458-2509

**AUGUST 13-SPOKANE:** "Intercultural Caregiver: Developing Understanding to Provide Compassionate Care" 9:00 am-2:00 pm Facilitator: Carlee Howie, PMA. This training will provide caregivers with tools for successful intercultural communication and relationship building. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Center, 1235 N Post. (509) 458-2509

**AUGUST 16-SPOKANE:** "Conflict Resolution/Mediation" 4:00-9:00 pm. Facilitator: Sherri Sly. How to negotiate conflict and mediate disagreements. Sponsored by Aging and Long Term Care of Eastern Washington in the Caregiver Training Center 1235 N Post. (509) 458-2509

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

**AUGUST 17-SPOKANE:** "Pre-Diabetes" 6:00-8:00 pm. Pre-Diabetes affects more than 57 million Americans. Are you one of them? If you or someone you know is at risk for or has been diagnosed with pre-diabetes, please join us. This is a two-part class series. All participants will receive a free testing meter. At CHER Diabetes Education Center, 501 N Riverpoint Blvd., Ste 245. Fee \$30. To register visit [www.cherspokane.org](http://www.cherspokane.org) or call (509) 232-8138

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

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

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

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

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

CALL FOR INFORMATION OR A TOUR  
**509 483-6483**  
[WWW.RIVERVIEWRETIREMENT.ORG](http://WWW.RIVERVIEWRETIREMENT.ORG)  
 1801 UPRIVER DR • SPOKANE 99207



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

## CALENDAR (continued)

**AUGUST 26-SPOKANE:** Senior Living Networking Committee meeting at Orchard Crest. For additional information contact Pam Pierson (509) 953-5361. [Pamelap50@qwest.net](mailto:Pamelap50@qwest.net)

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

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

**AUGUST 27-SPOKANE:** "Heartsaver CPR and First Aid" 8:00 am-12 Noon. Course covers Adult CPR, Child CPR (over age 1), AED and Choking and is perfect for worksites, safety personnel, caregivers, school staff and staff working in a medical setting but do not provide direct patient care. Participants must pass a skills test for certification that is valid for two years. At St. Luke's Rehabilitation Institute, 711 S Crowley St. Fee: \$50. To register go to [www.cherspokane.org](http://www.cherspokane.org) or call (509) 232-8138

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

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

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

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

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

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

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

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

### Century 21 Beutler & Assoc

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



41 W Riverside Ave, Ste 310  
Spokane WA 99201

Alene Lindstrand..... **509 869-7657**  
Dave Lindstrand ..... **509 868-7423**  
E-mail ... [davidlindstrand@21goldchoice.com](mailto:davidlindstrand@21goldchoice.com)



### SEPTEMBER 21-COEUR D'ALENE:

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

### SEPTEMBER 23-SILVERTON:

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

### SEPTEMBER 11-COUER D'ALENE:

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

### OCTOBER 2-COUER D'ALENE:

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



### VOLUNTEERS NEEDED

#### BONNERS FERRY

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

#### COEUR D'ALENE

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

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

#### HAYDEN

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

#### 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](mailto: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 Auxiliary, 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](http://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](mailto:volunteers@emmpirehealth.org)

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

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

### VOLUNTEERS NEEDED (continued)

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

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

For information on being a sponsor of the  
**Spokane/North Idaho Senior Review**  
Please contact our editor  
Dale Swant  
[dale@seniorpages.com](mailto:dale@seniorpages.com)  
888.575.9711

### SUPPORT GROUPS

#### BONNERS FERRY

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

#### COEUR D'ALENE

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

#### NORTH IDAHO CANCER SUPPORT

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

#### ALZHEIMER'S & DEMENTIA SUPPORT

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

#### ALZHEIMER'S & DEMENTIA SUPPORT

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

#### KELLOGG

**FOR ALL CAREGIVERS:** Held third Wednesday of every month at 3:00 pm at the Wellness Center, 204 Oregon, West Conference Room (208) 556-1147 Facilitator: Aline Rohde, SSW (208) 659-6719 or Alzheimer's Assn. (208) 666-2996

#### POST FALLS

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

#### MULTIPLE SCLEROSIS SUPPORT

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

#### SANDPOINT

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

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

#### ALZHEIMER'S SUPPORT GROUP:

For caregivers of those with dementia, Alzheimer's and any related disorder. Third Wednesday of every month. 2:00 pm at Valley Vista Care Center, 220 S Division. Support Group Facilitator is Brian Casey (208) 265-4514 and Kelly Hurt (208) 266-1528

#### ALZHEIMER'S SUPPORT GROUP:

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

#### SPOKANE

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

### SUPPORT GROUPS (continued)

**BEREAVEMENT SUPPORT GROUP:**

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

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

**DIABETES SUPPORT GROUP:** First Tuesday of each month from 6:00-7:30 pm sponsored by CHER. At Deaconess Health and Education Center, 910 W 5th Ave. No registration required. For information and locations call (509) 232-8145

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

**LIFE AFTER LOSS SUPPORT GROUP:**

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

**MULTIPLE MELOMA SUPPORT GROUP:**

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

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

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

**SPINAL CORD INJURY SUPPORT GROUP:**

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

**SPOUSE GRIEF SUPPORT GROUP:**

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

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



## 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](mailto: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](mailto:englishvillage@verizon.net)

### HAYDEN

#### STUDIO AND DELUXE APARTMENTS:

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

### POST FALLS

#### NEW FACILITY IN POST FALLS.

*Garden Plaza of Post Falls* offers the finest independent and assisted living facility in the area. Located in luxurious surroundings, we offer our residents the freedom to enjoy a carefree lifestyle. Monthly lease with no buy-in. Spacious apartments with a choice of restaurant style fine dining or casual bistro dining, fitness center, pool, beauty salon/barber shop, putting green, billiards room, internet cafe

**KIEMLE &  
HAGOOD  
COMPANY**

...continued from page 1

cremation and mausoleum entombments. Professional designers work closely with individuals or families to create detailed renderings of each memorial.



\* Select the right words. Memorials can communicate much more than birth and death dates. While many people choose to have a favorite religious verse or inspirational quote engraved, also consider an excerpt from a beloved poem, lyrics from a song or even a special message to loved ones.

\* Involve family and friends. Asking loved ones to participate in designing your memorial can make the process less intimidating and help them to fully understand your final wishes. Look through old family photo albums together, and share anecdotes and favorite stories that may provide inspiration when selecting the creative elements of your memorial.

Whether it's just adding a photo or more detailed information and imagery, it provides future generations with more information about their past and evoke powerful memories among visitors to the gravesites. Each memorial can truly be a one-of-a-kind work of art that makes it possible for an individual to express his or her religious devotion, patriotism and personal passions.

and more. Located at 545 N Garden Plaza Ct., (next to Wal-Mart), Post Falls. Visit our website at [www.gardenplazapostfalls.com](http://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@legacycpf.com](mailto:gail@legacycpf.com)

### PULLMAN

**OVERLOOKS BREATHTAKING NORTHERN VIEW:** A small-town attitude creates a family-like atmosphere at *Pioneer Square*, 220 SE Kamiaken. Each apartment home is equipped with a complete kitchen, wall to wall carpet,

window coverings and air conditioning, Community room, computer lab, handicap accessible units, laundry on-site, pet friendly, utilities included. Catholic Housing Communities manages, preserves, and maintains affordable HUD Project-based Section 8 subsidized units for lower-income seniors and persons with disabilities. Communities are staffed with property managers, maintenance, social service coordinators and part-time nurses. Contact: (509) 332-1106

### ST. MARIES

#### ASSISTED LIVING APARTMENT

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

**SeniorPages.com**

### VACANCIES (continued)

#### SPOKANE

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

#### 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 8<sup>th</sup>. For information contact: (509) 924-6161, ext 114.



For more information on other editions of the *Senior Pages*

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

please call: 800.735.7258

**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

#### EMPLOYMENT CLASSIFIED

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

#### LICENSED OCCUPATIONAL

**THERAPIST:** Panhandle Home Health Agency has an opening in Kootenai County. For additional information contact Linda at: (208) 415-5160. Please visit our web site at [www.phd1.idaho.gov](http://www.phd1.idaho.gov)

#### Why My Grandparent Should be Grandparent of the Year Essay Contest

Prizes in three age categories: (to be determined) Date: Sunday, September 12, 2010 Time: 1:00 p.m. Location: Centerplace, Spokane Valley A Grandparent is defined as an older adult who fulfills a Grandparenting role for a child. A familial relationship is not necessary to meet this requirement. Only one Grandparent per entry. One living Grandparent will be chosen from each of the following age\* divisions: 7-10 years; 11-13 years; 14-17 years \*as of September 12, 2010 All entries must be postmarked by August 31, 2010. Valley Meals on Wheels will not be responsible for lost or misdirected mail to: Valley Meals on Wheels, PO Box 1427, Spokane Valley, WA 99214 Judges will be selected from the Spokane Valley community by Valley Meals on Wheels. Judges decisions are final. Entries will be judge on the basis of: Quality of Expression, Sincerity, Originality, and Neatness. Essay(s) must be in the applicant's own handwriting and should not exceed 250 words. Winning essays will be announced at the Grandparent's Day Event at Centerplace on September 12, 2010. Winners are encouraged, but not required, to be present. All entrants are giving permission to have their entry(ies) read or printed at the discretion of Valley Meals on Wheels. There will be no cash substitutes or exchanges of prizes.



#### NEWS NOTES:

#### Twilight Wish Foundation Making Seniors' Dreams Come True One Wish at a Time

Would you or someone you know like to fulfill a basic wish or lifelong dream? If so, contact Twilight Wish Foundation, a national non-profit organization that grants wishes to low-income seniors age 68 and older. Twilight Wish grants wishes ranging from the most basic to large, living-life-to-the-fullest wishes. Since 2003, Twilight Wish Foundation has granted more than 1,260 wishes nationwide. If you are age 68 and over, cannot make your own wish come true, and meet the guidelines on page 4 of the wish application, you are welcome to apply. For more information about Twilight Wish Foundation and to obtain a wish application, please visit [www.twilightwish.org](http://www.twilightwish.org) or call Elinor Foltz at (509) 464-2303.

Lake City Senior Center invites people of all ages!

# SENIOR FUN DAY!

## Thursday, July 29th

11 am - 2 pm

Come & meet KVNI's Rick & Teresa Lukens during their live broadcast from 11am - 1pm at the event!

**CHILI COOK-OFF**  
**CASH PRIZES!**  
JUDGE'S CHOICE AWARD  
PEOPLE'S CHOICE AWARD

Featuring a  
**Salad Bar Lunch**  
&  
**Gift Raffle**  
A benefit for  
Lake City Senior Center  
at 1916 Lakewood Dr. Cd'A

**Carnival Games**  
& PRIZES  
Best joke contest,  
Putt-putt golf,  
Cake walk & more!

**\$5 Tickets**

**RESERVATIONS APPRECIATED**  
(Must call to enter chili cook-off)  
Contact Lake City Senior Center  
(208)667-4628  
[rentlakecityseniorcenter@yahoo.com](mailto:rentlakecityseniorcenter@yahoo.com)





## Southside Senior Activity & Community Center

3151 East 27<sup>th</sup> Avenue  
Spokane, Washington 99223  
(509) 535-0803

# FOUNDERS' DAY

*25 years strong and growing, 1985 - 2010*

## August 21, 2010

### Open House

9 am - 3 pm

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

### Dinner Dance

### Honorary Ceremony

5 pm - 10 pm

Ticket cost: \$25 per person  
Entertainment by Pages of Harmony  
Barbershop Chorus;  
Music by Six Foot Swing Band



### Sponsors

Group Health  
Washington Trust Bank  
Park Place Retirement





September 12, 2010  
1:00 - 4:00 PM

CenterPlace at Mirabeau Point  
2426 N. Discovery Way

Dinner, Silent  
Auction, and  
Entertainment  
provided by  
all-ages  
comedian  
Eric Haines

Grandparents  
Day



Tickets \$15  
Children 10 and  
under free when  
accompanied by a  
grandparent!

### Scramble for HOSPICE

**Date:** Friday, August 6, 2010  
**Time:** 1:30 pm shotgun start (check-in begins at 12:15 pm)  
**Place:** Indian Canyon Golf Course  
**Cost:** \$100 per person, includes: greens fees, golf cart, prizes, and dinner following the event.

- Scramble format tournament
- Multiple course activities
- Several enhancements available

Eagle Sponsors

American Medical Response  
 Rockwood Clinic  
 Washington Trust Bank

Birdie Sponsors

Comfort Keepers  
 Heritage Funeral Home  
 Wells Fargo Insurance

Compassion Card Sponsor

Northwest Health Systems, Inc.

Hole Sponsors

Charlie Brewer - New York Life  
 Inland Northwest Health Services  
 LeMaster Daniels  
 Lukins & Annis, PS  
 Regency at Northpointe  
 Riverview Retirement Community  
 Ronnie Rae & Associates  
 State Bank Northwest  
 United Health Services Credit Union

Sorry! I can't make it! Please accept my donation of \$\_\_\_\_\_ to support the hospice house

### ENTRY FORM Register by July 9 and be entered in a prize drawing!

Please complete and return to: Hospice of Spokane, fax 509.444.0252, P.O. Box 2215, Spokane, WA 99210 • Register as a team, or as individuals and we will place you with a team.

Men's team       Women's team       Mixed team       Match with a team

**Team Captain**

<p><b>Player 1</b> _____                  Address _____                  City/ST/Zip _____                  Phone _____                  E-Mail _____                  Company _____                  Payment: <input type="checkbox"/> Check (enclosed)   <input type="checkbox"/> Credit                  Card _____                  Visa/MC# _____                  Exp Date _____                  Signature _____                  How did you hear about the Scramble?                  _____</p> <p><b>Player 2</b> _____                  Address _____                  City/ST/Zip _____                  Phone _____                  E-Mail _____                  Company _____                  Payment: <input type="checkbox"/> Check (enclosed)   <input type="checkbox"/> Credit                  Card _____                  Visa/MC# _____                  Exp Date _____                  Signature _____</p>	<p><b>Player 3</b> _____                  Address _____                  City/ST/Zip _____                  Phone _____                  E-Mail _____                  Company _____                  Payment: <input type="checkbox"/> Check (enclosed)   <input type="checkbox"/> Credit                  Card _____                  Visa/MC# _____                  Exp Date _____                  Signature _____</p> <p><b>Player 4</b> _____                  Address _____                  City/ST/Zip _____                  Phone _____                  E-Mail _____                  Company _____                  Payment: <input type="checkbox"/> Check (enclosed)   <input type="checkbox"/> Credit                  Card _____                  Visa/MC# _____                  Exp Date _____                  Signature _____</p>
--	---



PO Box 2215, Spokane WA 99210 • 509.456.0438 • hospiceofspokane.org