

SENIOR REVIEW

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

Please click on our sponsors below and view their websites.

Spokane



Protecting Seniors From Identity Theft

The telephone is a powerful tool for scammers that prey on senior citizens. While many senior citizens don't use email or browse the internet, they all use the telephone. Identity thieves call elderly people and pretend to represent charities, police associations, AARP and well-known companies. Unfortunately, many senior citizens believe that these phone calls are coming from a trusted source. A rule of thumb for the elderly is never give personal or financial information in response to an incoming telephone call. If they want to donate to a charity or order a product, they should call the organization or company directly.

Scammers also use snail mail to seek information from the elderly. Like the phone calls, the mail appears to come from trusted sources, such as the victim's bank, charitable organizations or well known companies. The scam mail contains authentic looking logos and registered trade marks. The big red flag is that snail mail scams always use PO Box addresses and they don't include a working telephone number. Once again, elderly people need to beware of incoming solicitations.

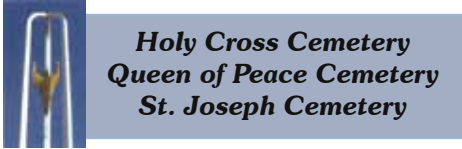


Some scammers prefer to visit their victims in person. They take one of two approaches. Some prefer to frighten the victim into giving valuable information by telling them something bad will happen if they don't. Others present themselves as kind and helpful strangers who are trying to protect the victim from financial harm or who have something the victim wants for an unbeatable price. Like incoming phone calls and snail mail, people who show up at the door should be classified as incoming solicitations. Personal and financial information should always be withheld in

...more on page 10

SeniorPages.com

Spokane



SEMINARS/CLASSES/EVENTS/MEETINGS

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

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

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

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

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

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

SPOKANE: "Balance and Agility I" This class is designed for those who need additional help with balance and control and also help improving the way they walk. Includes 7 classes April 29-June 10,

Thursdays, 1:00-2:00 pm. Sponsored by Southside Senior Activity and Community Center. Fee: \$30 for members, \$36 non-members. For additional information call (509) 535-0803

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

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

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

SeniorPages.com

Spokane



I AM YOUR SRES®
Seniors Real Estate Specialist
Let me work with your clients
868-1761




RIVERVIEW
RETIREMENT COMMUNITY



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



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

SPOKANE CITY CREDIT UNION



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

ROCKWOOD



Senior Helpers®
Caring In-Home Companions

CALENDAR

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 5-SPOKANE VALLEY: "Cinco De Mayo Celebration" 4:00-5:00 pm at Orchard Crest Retirement & Assisted Living, Community, 222 S Evergreen. Live Mariachi Music, Wine Margaritas, Appetizers. All of this followed by a Theme Mexican Diner. RSVP to (509) 928-2222

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 13-SPOKANE: "The Five Rituals of Wealth" 2:30-4:30 pm. Tod Barnhart, the author of The Five Rituals of Wealth, will present highlights of his book. It was one of Oprah Winfrey's book choices. This is not a getting-rich presentation. It's about true wealth. Refreshments will be served. Free. Sponsored by Corbin Senior Activity Center, 327 W Cleveland. (509) 327-1584

Spokane Valley



Coeur d' Alene



Post Falls



CALENDAR (continued)

MAY 14-SPOKANE: "First Aid & Blood Borne Pathogens". 4:00-9:00 pm by Gary Beers. Learn how to provide basic First Aid and protect against blood borne pathogens. Receive certification card upon completion. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

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

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

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

MAY 17-SPOKANE: "Advanced Diabetes" 9:00 am-2:30 pm by A Burton, RN, CDE. Review diabetes basics, different types of insulin, carbohydrate counting, hypoglycemia treatment/recognition, insulin pumps, continuous glucose monitoring and exercise. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

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 22-SPOKANE: "Stroke Screening" St. Luke's Rehabilitation Institute and Community Health Education and Resources will offer free stroke screenings at St. Luke's 711 S. Cowley St from 8:00 am-2:00 pm. Screenings will include a check of blood pressure, total cholesterol, blood glucose, body fat and carotid artery assessment. Full lipid panels will be available for \$20 per person. Appointments are required. To register visit www.cherspokane.org or call (509) 232-8138

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

SeniorPages.com

CALENDAR (continued)

Liberty Lake



Southern Idaho



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

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

MAY 27-COEUR D'ALENE: "Aging Well: Caregivers Building Skills & Improving Lives: 7:30-5:00 pm at the CDA Resort. Featuring William Matteson, Ph.D. on Assessment & Misdiagnosis for professionals. Also, Matrix training workshops for professional caregivers - meets required Competency Standards. Lunch and snacks included. Sponsored by the Area Agency on Aging of North Idaho. (800) 786-5536, ext. 220

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

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

MAY 29-30-SPOKANE: "Remembering Roy Rogers and Other Western Heroes" A special Memorial Weekend at Heritage Funeral Home, 508 N Government Way. 9:00 am-5:00 pm all three days. Displays and events include: Western Artifacts and Memorabilia, Entertainment each day at 2:00 pm in the Heritage Chapel, Performance by the Rockin' B Ranch, Veterans Display, Aerospace Display, Tree of Remembrance, Antique & Classic Car Display, Refreshments in the reception room and a Band Concert Sunday at 6:00 pm at the Cross of Inspiration, Greenwood Memorial Terrace.

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

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

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

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

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

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

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

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

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

JUNE 21-SPOKANE: "Healthy Cooking" 8:00 am-1:30 pm. By Lynn Jones, RDT. Introduction to healthy cooking including tips on how to modify favorite recipes to make them healthier. Includes menu planning, simple recipes, cooking on a budget and dealing with picky eaters. Sponsored by Aging and Long Term Care

CALENDAR (continued)

of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

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

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

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

Retirement Living at Hayden Lake



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 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 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

VOLUNTEERS NEEDED

materials email Volunteer Manager Jeni Miller at volunteer@northwestwishes.org

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

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

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

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

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

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

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

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



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.

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.

SUPPORT GROUPS (continued)

An application is required, but attendance is flexible. Group members frequently find solace and comfort in the recognition that there are others going through similar experiences. Contact Bonner Community Hospice at Bonner General Hospital, call Kathryn Cook at (208) 265-1185. All bereavement services are free to residents of Bonner or Boundary counties.

ALZHEIMER'S SUPPORT GROUP:

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

SPOKANE

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

BEREAVEMENT SUPPORT GROUP:

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

CANCER SUPPORT GROUP:

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

DIABETES SUPPORT GROUP:

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

GENERAL GRIEF SUPPORT GROUP:

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

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

AFFORDABLE FAMILY HOUSING:

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

HAYDEN

STUDIO AND DELUXE APARTMENTS:

Now available for assisted living. If you know of residents in need of assisted living we would love to be of service. Contact Bret Bloodgood, Sylvan House, 600 W Honeysuckle Ave. (208) 762-40

POST FALLS

NEW FACILITY IN POST FALLS.

Garden Plaza of Post Falls offers the finest independent and assisted living facility in the area. Located in luxurious surroundings, we offer our residents the freedom to enjoy a carefree lifestyle. Monthly lease with no buy-in. Spacious apartments with a choice of restaurant style fine dining or casual bistro dining, fitness center, pool, beauty salon/barber shop, putting green, billiards room, internet cafe and more. Located at 545 N Garden Plaza Ct., (next to Wal-Mart), Post Falls. Visit our website at www.gardenplazapostfalls.com or call for more information. (208) 773-3701

VACANCIES (continued)

ASSISTED LIVING: *Legacy House*, currently has openings, to provide exceptional quality care for a loved one in need of assisted living or memory care. We are accepting private pay, Medicaid, VA and long term care insurance. Located at 1136 E Mullan Ave., the facility includes a library, computer stations, activities room and beauty salon. Tours are available. Contact: Kathleen (208) 773-8218. gail@legacypf.com

PULLMAN

OVERLOOKS BREATHTAKING

NORTHERN VIEW: A small-town attitude creates a family-like atmosphere at *Pioneer Square*, 220 SE Kamiaken. Each apartment home is equipped with a complete kitchen, wall to wall carpet, window coverings and air conditioning, Community room, computer lab, handicap accessible units, laundry on-site, pet friendly, utilities included. Catholic Housing Communities manages, preserves, and maintains affordable HUD Project-based Section 8 subsized units for lower-income seniors and persons with disabilities. Communities are staffed with property managers, maintenance, social service coordinators and part-time nurses. Contact: (509) 332-1106

ST. MARIES

ASSISTED LIVING APARTMENT

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

SPOKANE

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 subsized. *Hillyard Plaza*. Call (509) 489-7271

The Spokane Senior Pages is now available, please call for additional copies
509 468-4226

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



...continued from page 1

these cases.

Prime Targets for Identity Fraud

Senior citizens are especially vulnerable to identity theft because they are more trusting, many of them are lonely and they are less aware of the ever increasing variety of scams.

Fifty years ago, crime rates were much lower than they are now. True, there were con artists but there weren't nearly as many of them as there are now. When they were young, senior citizens didn't need to be constantly on their guard and they were more trusting of people they met. Many of them don't realize how times have changed and this increases their risk of identity theft. Identity Thieves Prey on the Lonely

Identity Thieves Prey on the Lonely

Many senior citizens are lonely. Their children have busy schedules and don't visit very often. This leaves these elderly people vulnerable to scams perpetrated by criminals who seem friendly and kind. Someone who spends time talking to a lonely elderly person establishes a rapport and gains that person's trust. Once the criminal has gained the victim's trust, he cons the victim into giving personal and financial information. The lonely senior citizen then becomes a victim of identity theft.

Scammers are always coming up with new ways to get information to commit identity theft. Identity theft wasn't very common twenty years ago but now it is one of the fastest growing crimes in the United States. Keeping up with criminal trends is not something senior citizens tend to do. This makes them more vulnerable to identity theft. They are caught unaware by scams they never envisioned during their lifetime.

Protect Seniors from Identity Theft

People with loved ones who are elderly should take the time to talk to them about their risk for identity theft. Above all else, advise them to beware of communications that were initiated by someone else (incoming solicitations). Tell them to contact companies directly from the phone book so they don't become victims of identity theft.

Be sure you are listed in the next Senior Pages





2010

***Cinco De Mayo
Celebration
at
Orchard Crest
Retirement
&
Assisted Living
Community***

**Join Us on Wednesday
May 5th 4-5pm**

**Live Mariachi Music
Wine Margaritas
Appetizers**

**All of this followed by a
Themed Mexican Dinner .**

**Please RSVP by May 3rd
928-2222**



222 S. Evergreen

