

# SENIOR REVIEW

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

Please click on our sponsors below and view their websites.

## Post Falls



## Coeur d' Alene



## Southern Idaho



## Spokane Valley



## Activities for Senior Citizens

Are you a senior citizen? Nowadays age doesn't prevent one from having one's share of fun. Jazz up your life with some entertaining activities tailor made for senior citizens. Here's some activities for senior citizens, which will keep everyone engaged and amused.

1. Mix about 200 small safety pins in an ice cream bucket along with dry oatmeal. Blindfold a person and time the person for say 10 minutes and let them see how many pins they can find in the dry oatmeal. Let everyone have a turn (blindfolded) and the one that finds the most wins a prize.

2. Take different photographs. Tear each of them into pieces. Organize the senior citizens into teams and hand over the torn pieces of a single photograph to each team. The team that first puts together the photograph wins the prize.

3. Auction. Pick up some inexpensive items from your local grocery store. Good choices would be toiletries, kitchen items, personal care products and home decorations. These items should be gift wrapped as mystery prizes. You will also require some fake money, which is equally distributed along each participant. The auctioneer will pick up a single prize at a time. The bidding then begins.

4. Hire a music band and have a dance. Encourage senior citizens with limited mobility to dance in their chairs or keep the beat to the music.

5. Organize a fashion show. Senior citizens who are unable to walk the ramp could be rolled out in wheelchairs.

6. Senior Fishing Day. Everyone is supposed to get his own fishing pole and bait along. It will help the seniors relax as well as keep themselves occupied. There should be prizes for the maximum fish caught and the biggest catch.

7. Organize a yoga class. This is especially beneficial to senior citizens. Each person should only do that yoga exercise with which he/she is comfortable. However, this activity needs care and caution.

8. Organize a one-mile walk. This is something which is within the capability of most senior citizens.

9. Mental exercises like solving puzzles and doing mathematical calculations mentally, without using a paper and pencil could be undertaken. This might delay the onset of serious old age diseases like Alzheimer's or delay the progress of the disease in people already afflicted by Alzheimer's disease.

10. Have every senior citizen bring a photo of themselves when they were babies or teenagers. The game is to guess whose photo it is. There would be attractive prizes for the winners.



...more on page 2

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

### Spokane Valley



### Liberty Lake



### Spokane



...continued from page 1

11. Monthly birthday parties could be organized. Everybody would bring inexpensive gifts for the birthday boy/birthday girl.
12. Have a quiz regarding movies, songs, TV shows, actors and other categories that the seniors will be familiar with or are enthusiastic about.
13. Playing Favorites. We guess each person's favorite choices like favorite sport, favorite food, favorite dress and so on. And of course there should be prizes for the winners.
14. Sculpting for seniors. You could use the soft clay products, which are made for children. There should be a prize for quickest sculpture created and best looking sculpture. This activity would also help in strengthening the senior's hands, dexterity and muscle control.
15. Holiday Trip. A trip to a scenic spot could be organized. Nature is one of the most effective healers of the mind.
16. Hold a flower decoration competition. Supply the flowers, vases and scissors. You are allowed to take your handmade creation home.
17. Supply the seniors with cameras. Each one can take pictures of their favorite items and display them to others as a slide show.
18. Pick up the right recipe. Place your favorite recipe among a few other recipes and ask the seniors to guess it.
19. Health Tips. Each senior can talk for a few minutes offering personal advice on health-related issues.
20. Make up a list of questions that can be answered with only yes or no. Make a circle with chairs, enough for each senior citizen to play. Ask a question and if a person can answer yes to a question, they should move to the seat on the right. The person sitting in that seat may not be able to answer yes to that particular question and will still be sitting there. So they sit on their lap. Sometimes we have 3-4 people sitting on one chair and a lot of merriment. This is a lot of fun and questions are easy like, 'Do you have on black shoes?' or 'Do you have blue eyes?' or 'Do you own a cat?' and so on. Again a word of caution is suggested as some physical activity is involved.

## 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**



## SEMINARS/CLASSES/ EVENTS/MEETINGS (continued)

**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

## CALENDAR

**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-SPOKANE:** "Alternative Therapies in Diabetes Treatments" 6:00-7:30 pm. Are you interested in or already using herbal or dietary supplements for your health? Come and learn about the most popular complementary therapies including herbal and dietary supplements commonly used by people with diabetes. Join us to learn the facts on these supplements, any potential adverse effects and drug interactions that could occur and what reliable resources there are for information to evaluate any health claims. At Deaconess Health and Education Center, 800 W 5th. Free. To register visit [www.cherspokane.org](http://www.cherspokane.org)

Injury Fall Prevention Coordinator is presenting a talk on fall prevention. Great presentation for seniors, their caretakers and family members. Lunch will be served. To be held at Deaconess Health & Education Center. Free to Senior Circle members. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767 Cemetery at 10:00 am, St. Joseph Cemetery 10:00 am, Holy Cross Cemetery at 10:00 am. Knights of Columbus Color Corps at all Masses. Please bring chairs. In case of inclement weather, Mass will be held at St. Joseph Church, 4521 N Arden Rd, Spokane Valley, Holy Cross Chapel, or the Immaculate Heart Retreat Center chapel.

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

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

*SeniorPages.com*

### Spokane



**Fairmount Memorial Association**  
Since 1888  
Preplanning Cemetery, Funeral, & Cremation Specialists



**THE ACADEMY**  
A Merrill Gardens Community



**Addus HealthCare**



**Home Instead**  
SENIOR CARE



**FAIRWOOD**  
Retirement Village



**HOSPICE OF SPOKANE**  
Comfort, Dignity & Peace of Mind  
Since 1977



**Franklin Hills**  
Health & Rehabilitation  
**The Gardens**  
Health & Rehabilitation



**Bates**  
DRUG STORES, INC.  
Pharmacy, Clinic & Medical Supply



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



**I AM YOUR SRES**<sup>®</sup>  
Seniors Real Estate Specialist  
Let me work with your clients  
868-1761

## CALENDAR (continued)

**JUNE 2-SPOKANE:** "Resident Care Provider Symposium" 1:00 am-3:15 pm. Workshop is specifically designed to meet the learning needs of those working in Adult Family Homes and Assisted Living settings You can receive 4 continuing ed hours. Hosted by Family Home Care. Fee: \$20 To register call (509) 475-7093 or 755-4951

**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 4-SPOKANE:** "Music, Art & Jazz" 5:00-8:00 pm at DeLeon's, 825 W. Riverside. Get the dad or grad in your life seasonings-plus tips from Sergio DeLeon himself to make tasty carne asada! Sponsored by Hospice of Spokane

**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 Foundation 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" 6:30 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 10-SPOKANE:** "BLS-Healthcare Provider Initial-CPR" 8:00 am-12:00 pm. Covers 1 and 2 rescuer for Adult COPR Child PR (over age 1), Infant CPR, Bag-Mask ventilations, AED, & Chocking. This class is ideal for caregivers or students going into the medical field. Course certification valid for 2 years. At St. Luke's Rehabilitation Institute, 711 S Cowley. Fee: \$60. Register at [www.cherspokane.org](http://www.cherspokane.org).

**JUNE 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: \$40. Register at [www.cherspokane.org](http://www.cherspokane.org)

**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:** "Best Ball Scramble" Golfers of all levels are welcome Activity Holes, Mulligans. String for "missed by that much" putts, raffles, 50/50 cash pot, award prizes and a super prize of a new, 2010 golf cart and a set of Cleveland CG7 pearl irons, Cleveland HiBore driver. \$80 green fee includes golf cart and lasagna dinner. Proceeds to support Corbin Senior Activity Center. For more information call (509) 327-1584

**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

### Spokane

## CALENDAR (continued)



Holy Cross Cemetery  
Queen of Peace Cemetery  
St. Joseph Cemetery

**JUNE 14-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.or](http://www.cherspokane.or) or call (509) 232-8138.

**JUNE 14-SPOKANE:** "Non-Medication Management for Diabetes" 5:00-6:00 pm A program presented for Senior Circle members at Deaconess Health & Education Center, Room 265. Dr. Joseph Taylor of Inland Family Medicine will discuss other options to help manage your Diabetes without using medication. Free to Senior Circle members. Dinner is provided. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767

**JUNE 15-SPOKANE:** "Non-Medication Management for Diabetes" 5:00-6:00 pm Dr. Joseph Taylor of Inland Family Medicine will discuss other options to help manage your diabetes without using medication. To be held at Deaconess Health & Education Center. Room 265. Free to Senior Circle members. Dinner is provided. Reservations required. For additional information contact Joey Frost Senior Circle Advisor (509) 473-3767

**JUNE 21-SPOKANE:** "Healthy Cooking" 8:00 am-1:30 pm. By Lynn Jones, RDT. Introduction to healthy cooking including tips on how to modify favorite recipes

to make them healthier. Includes menu planning, simple recipes, cooking on a budget and dealing with picky eaters. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 Post. For information call (509) 458-2509

**JUNE 22-SMELTERVILLE:** "Driving & Dementia" 2:00-4:00 pm at Shoshone Medical Center Health & Education Center, 838 Commerce Drive. Speaker is Joel Loiacono, MPA, Inland Northwest Alzheimer's Assn., Executive Director. Free and open to the public, certificates available to all attendees. For more information contact: PJ Christo (208) 666-2996 or Shoshone's Support Group Leader Aline Rohde (208) 659-6719. No reservations necessary.

**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 behavior 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 23-25-SPOKANE:** "AARP Safe Driving Class. 8:30-12:30 both days. Will be held at Harvard Park, 1616 E 30th. Need to attend both days. RSVP to Susie Workman, (509) 747-2703. You are welcome to stay for dinner after the class. [susan.workman@holidaytouch.com](mailto:susan.workman@holidaytouch.com)

### June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## CALENDAR (continued)

**JUNE 24-SPOKANE:** "Hand in Hand in Life's Final Journey Seminar" 6:00-7:00 pm at Spokane Veterans Home, 222 E 5th. Hosted by Comfort Keepers. Guest speakers from Horizon Hospice; Mark Hilditch, Director of Outreach will speak on: *The When, Why & Where of Hospice Care*, and Pastor Mike Farmer will speak on: *Soul*

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

**JUNE 25-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

**JUNE 29-SPOKANE:** "Increase Your Activity and Have Fun Too! 6:00-7:30 pm. Whether you think of activity as exercise, a hobby, the gym or just plain movement, it is the magic bullet, the perfect pill, the solution to many of our health problems. So why don't we get enough when we know it is so good for us? At this presentation we will explore the impact of activity on our health and why movement is so beneficial. We will look at simple ways to increase movement in our daily lives, all in the spirit of fun. At Providence Holy Family Health Education Center, 5633 N Lidgerwood. Free. To register visit [www.cherspokane.org](http://www.cherspokane.org) or call (509) 232-8138

**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

**JULY 1-SPOKANE:** "Herbs vs Rx" 4:00-9:00 pm. Sherri Sly speaker. Learn current information on commonly used medication, herbs, vitamins, and caution needed when taking them. 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 8-SPOKANE:** "Conflict Resolution/ Team Building" 10:00 am-3:30 pm. 1./2-hour lunch. Presented by People First. Conflict resolution and mediation, learning skills to deal with daily conflicts. Sponsored by Aging and Long Term Care of Eastern Washington. To be held at the Jim Snider Room, 1222 N Post. (509) 458-2509

**JULY 10-SPOKANE:** "Abilities, Disabilities and Employment Issues" 9:00 am-2:30 pm. Christine Bresnahan-Johnson speaker. Dealing with employment issues including encountering service animals and clients pets. Sponsored by Aging and Long Term Care of Eastern Washington. To be held at the Jim Snider Room, 1222 N Post. (509) 458-2509

**JULY 12-SPOKANE:** "Parkinson's Disease" 9:00 am-2:00 pm. Darell Cain, Parkinson's Assn. speaker. What is Parkinson's Disease? Discussing patient, caregiver and pharmacist views. Outline tips for coping. 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 12-SPOKANE VALLEY:** "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 Valley Hospital Health Education Center, 12606 E Mission Ave To register visit [www.cherspokane.org](http://www.cherspokane.org) or call (509) 232-8138

**JULY 13-SPOKANE:** "BLS-Healthcare Provider Initial-CPR" 8:00 am-12:00 pm. Covers 1 and 2 rescuer for Adult COPR Child PR (over age 1), Infant CPR, Bag-Mask ventilations, AED, & Chocking. This class is ideal for caregivers or students going into the medical field. Course certification valid for 2 years. At St. Luke's Rehabilitation Institute, 711 S Cowley. Fee: \$60. Register at [www.cherspokane.org](http://www.cherspokane.org).

**JULY 13-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)

### 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 ...[dlindstrand@21goldchoice.com](mailto:dlindstrand@21goldchoice.com)

**JULY 13-SANDPOINT:** "The Key to Dementia Care For Families & Professionals. 2:00-4:00 pm Speaker is Joel Loiacono, MPA, Inland NW Alzheimer's Assn. Executive Director. A Life Care Center of Sandpoint, 1125 N Division (208) 265-9299. Free and open to the public, certificates for all professionals No reservations necessary. For questions please call the Alzheimer's Assn. (208) 666-2996

**JULY 14-LIBERTY LAKE:** "14th Annual Good Sam Scramble" Annual fundraiser at Meadowwood Golf Course featuring a shotgun start, fun games, great prizes and a delightful post-game meal. For more information about playing and/or sponsorships please contact Kathleen Harper at (509) 924-6161, ext. 511 or e-mail: [khaper@good-sam.com](mailto:khaper@good-sam.com)

**16-SPOKANE:** "1st Aid & Blood Borne Pathogens" 4:00-9:00 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

**JULY 17-SPOKANE:** "CPR (Adult, Child, Infant)" 8:00 am-1:00 pm. Gary Beers speaker. Learn new ECC Standards, & POLST form. 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

**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

## CALENDAR (continued)

**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.or](http://www.cherspokane.or) or call (509) 232-8138

**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 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 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 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

**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



## River City Hospice

614 E. Seltice Way, Suite D  
Post Falls, ID 83854

**208-777-CITY (2489)**



*Hope, Dignity, Love...*  
*It must be Hospice!*

***What do people think of the Hot Sheet?  
Let us know.***

### CALENDAR (continued)

**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 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

**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

**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)

### VOLUNTEERS NEEDED

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)

Please send photos to be included  
in the Hot sheet  
[bob@seniorpages.com](mailto:bob@seniorpages.com)



## VOLUNTEERS NEEDED (continued)

*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

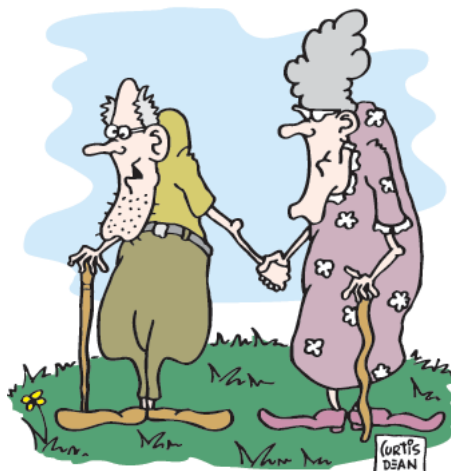
*SHIBA HelpLine*: If you have basic computer skills and an interest in health insurance and the Medicare Maze, the SHIBA HelpLine is the place for you. It is free public service, offered and trained by the Office of Insurance Commissioner. Trained volunteers provide free, informed, and impartial health 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.rsvpspokane.org](http://www.rsvpspokane.org) *Senior Nutrition Sponsored by Catholic Charities Spokane* needs volunteers to assist with serving a lunchtime meal and provide socialization for low-income seniors. They also help with educational workshops and health screenings that are provided at the meal sites for seniors. The meal site at

the Senior Center in Deer Park is open Monday through Friday, while the site at the Delaney Apartments in Spokane is open Mondays and Thursdays. For more information contact Tom Carroll in Senior Services at (509) 459-6175

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



"Remember when shake, rattle and roll meant more than just getting out of bed?"

## 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.

## SUPPORT GROUPS (continued)

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

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

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

**BEREAVEMENT SUPPORT GROUP:** Hospice of Spokane will facilitate a bereavement support group for anyone who feels a need to share and be heard. No fee. 3:00 pm on Mondays at South Side Senior Activity Center, 3151 E 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 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@legacypf.com](mailto:gail@legacypf.com)

## VACANCIES (continued)

**PULLMAN****OVERLOOKS BREATHTAKING**

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

**ST. MARIES****ASSISTED LIVING APARTMENT**

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

**SPOKANE**

**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.

**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

**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

**Senior Pages**  
2010 Spokane Now Available!



**Be sure you have copies on hand!**

For more information  
on other editions of the

**Senior Pages**

Tri-Cities/Walla Walla  
Yakima Valley/Ellensburg  
Spokane County  
Idaho

please call: 888.575.9711



*Join Us!*  
*music, art, & spices*

*Enjoy the lively Latin jazz sounds of the Chance Hangrove Group!*

First Friday, June 4,  
5-8 p.m.  
DeLeon's  
825 W. Riverside  
(Over at Heroes and Legends)

Get the dad or grad in your life seasonings—plus tips from Sergio DeLeon himself—to make tasty carne asada!

  
HOSPICE  
OF SPOKANE