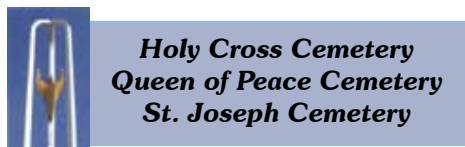


SENIOR REVIEW

Weekly Online News and "Hot Sheet" Calendar/Classifieds from Senior Pages

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Spokane



Smart Tips For Baby Boomer Retirement Planning

If you are one of America's 78.2 million baby boomers, you are likely considering what ideal retirement will look like, and the steps required achieving it. With the current economic downturn, many boomers are finding it necessary to revisit their initial retirement goals.

According to the Social Security Administration, today's retirees count on corporate pensions and Social Security for 56 percent of their retirement income.



With a few minor adjustments, some careful planning and a positive attitude, the other 44 percent is attainable.

It's never too late to start planning for retirement and life insurance should be considered. Determine your needs by deciding how much money surviving family or loved ones will need to maintain their standard of living if you are no longer around to protect them. Women need to pay particular attention to their retirement planning options.

Consider the following tips for smart retirement planning:

1. Assess your financial plan and budget.

* Begin to assess your basic retirement income sources such as a 401(k) plan, IRA, and life insurance plans.

* How much will you need to retire? Determine this by creating

...more on page 11

Spokane



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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

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

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

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

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CALENDAR

FEBRUARY 16-SPOKANE:

"February is Heart Month" Special seminar at Deaconess Health and Education Center, room 263-265 sponsored by Deaconess Medical Center and Senior Circle. 4:00-6:00 pm. Subjects: "Vascular Health" presented by Dr. Glenn Gardner, Advanced Vascular Services and "Chest Pain Center" presented by Bob Galey, Director of the Deaconess Emergency Department. Heart Helathy refreshments provided. Please RSVP to Vounteer Services at 473-3058.

FEBRUARY 16-SPOKANE: "Diet and Excercise Seminar" 10:00 am. Eating and exercising for a healthier me. At Corbin Senior Center, 827 W Cleveland. For information call (509) 327-1584

FEBRUARY 17-SPOKANE: "How to Maintain Your Credit Score" Free seminar. 11:11:45 at Corbin Senior Center, 827 W Cleveland. RSVOP to (509) 327-1584, Ext 10 by Feb. 10th.

FEBRUARY 17-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

FEBRUARY 17-SPOKANE: "Celebrity Chef Luncheon" \$5.50 in advance by Feb. 10th at Corbin Senior Center, 827 W Cleveland. (509) 327-1584

FEBRUARY 17-SPOKANE: "How to Maintain Your Credit Score" All of us know how important our credit score can be and how easily this score can be destroyed. Come and attend this informative seminar put on by Spokane Teachers Credit Union so that yoy learn how to avoid mistakes that can negatively influence your score. You

can pull up the credit report for free by using www.annualcreditreport.com and a free credit score from www.creditkarma.com. Knowing this information prior to this session is sometimes beneficial if someone wants to chat about specifics. 11:00-11:45. Sponsored by Corbin Senior Center. To RSVP call (509) 327-1584

FEBRUARY 17-SPOKANE:

"FallProof™ Balance and Mobility Training Course" Beginning Feb. 17 the classes will be Wednesdays and Fridays from 9:00-10:00 am. Cost is \$150 for 20 classes (Waterford residents pay \$100). Enrollment is capped at 10 people. Individuals must sign up by Feb. 12. To register call (509) 321-8201. Classes will be held at Waterford on South Hill, 2929 S. Waterford Drive.

FEBRUARY 18-SPOKANE VALLEY::

"Living with Chronic Pain" This is a free community presentation. Kelli Pearson, DC, DABCO, FICC will discuss the importance of good relationships, movement, and breathing techniques to improve the quality of life for those living with chronic pain. With the appropriate support from both the medical community and your pesonal relationships, living with chronic pain can be less of a struggle. Free, light meal provided. 6:30-8:00 pm at Valley Hospital Health & Education Center, 12606 E Mission. To register visit www.cherspokane.org

FEBRUARY 19-SPOKANE: "Modified Fundamentals of Caregiving"

Community Education Training by Aging and Long Term Care of Eastern Washington. Nurse Delegation, and Nurse Delegation with focus on Diabetes. At Caregiver Training Center, 1235 N Post. To register call (509) 458-2509, ext. 266

Spokane Valley



Coeur d' Alene



Post Falls



CALENDAR (continued)

FEBRUARY 19-SPOKANE: "Critical Communication" Discuss communication methods and relationship building. Includes a section of effective documentation. Taught by Sherri Sly 4:00-9:00 pm. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Classroom, 1235 N Post. For additional information call (509) 458-2509

FEBRUARY 19-SPOKANE: "Beyond Disability: Special Needs & Special Strategies" Explore physical, mental and emotional disabilities with special attention to autism, traumatic brain injuries, development disabilities, multiple sclerosis, obesity and mental illnesses. Taught by Joyce Tucker, LICSW. 1:30-6:30 pm. Sponsored by Aging & Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. For additional information call (509) 458-2509

FEBRUARY 19-SPOKANE: "Columbia River Harbor Defense System 1845-1945" Learn about the fascinating harbor defense system built first at Cape Disappointment. 9:30 am at Corbin Senior Center, 827 W Cleveland. (509) 327-1584

FEBRUARY 20-SPOKANE: "An Evening with The Winemaker Fundraiser for Center Pointe" 6:30 pm Enjoy a stunning meal on a veranda in Spain: tapas, paella, flan. A different Spanish wine with each course tastefully prepared by Catered for You. Silent auction, oral auction conducted by Mike Ferguson of Ruby Street Antiques. Wine commentary presented by John Allen from Vino! \$100/person, \$175/couple at Center Pointe, 1408 N Washington. For more information call (509) 325-5451 or email: centerpointe@qwestoffice.net

FEBRUARY 20-SPOKANE: "A Simplification Seminar" 9:00 am-5:00 pm. We will have seminars that cover things such as: estate sales, travel tours, STA bus system, hearing aids, TV ears, Bates Pharmacy, banking, moving help, organizing and selling a home. Short seminars about 45 minute long and people may go to the ones that interest them. To be held at Harvard Park Retirement Community, 1616 E 30th. For information call (509) 747-2703

FEBRUARY 22-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lower Level, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

FEBRUARY 22-SPOKANE: "Diabetes Myth Busters" Discuss common myths and misperceptions regarding diabetes. Review of diabetes, nutritional guidelines, exercise, the roll meters and medicines. Taught by Tory Lucas, RN, CDE, CCRN 9:00 am-2:30 pm Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Classroom, 1235 N Post. For additional information call (509) 458-2509

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CALENDAR (continued)

Liberty Lake



Southern Idaho



FEBRUARY 23-SPOKANE: "Dealing with Aging & Down's Syndrome" Learning to work with a new aging population. Discussing medical issues, behavioral problems and frustrations as a caregiver. 9:30 am-2:30 pm. Sponsored by Aging & Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. For additional information call (509) 458-2509

FEBRUARY 24-POST FALLS: "CareNet Meeting, Membership Networking: 12:30 pm hosted by LifeCare Center of Post Falls, 460 N Garden Plaza Court. RSVP by February 17 to Kimberlee Ciccone, ciccone2@adelphia.net or (208) 665-7373

FEBRUARY 24-SPOKANE: "Conference on Care" Presented by Hospice of Spokane & The Inland Northwest Chapter of HPNBA. Topics include: Pain management, Compassion fatigue & burnout, Building rapport with patients, and Servant leadership in the healthcare setting; All topics presented by professional experts. 8:30 am-4:00 pm at Red Lion Hotel Inn at the Park, 303 W North River Drive. Fee: \$60, Students: \$45. To register or for more information call (509) 456-0438

FEBRUARY 24-SPOKANE: "Quit and Win Tobacco Program" Quitting smoking isn't easy, especially when you try to do it on your own. This free program offers classes twice a month, flexible quite dates, chances to win prizes at each class once you quit and support to help you quit and stay quit. 6:00-7:00 pm at Providence Sacred Heart Auditorium, 20 W 9th. To register or for more information visit www.cherspokane.org

FEBRUARY 24-SPOKANE: "Conflict Resolution/Mediation" How to negotiate conflict and mediate disagreements. 9:00 am-2:00 pm. Taught by Sherri Sly. Sponsored by Aging & Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. For additional information call (509) 458-2509

FEBRUARY 24-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lower Level, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

FEBRUARY 25-SPOKANE: "Senior Networking Meeting" 3:00-5:00 pm at Harbor Crest Retirement Community, 3117 E Chaser Lane. Guest presenter is Willie Maddox, financial advisor from Edward Jones. RSVP to Lynette Hansen, Harbor Crest Director of Marketing at (509) 443-8500

FEBRUARY 25-SPOKANE: "Taste of Tomorrow" 10:30-12:00 pm. Rockwood Retirement Communities wants your ideas and input on their expansion to make sure they continue to be a reflection of what seniors are looking for in the future. You can preview architectural drawings for their new building, learn about their plans and enjoy a free lunch. To reserve your seat call 877-720-1792

FEBRUARY 26-SPOKANE: "Adult Heartsaver First Aid & CPR" This course is intended for those who need a CPR and first aid certification for adults and children. The Heartsaver First Aid Course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general principles, medical emergencies and injury emergencies, as well as adult and child CPR. 7:45-12:00 pm at St. Luke's Rehabilitation Institute, 711 S Cowley. Fee: \$50 and includes both a first aid and CPR card valid for two years. To register visit www.cherspokane.org.

FEBRUARY 27-SPOKANE: "Back Care and Transfers": Learn how to take care of your back and transfer safely. Taught by Holly David, PPT 1:00-6:00 pm. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Classroom, 1235 N Post. For additional information call (509) 458-2509



CALENDAR (continued)

FEBRUARY 27-SPOKANE:

"BLS Health Care Provider Initial" This course is for the Healthcare Professionals that respond to cardiac and respiratory emergencies. Each participant will be expected to pass a written and performance evaluation. This course covers the BLS skills for the Adult, Child and Infant patient, relief of foreign body airway obstruction (choking) in all age groups, use of the AED (Automatic External Defibrillator) and use of barrier devices. 7:45-12:00 pm at St Luke's Rehabilitation Institute, 711 S Cowley. Fee: \$65 and includes a card for two years. To register, visit www.cherspokane.org.

FEBRUARY 27-SPOKANE: "BLS Health Care Provider Renewal" This course is designed for those who hold a current AHA Healthcare Provider card and wish to renew their status. Each participant will be expected to pass a written and performance evaluation. 12:30-3:00 pm at St Luke's Rehabilitation Institute, 711 S Cowley. Fee: \$45 and includes a card valid for two years. To register visit www.cherspokane.org.

MARCH 1-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

MARCH 1-SPOKANE: "Intercultural Caregiver: Developing Understanding to Provide Compassionate Care" This training will provide caregivers with tools for successful intercultural communication and relationship building. 1:00-6:00 pm. Taught by Carlee Howie. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Classroom, 1235 N Post. For additional information call (509) 458-2509

MARCH 2-SPOKANE: "Diabetes Support Group" This setting gives you the opportunity to ask questions and participate in discussion with other community members touched by diabetes. This discussion will be facilitated by a CHER Certified Diabetes Educator. 6:00-7:00 pm at Deaconess Health and Education Center, 910 W 5th Ave. Free. No registration required. For questions call (509) 232-8145

MARCH 3-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

MARCH 3-SPOKANE: "Introduction to Developmental Disabilities" Topics include discussion of developmental disabilities including resource availability. 4:00-9:00 pm. Taught by Sherri Sily. Sponsored by Aging & Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. For additional information call (509) 458-2509

MARCH 4-SPOKANE: "Alzheimer's: What it Is & What it is Not" Symptoms and stages of Dementia" Features videos showing lessons learned and gifts received from caregivers journeys as well as examples and leading edge brain scans. 1:30-6:30 pm. Taught by Joyce Tucker, LICSW. Sponsored by Aging & Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. For additional information call (509) 458-2509



MARCH 5-SPOKANE: "Modified Fundamentals of Caregiving" Community Education Training by Aging and Long Term Care of Eastern Washington. Nurse Delegation, and Nurse Delegation with focus on Diabetes. At Caregiver Training Center, 1235 N Post. To register call (509) 458-2509, ext. 266

MARCH 6-SPOKANE: "6th Movin' & Groovin' Fair" Sponsored by Corbin Senior Activity Center, 827 W Cleveland. 8:00 am-2:00 pm. Free admission. Includes free screenings, free raffles, free massages, free Avista Engery Seminar Informational booths, lunch and more. For information contact: Christina Richardson (509) 327-1584

MARCH 8-SPOKANE: "Quit and Win Tobacco Program" Quitting smoking isn't easy, especially when you try to do it on your own. This free program offers classes two times per month, flexible quit dates, chances to win prizes at each class once you quit, and support to help you quit and stay quit. 6:00-7:00 pm at Providence Holy Family Health Education Center, 5633 N Ligerwood. Free. For questions call (509) 232-8138

MARCH 8-SPOKANE: "Diabetes Basics" Discuss types of diabetes, monitoring, diet, medications, treatment of low blood sugar and complications. Taught by Tory Lucas, RN, CDE, CCRN. 9:00 am-2:30 pm. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Classroom, 1235 N Post. For additional information call (509) 458-2509

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CALENDAR (continued)

MARCH 8-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

MARCH 8-SPOKANE: "Are carbohydrates good or bad?" Are all fats equal? Is a high protein diet a healthy diet? What role do vitamins and minerals play in good health? Should I be taking supplements? Review sound nutrition principles with a registered dietitian to help you determine the right nutrition strategies for healthy living. 6:00-7:30 pm at Providence Sacred Heart Medical Center, 101 W 8th Ave. Free. To register visit www.cherspokane.org.

MARCH 10-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

MARCH 12-SPOKANE: "Taste of Tomorrow" 10:30-12:00 pm. Rockwood Retirement Communities wants your ideas and input on their expansion to make sure they continue to be a reflection of what seniors are looking for in the future. You can preview architectural drawings for their new building, learn about their plans and enjoy a free lunch. To reserve your seat call 877-720-1792

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

MARCH 15-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

MARCH 15-SPOKANE: "Advanced Diabetes" Review diabetes basics, different types of insulin, carbohydrate counting, hypoglycemia treatment/ recognition, insulin pumps, continuous glucose monitoring and exercise. Taught by A. Burton, RN, CDE. 9:00 am-2:30 pm. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

MARCH 19-SPOKANE: "Modified Fundamentals of Caregiving" Community Education Training by Aging and Long Term Care of Eastern Washington. Nurse Delegation, and Nurse Delegation with focus on Diabetes. At Caregiver Training Center, 1235 N Post. To register call (509) 458-2509, ext. 266

MARCH 22-SPOKANE: "Skin Care, Wounds, Ostomies & Incontinence: What You Need To Know" Discussing issues, complications, treatments and preventive measures. What's your role as a caregiver? Taught by Amy Schaffner, RN, CWOCN. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

MARCH 23-SPOKANE: "Dealing with Aging & Down's Syndrome" Learning to work with a new aging population. Discussing medical issues, behavioral problems and frustrations as a caregiver. 9:30 am-2:30 pm.



Sponsored by Aging & Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. For additional information call (509) 458-2509

MARCH 24-SPOKANE: "Exercise Is NOT a Four Letter Word" Learn how to incorporate physical activity-fitness and strengthening for ADL's your specific client's needs and level of ability. 12:00-5:00pm. Taught by Betty Wyrick, RDT. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

MARCH 24-SPOKANE: "Taste of Tomorrow" 10:30-12:00 pm. Rockwood Retirement Communities wants your ideas and input on their expansion to make sure they continue to be a reflection of what seniors are looking for in the future. You can preview architectural drawings for their new building, learn about their plans and enjoy a free lunch. To reserve your seat call 877-720-1792

MARCH 25-SPOKANE: "Family members as Caregivers" Strategies to help family members negotiate and balance multiple roles and responsibilities to maximize the long-term joy of caregiving while minimizing stress and exhaustion. 1:30-6:30 pm. Taught by Joyce Tucker, LICSW. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

CALENDAR (continued)

MARCH 26-SPOKANE: "My Way or the Highway!" Conflict resolution and communication skills. Practice that you learn. 8:00 am-1:00 pm. Taught by Kelly Moore. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

MARCH 27-SPOKANE: "Time Management" Learn how to achieve more with your time and how to use your time more effectively. 9:00 am-2:30 pm. Taught by Christine Bresnahan-Johnson. Sponsored by Aging & Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. For additional information call (509) 458-2509

MARCH 29-SPOKANE VALLEY: "Senior Empowerment Exposition." 1:00-4:00 pm. Local professionals from various fields serving seniors will be there to answer your questions. Sponsored by Spokane Valley Senior Center, 2426 N Discovery Place. For information call (509) 926-1937

MARCH 29-SPOKANE: "Blood Borne Pathogens" Information on HIV/AIDS, MRSA and blood borne pathogens. What you need to know as a caregiver. 9:00 am-2:00 pm. Taught by Sherri Sly. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

MARCH 30-SPOKANE: "Community Resources: An overview of community resources. 9:00 am-2:30 pm. Taught by Becky Tiller, LMHC. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

SUPPORT GROUPS

COEUR D'ALENE

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

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

ALZHEIMER'S & DEMENTIA

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

KELLOGG

ALZHEIMER'S SUPPORT GROUP: For caregivers of those with Dementia, Alzheimer's and any related disorder. Held third Wednesday of every month

at 3:00 pm at the Wellness Center, 204 Oregon, West Conference Room (208) 556-1147 Facilitator: Aline Rohde, SSW (208) 659-6719 or Alzheimer's Assn. (208) 666-2996

POST FALLS

ALZHEIMER'S & DEMENTIA

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

MULTIPLE SCLEROSIS SUPPORT

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



SUPPORT GROUPS (continued)

SANDPOINT:

DIABETES SUPPORT GROUP:

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

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

ALZHEIMER'S SUPPORT GROUP:

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

SPOKANE

AMPUTEE SUPPORT GROUP:

Provides an opportunity to meet people, share experiences and concerns, enjoy special speakers and discuss topics important to amputees. People with amputations as well as friends and families are welcome to attend. First Wednesday of every month, 6:00-7:00 pm at St. Luke's Rehabilitation Institute.

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.

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.



EMPLOYMENT

COEUR D'ALENE

RN/LPN: *A Aging Better Home Care.* Part and full time. Competitive wages, open schedules. Call Jan, (208) 777-0308

CAREGIVERS: *A Better Personal Care, Inc.* is looking for team players to join their employment who would like to make a difference in an elderly life or children with special needs and disabilities. Come and join our Team and make a difference in someone's life. Call (208) 664-6989 to schedule an appointment/interviews with one of our team players.

CAREGIVERS: *A Full Life Agency.* Providing quality home care since 1977. Positions available throughout the state of Idaho. Contact: 1-877-855-5433

CAREGIVERS: If you have a caring spirit and like to help others, you may have what it takes to be a *Comfort Keeper*. When you become a *Comfort Keeper*, you join a growing family dedicated to providing companionship, a helping hand, and other non-medical care for seniors and disabled in their homes. To learn more about becoming a *Comfort Keeper* call (208) 765-9511 or stop by our office at 820 Best Ave.

HOME HEALTH RN CLINICAL SUPERVISOR:

This position requires management/supervision of patient care activities within the home care setting. Ability to use clinical resources to oversee patient intake, inquiries, and assess patient needs while maintaining staff scheduling and coordination of care. Must be flexible and work with all members of the health care team to provide supervision, clinical education and support to the nursing staff. Must have Idaho RN Nursing License and Home Health Experience. ADA, EOE, Drug Free, 401K, Medical Benefits, Salary DOE. *North Idaho Home Health, CDA.* (208) 667-7494

RN: Come join our team! per diem Medicaid visits and opens. North Idaho Area. Current RN Idaho license required, benefits, flexible schedule. Contact *ResCare HomeCare*, 1015 W Ironwood Dr., Suite 101. (208) 665-5579

COLFAX

CAREGIVERS/NAR & NAC: *Family Home Care & Hospice* is looking for well-seasoned nursing assistants for Whitman, Spokane and Kootenai counties. Bonuses. Apply online at www.familyhomecare.org, in person at 1200 W Fairview. 888-682-8551

NAC/LPN/RN: *Whitman Health and Rehabilitation Center* has full time positions available on all shifts. Benefits. Call Cee Cee at 509-397-4603 or apply in person at 1150 W Fairview, Colfax

LEWISTON

CNAs: *Life Care Family Home Care.* Current openings. Benefits, flexible scheduling. Contact Lavona Ray, 208-798-800 x 130

LPNs/RNs: *Idaho State Veterans Home*, immediate openings for all shifts. Looking for dedicated individuals who are compassionate and enjoy working with the elderly. Contact: Diane McDonough, DNS, 821 21st Ave.

LIBERTY LAKE

LPN/RN/NURSING ASSISTANTS: Call Joan 509-893-9300. *Guardian Angel Homes*, 23102 E Mission Ave

MOSCOW

LPN/NOC: *Aspen Park Healthcare* currently has opportunities available. A Kindred Community. Interested candidates please apply online at www.kindredhealthcare.com, in person at: Aspen Park Healthcare, 420 Rowe St or call (208) 882-4576 for more information.

POST FALLS

LICENSED NURSE OPENING: Premier Assisted Living Facility. F/T evenings, benefits. Seeking a "special" Nurse for our "special" residents. Come join a great team! *Guardian Angel Homes*, 1070 E Mullan. (208) 777-7797, ext. 108



EMPLOYMENT (continued)

CAREGIVER: Experienced, compassionate, dependable, med assist, first aid, CPR to join a great team. All shifts avail. DOE. Apply at www.legacyhouse-assistedliving.com

ST. MARIES

CNA's/NA's: *Valley Vista Care Center.* Great opportunity for caregivers that are compassionate and reliable. Competitive pay and benefits. Please call 800-473-8814

SILVERTON

RN/LPN's: Passionate about your work? So are we. At *Silver Wood Village*, quality care goes beyond words; it's an everyday practice in caring for the 50 residents in our Christian community of care. We offer competitive compensation, sign on bonus and full benefits,. For confidential consideration please call or stop by 405 W 7th St, Silverton, ID 83867 (208) 556-1147

SPOKANE

CAREGIVERS: *Addus HealthCare.* Flexible shifts. Positions available in Spokane, Colfax, Republic and Colville areas. Providing families with quality home care since 1977. Our programs are designed to help people remain safely in the comfort of their homes. Contact: (509) 326-1090 or 1-800-755-6210

ASSISTANT DIRECTOR OF NURSING/RN/LPN/NAC: Full time. Competitive pay and benefits. Contact: Donna Hitchcock, *Alderwood Manor*, 3600 E Hartson Ave. 509-535-20781 www.LCCA.com

CAREGIVERS NEEDED: Great opportunity to work with a growing home care company. Competitive wages. *Assistant4U*, (509) 443-4949

...continued from page 1

a budget that will enable you to pay your monthly expenses such as food, heat, rent and transportation. Consider expenses that may increase such as health insurance and prescription medicines. At the same time, consider those that may decrease, such as work-related and educational spending.

* Health care coverage is necessary in supplementing your financial foundation and these costs can add up fast. It's important to have an adequate plan both before and after retirement. After age 65 you are eligible for Medicare coverage. But what if you want to retire before then? Your employer may offer a plan for retiring employees, or you may have to look into private coverage, so be sure to consider this.

* Take into account variable expenses such as tax liabilities on your home, illness or the care of elderly parents. Other, often underestimated, variables include gifts, clothing, recreational expenses, and increases in costs of living. For valuable retirement planning resources and projected trends in costs of living visit www.usa.gov.

2. Begin to explore other retirement income options.

* Determine the amount of guaranteed retirement income you already have. Examples of these are cash savings, corporate pension plans, home equity, or annuity-type investments.

* Are you married? If so, how will that affect your retirement budget?

* Pay attention to how your retirement funds are earning money. Are they structured for maximum returns? It's crucial that you continually assess these funds.

* Decide when to begin Social Security benefits. According to AARP, for each year you put off collecting your benefits between ages 62 and 70, you increase your payments by 8 percent.

* Calculate your potential monthly retirement budget based on your estimated income weighed against your expenses. At minimum, you need enough retirement income to cover basic living expenses for your lifetime.

...continued on next page

SeniorPages.com

Be sure you are listed in the next Senior Pages

EMPLOYMENT (continued)

CAREGIVERS: Flexible & compassionate Caregivers, immediate openings. Experience preferred. Contact: 509-9225027 or apply online at www.athome-care.com

RN/LPN/NAC: *Avalon at Northpointe*. 9827 N Nevada. 509-468-7000

CAREGIVERS NEEDED: Flexible schedules from 2 to 24 hour shifts Spokane and surrounding areas. Apply in person at *Beneficial In-Home Care*, 706 N Maple. 509-323-0390

ACTIVITIES DIRECTOR/LPN/NAR/ CAREGIVER: For assisted living and dementia facility. Apply at *Brookdale Park Place Retirement Community*, 601 S Park Rd. (509) 922-7224

REGISTERED NURSE: RN for a busy oncology practice. Must have strong patient assessment, pain and symptom management and computer skills and love oncology. Send cover letter and resume to Human Resources, *Cancer Care Northwest*, 5105 E 3rd Ave, Spokane Valley 99212

EXPERIENCED CAREGIVERS: Full and Part time. *Care To Stay Home*. Call: (509) 340-1359. www.Caretostayhome.com

CAREGIVERS: Support the elderly with companion care in their homes. All shifts available. Training & certification. Opt. Benefits. *Family First Senior Care* 509-326-5525

RN/LPN: Evening shift, *Fairwood Assisted Living*, 312 W Hastings Rd. 509-468-0457

RN/LPN: *Franklin Hills Health & Rehab*, 6021 N Lidgerwood. 509-489-3323

* If your initial assessment requires additional income, consider part-time work during retirement, or perhaps selling your larger home for a more comfortable, carefree condo.

2. Consider life insurance - It can be the foundation of a solid retirement plan.

Start planning your retirement today. With a little strategy and the right attitude, you can build the financial security you need to live a successful, happy retirement. Visit www.sbliusa.com today - completing your application is just clicks away!

Courtesy of ARAcontent

CNA'S/LICENSED NURSES: Some full time days and evenings as well as part time. *The Gardens on University*, 414 S University. 509-924-4650.

RN: Full time. Flexible hours, make your own schedule. Apply to www.gentiva.com/jobs or call Carolyn at 509-327-5857

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What would make your home more accessible & life more comfortable?

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EMPLOYMENT (continued)

CAREGIVER/NAR: Full Time evening shift, Part time NOC shift, On-Call positions available. Must have a current WA state NAR or NAC. Fundamentals of caregiving, nurse delegation, CPR, First Aid, Dementia & Mental Health training and food handlers card. Competitive pay, evening/NOC shift differential. Premium pay for on-call status. Comprehensive benefits package available for qualified employees. Apply at: 17121 E 8th Ave, Spokane Valley, WA 99016 or contact us at (509) 924-6161, fax: (509) 924-6166. www.good-sam.com.

CAREGIVER: Seeking caregivers for our Memory Care unit. Full-time and part-time. All shifts. Must be age 18 or over and have high school diploma or equivalent. Must pass background check. Contact: Molly Carlson at *Harbor Crest Retirement Community*, 3117 E Chaser Lane. (509) 443-8500

IN HOME CAREGIVERS: FT PT In home companion care, personal assistance, light housekeeping, transportation. Non-medical care. Must drive reliable car and pass background check. HomeHelpers. (509) 999-8440 www.HomeHelpers.cc

RN/MSW: Touching lives every day. "Compassionate, Quality Care" Come join our great team! Flex hrs., competitive wages, Health, Dental, 401k. Contact Debra Johnson, DNS, *Horizon Hospice* 509-489-4581.

CAREGIVERS: *Interm Healthcare* is seeking full and part time caregivers. Contact: Paula Sweeney, 1625 W 4th. (509) 456-5665. www.intermhealthcare.com

LN: LN is responsible for assessing the training needs of nursing staff and to develop, implement, evaluate and document staff development programs including General Orientation, Job specific Orientation, In-Service, and Continuing Education Programs for nursing department personnel. Apply in person at *ManorCare Health Services*, 6025 N Assembly. 509-326-8282. www.hcr-manorcare.com

RNs/LPNs: Flexible schedules, benefits. Full and part time opportunities. *Maxim Healthcare Services*. Contact: 877-615-5678 chkyle@maxhealth.com

RN: Seeking shift candidate at our assisted living community. Candidates must be willing to fill in extra shifts as necessary, perform light housekeeping duties and be a team player. Serious and responsible applicants only. Contact: asstadmin@parkwayvillagealf.com

LPN: Work in a wonderful day program for elderly/disabled. M-F, 8:30-3:00, no holidays or weekends, full benefits. Pass meds. Routine medical & charting. Apply at *Providence Adult Day Health*, 6018 N Astor. (509) 482-2475 or e-mail resume and cover letter to Jim.Lippold@providence.org

LICENSED NURSES & NACs: On Call positions. We offer competitive wages and benefit package, state-of-the-art sub-acute and LTC center with aquatic program, strong team nursing approach, resident center philosophy and caring atmosphere. Please fax resumes to Connie Hartinger DNS (509) 444-2330 or apply in person at *Regency at Northpointe*, 1224 E Westview Court, Spokane. (509) 465-9900

CNA/NAR: Come join our team. In home care supplemental staffing. Minimum six months experience. Competitive wages. *ResCare HomeCare*, 505 N Argonne, Ste 202. 509-927-9111

LICENSED PRACTICAL NURSES: *Spokane Veterans Home* is looking for nurses and offer generous benefits including 11 paid holidays and annual sick leave. Each start at 8 hrs. monthly for FT medical, dental, life, LTD, with state salary schedule wages for dynamic, caring and dedicated caregiver for our skilled nursing facility. 2222 E Fifth. Call (509) 344-5777

LPN/RN/NAC: Shift rotating schedule, hire-on bonus. *Sullivan Park Care Center*. Apply in person or online. E 14820 4th Ave FT nights. Excellent benefits plan, shift differential. *Sullivan Park Assisted Living*, 421 S Adams Rd. Contact: Kristi Fridye 509-924-5555

IN HOME CAREGIVERS: *Visiting Angels* is looking for "Angels" to care for adults who want to remain independent in their own homes. We hire only the best so if you are caring, dedicated, and feeling the need to be needed please contact us. Contact Cindy Johnson 509-922-1141 spokanevisitingangels@hotmail.com

CAREGIVER MEMORY CARE/ HOME CAREGIVERS/RN/LPN: Full time positions, competitive wages, full benefit package. *Waterford on South Hill*. Apply in person or online. 2929 S Waterford Dr., www.waterfordspokane.com



VACANCIES

COEUR D'ALENE

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

AFFORDABLE FAMILY HOUSING:

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

HAYDEN

STUDIO AND DELUXE

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

POST FALLS

NEW FACILITY IN POST FALLS.

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

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

PULLMAN

OVERLOOKS BREATHTAKING

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

ST. MARIES

ASSISTED LIVING APARTMENT

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

SPOKANE

1-BEDROOM APARTMENTS:

Comfortable. Appliances, non-smoking, close to bus lines. 62 and older HUD subsidized. *Hillyard Plaza*. Call (509) 489-7271

BEAUTIFUL ONE-BEDROOMS: Also two studios available. *Sunset Views*. Includes three meals and snacks daily, daily activities, housekeeping and 24-hour staff. Our new wing now open. Currently accepting Medicaid. Contact: *Parkway Village*, 509-443-0401 or 509-481-1881

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



VOLUNTEERS NEEDED

COEUR D'ALENE

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

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

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

HAYDEN

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

POST FALLS

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

SANDPOINT

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

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

SPOKANE

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

KIEMLE & HAGOOD COMPANY

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

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

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

VOLUNTEERS NEEDED (continued)

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

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

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

Health Care Fair

(Hosted by WSU Nursing Students, EWCDH & Lilac Services for the Blind)

Wednesday February 17, 2010

10 a.m. - 3 p.m.

In Lilac Services for the Blind Auditorium





1212 N. Howard

There will be refreshments and many health prevention activities and screenings!

Activities/screenings:

- Body Mass Index
- Blood Pressure
- Blood Glucose
- Paraffin Hand Wax
- Foot Care
- Hearing Screening

Exhibition of tools and devices for the hard of hearing, deaf and visually impaired community, and more!

FREE H1N1 FLU VACCINE!



Center Pointe
Empowering People with Disabilities

“An Evening with The Winemaker”

Enjoy a stunning meal on a veranda in Spain: tapas, paella, flan
A different Spanish wine with each course
Tastefully prepared by Catered for You.

Silent Auction
Oral Auction conducted by
Mike Ferguson of Ruby Street Antiques

Wine Commentary presented by
John Allen from Vino! A Wine Shop
\$100/person, \$175.00/couple

February 20, 2010
Saturday, 6:30 PM
1408 N. Washington
325-5451
centerpointe@qwestoffice.net

Conference on Care

Presented by Hospice of Spokane & The Inland Northwest Chapter of the HPNA



Special presentation on
Caring for Veterans by
Deborah Grassman, ARNP,
from the VA Medical Center in
Bay Pines, Florida



To register call 509.456.0438
or visit us online at

www.hospiceofspokane.org/care.html

Wednesday,

February 24, 2010

8:30 am - 4:00 pm

Red Lion Hotel Inn at the Park

303 W. North River Drive,

Spokane, WA

Cost: \$60

Students: \$45

*Six Continuing Education Credits
available for nurses provided by HPNA

Topics Include:

- Pain management, by Bob Bray, MD
- Compassion fatigue & burnout,
by Christopher Buck, ThM, BCC, CTA
- Building rapport with patients, families
and the healthcare community through the
power of stories, by Joe Albert, PhD
- Servant leadership in the healthcare setting,
by Aaron McMurray, MA



*The Hospice and Palliative Nurses Association is an approved
provider of continuing nursing education by the California
Board of Registered Nursing (provider number CEP 7974)
to offer six nursing education contact hours.



February is Heart Month



“Vascular Health”

**Presented by Dr. Glenn Gardner
Advanced Vascular Services**

Dr. Gardner has more than 18 years experience in Vascular Surgery and is a graduate of Indiana University School of Medicine. He spent his residency at Morristown Memorial Hospital and his fellowship in vascular surgery with Boston University School of Medicine. We welcome Dr. Gardner to the Deaconess family!

Also Presenting...

“Chest Pain Center”

**Presented by Bob Galey, Director of the
Deaconess Emergency Department**

Deaconess has recently become the Spokane area's only accredited Chest Pain Center. Bob will talk to us about what this means and how this will positively impact our hospital and our patients.

February 16th, 2010

4:00pm - 6:00pm

**Deaconess Health and Education Center
Room 263-265**

**“Heart Healthy” refreshments provided. Please RSVP to
Volunteer Services at 473-3058 by Monday, February 15th.**