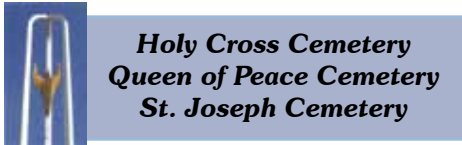


SENIOR REVIEW

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

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Spokane



Keep an eye on "Silent Killers" in the Golden years

Getting older is not easy, especially when it comes to making sure your body is healthy. Doctors probably have you watching your weight, your cholesterol and other health vitals in every effort to make sure you have a happy and full life.

But there are conditions that many times do not get mentioned during visits to the doctor because they often don't exhibit any symptoms until it's too late. One such "silent killer" is an abdominal aortic aneurysm (also known as "AAA"). Today, it's estimated that more than one million people are living with an AAA, and don't even know it.

An AAA is a blood-filled bulge or ballooning of the abdominal aorta, the artery that carries blood away from the heart to the lower part of the body. Over time, the bulge (known as an aneurysm) can become weak and the force of normal blood pressure can cause the aorta to rupture. This can lead to severe pain, massive internal bleeding or even sudden death.



While the exact causes of AAA are unknown, the risk factors that increase your chance of developing an AAA include:

- * Age: Individuals over the age of 60 are most likely to develop this condition
- * Gender: AAAs are between five to 10 times more common in men than in women
- * Family history of AAA
- * Smoking or history of smoking
- * Clogged arteries
- * High blood pressure
- * High cholesterol

...more on page 11

SeniorPages.com

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

families., and How spiritual issues play a role in caregiving. For questions or to RSVP please call Jon Clifton, RN, at (509) 456-0438 or go online at hospiceofspokane.org

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 DpwmtPWM YMCA, 507 N Howard. Free and open to the public. To register call (509) 232-8138

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

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

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

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

HAYDEN: Wood Cutting & Splitting and delivering happens every Saturday morning (except when raining) at Grace Tree Service on Hayden Ave. in Hayden. 8:30-10:30 am through October 31st. Sponsored by ElderHelp of North Idaho. Bring your gloves, chain saw and trailer. For additional information call Tom Lucas (208) 691-9727

SPOKANE VALLEY: "Do you want to expand your caregiver knowledge?" Wednesdays, October 14-November 11, 2:00-3:30 pm at Orchard Crest Retirement Community, 222 S Evergreen Rd. Hospice of Spokane is sponsoring a series of free classes to help you learn helpful tips and useful insights from pros and peers. Each session will be led by a Hospice of Spokane nurse or social worker. Topics: include: How caregivers can take care of themselves, How to prepare for legal and other planning issues, How to talk with doctors and their billing offices., How to communicate with friends and

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

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

Spokane



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CALENDAR

FEBRUARY 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

FEBRUARY 8-SPOKANE: "Healthy Cooking" 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 eating with picky eaters., 8:00 am-1:30 pm. Instructor Lynn Jones, RDT. Sponsored by Aging and Long Term Care of Eastern Washington in Caregiver Training Classroom, 1235 N Post. For additional information call (509) 458-2509

FEBRUARY 9-SANDPOINT: "ElderHelp of North Idaho, Inc. Open House! ElderHelp of North Idaho is opening an office in Sandpoint to serve seniors in need in the area. All work done by Volunteers: Help for health and safety issues, plumbing, heating and electrical issues, wheelchair ramps and home repairs. To be held at the Sandpoint Library, 140 Cedar St. 7:30-8:30 am, 11:30 am-1:00 pm and 4:30-6:00 pm. For information call (208) 304-3818 or email: info@elderhelpofnorthidaho.org

FEBRUARY 10-SPOKANE: "Free Memory Testing: 1:00-4:00 pm The symptoms of dementia may develop many years before people start noticing something is wrong. The ability to spot the symptoms of mild cognitive impairment early can help doctors diagnose dementia sooner and enable people to access appropriate medicine and memory support programs. Presented by David R Greeley, MD of Northwest Neurological,

PLLC. At Harbor Crest Retirement Community, 3117 E Chaser Lane. Free, Walk-ins welcome. To RSVP call (509) 443-8500

FEBRUARY 12-SPOKANE: "Struck By Cupids Arrow" Orchard Crest Retirement Community, 3117 Chasher Lane, Retirement Community invites you to attend a special Valentine's Day Dance, 6:30-8:00 pm. Live entertainment with the sounds of Nancy Emerson. Appetizers and wine will be served. RSVP to (509) 928-2222

FEBRUARY 12-SPOKANE: "Valentine's Party" Presented by Corbin Senior Center, 827 W Cleveland. 12:30-2:00 pm. Fee: \$5 Call (509) 327-1584

FEBRUARY 13-SPOKANE: "Valentine's Dance & Concert" 1:00-4:00 pm at Centerpoint, 1408 N Washington. Come enjoy Hillyard Belles and the Trainmen while bidding on outstanding silent auctions item! Refreshments served. Tickets \$10. Sponsored by Senior Assistance Fund of Eastern Washington (SAFE) Call: (509) 924-6976



"He opened all the windows halfway through the car wash."

Spokane Valley



Coeur d' Alene



Post Falls



CALENDAR (continued)

FEBRUARY 10-COEUR D'ALENE: "Deterring Improverishment While Providing Quality Care For Your Loved One." 6:30 pm. Speaker is Ernest Powers, Health & Welfare. At Pinewood Care Center, 2514 N 7th. (208-664-8128. Free and open to the public. Certificates of Attendance available. For questions call the Alzheimer's Association (308) 666-2996 or CDA Suppor Group Facilitator: Arlene Sleight (208) 772-2542. Reservations are not necessary.

FEBRUARY 14-SPOKANE: Valentine's Night Out on the Town" 4:00-8:00 pm at Corbin Senior Activity Center, 827 W Cleveland. Featuring music of the 50's and 60"s. Doug Younger will perform as Elvis and Neil Diamond. Dinner, wine by donation. Tickets \$20, \$25 at the door. For more information call (509) 327-1584, ext. 10 or email christina@corbinseniorcenter.org

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: "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

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

CALENDAR (continued)

Liberty Lake



Southern Idaho



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 and 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 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, Lover Leveal, 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

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-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 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 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, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

FEBRUARY 26-SPOKANE: "Adult Heartsaver First Aid & CPR" This course is intended for those who need a CPR and first aid certification for

CALENDAR (continued)

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

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 Silly. 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

CALENDAR (continued)

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

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.

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

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 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 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

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

CALENDAR (continued)

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

WHAT AN OPPORTUNITY?

You can send us your events seminars, announcements, employment opening, vacancies and anything for sale or trade and we will put it in the HOT SHEET Free!
send to:
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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 Sleight. (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

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.

SeniorPages.com

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

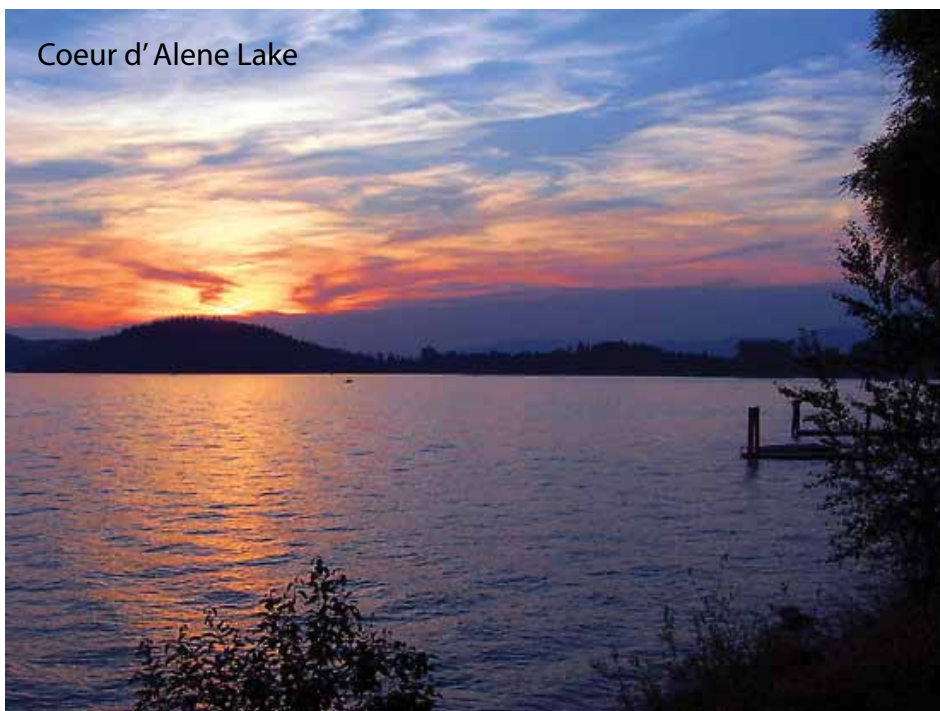
LPN/RN/NURSING ASSISTANTS: Call Joan 509-893-9300. *Guardian Angel Homes*, 23102 E Mission Ave

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



Coeur d'Alene Lake

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

Fortunately, most AAA can be detected early through a simple ultrasound screening in which a health care professional glides a sensor over the stomach to view images of the aorta, similar to a pregnancy ultrasound. The ultrasound screening takes a few minutes and helps doctors 'see' inside to determine if an AAA is present. The exam also measures the size of an AAA, a key step in identifying the best treatment option - such as a watchful, waiting approach, open surgical repair or endovascular grafting.

The good news is that if detected prior to rupture, AAAs can be successfully treated 95 percent of the time. On the contrary, only 10 to 25 percent of people survive a ruptured AAA making it the third leading cause of sudden death in men over 60.

Due to his family history of AAA, professional football legend Joe Theismann understands the risks associated with the disease. "My father was lucky. He wouldn't be here today if his aneurysm had not been detected through a routine exam," says Theismann.

Having his father diagnosed with AAA was a wake-up call to Theismann to get himself screened by a simple, painless, 10-minute ultrasound. Today, he encourages everyone to learn more about AAA and ask their physicians if they qualify for a life-saving screening.

Screenings are held across the country in an attempt to detect AAAs before they rupture and to help save lives. You can find a screening location near you at www.FindtheAAAnswers.org, which also has more information on AAA risk factors and how you can "Take the Pledge" to get screened for AAA and to keep yourself, and your loved ones, healthy into your golden years.

Courtesy of ARAcontent

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

EMPLOYMENT (continued)

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

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

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.interimhealthcare.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

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Your Source for Independent Living Supplies

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

- * Lift Chairs
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EMPLOYMENT(continued)

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



Happy Valentine's Day

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



VACANCIES (continued)

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

PULLMAN**OVERLOOKS BREATHTAKING**

NORTHERN VIEW: A small-town attitude creates a family-like atmosphere at *Pioneer Square*, 220 SE Kamiaken. Each apartment home is equipped with a complete kitchen, wall to wall carpet, window coverings and air conditioning, Community room, computer lab, handicap accessible units, laundry on-site, pet friendly, utilities included. Catholic Housing Communities manages, preserves, and maintains affordable HUD Project-based Section 8 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 call Peggy at (208) 209-1143, and/or email 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



VOLUNTEERS NEEDED (continued)

POST FALLS

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

SANDPOINT

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

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

SPOKANE

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

Deaconess Medical Center & Valley Hospital & Medical Center: In addition to learning new skills, new ideas and making new friends, volunteering provides the rewards that only come from serving others. As a

volunteer, you are a valued member of our healthcare team. All it takes is a willingness to serve. For more information on volunteer opportunities as well as an application packet, log onto www.emmpirehealth.org and click on "Become a Volunteer." Or call: Volunteer Services Deaconess: (509) 473-3058 or Valley: (509) 473-5414 or e-mail: volunteers@emmpirehealth.org

Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children. There are a variety of volunteer opportunities available. For more 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 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

KIEMLE & HAGOOD COMPANY

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

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

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



To register call 509.456.0438

or visit us online at

www.hospiceofspokane.org/care.html



*The Hospice and Palliative Nurses Association is an approved provider of continuing nursing education by the California Board of Registered Nursing (provider number CEP 7976) to offer six nursing education contact hours.

Valentine's Night Out on the Town

Featuring the Music of the 50's & 60's

Sunday, February 14, 2010 4 -- 8PM



- ♥ Presenting Doug Younger performing as ELVIS and NEIL DIAMOND.
- ♥ Dinner consisting of appetizers, mixed green salad, Paula's famous dinner rolls, Chicken I. 'Orange, wild rice, broccoli, and a chocolate surprise dessert.
- ♥ Wine by Donation.
- ♥ Doors Open at 4:00 PM for Social Hour. Dinner served at 5 PM.
- ♥ Tickets are \$20 pp/\$25 at the door. Table of 8 is \$150 in advance.



Corbin Senior Activity Center
 827 W. Cleveland, Spokane, WA 99205
 For more info, call 509-327-1584 x 10
 or e-mail christa@corbinseniorcenter.org

This event is underwritten by our Community Partner Humana.

ElderHelp of North Idaho, Inc.

Open House!

At the Sandpoint Library - 140 Cedar Street

Tuesday,
February 9th, 2010

7:30 - 8:30 AM
11:30 AM - 1:00 PM
4:30 PM - 6:00 PM

**ElderHelp of North Idaho is opening
an office in Sandpoint to serve
seniors in need in our area.**

- All work done by Volunteers
- Help for Health & Safety Issues
- Plumbing, Heating & Electrical Issues
 - Wheel Chair Ramps
 - Home Repairs



Phone: (208) 304-3818
Email: info@elderhelpofnorthidaho.org
Website: www.elderhelpofnorthidaho.org
Being a Blessing on Purpose

Struck By Cupids Arrow



Orchard Crest

Retirement Community would like to cordially invite you to attend our special Valentine's Day Dance....

**Friday February 12th from
6:30pm to 8:00pm.**

**Live Entertainment with the sounds of
Don & Nancy Emerson.**

**Appetizers and wine will be served.
RSVP to 509 928-2222 By February 5th.**

Hope to see you there!



Lake City Senior Center

BINGO

HIGH STAKES BINGO

SATURDAY FEBRUARY 20TH

Purchase Games at 11:00 AM

12:00 PM First Call

3:00 PM End

*15 seconds between calls

ALL CASH PRIZES

SELLING GAME PACKAGES:

\$30 PACKAGE:

- 1 pack of regular games
- 2 green specials
- 2 pink specials
- 1 pick 8

\$50 PACKAGE:

- 2 Packs of regular games
- 4 green specials
- 4 pink specials
- 2 pick 8's

||| MORE SATURDAY BINGO SESSIONS TO COME |||

Valentine's Day Brunch
Sunday, February 14, 2010
8am—12pm



Sponsored by
Loyalton of Cd'A

\$6/plate adults

\$4/ plate kids

At Lake City Senior Center

1916 Lakewood Drive
667-4628



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

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