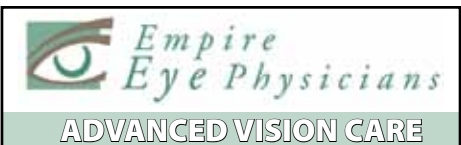


SENIOR REVIEW

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

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Spokane Valley



Liberty Lake



Spokane



Must-haves for a mature household

The aging population will have the second biggest impact of any factor on the remodeling industry over the next five years, according to the AARP and National Association of Home Builders. Why? Because today's homeowners overwhelmingly prefer to live independently in their current homes, even if it means remodeling to meet their needs.

Whether you modify your current house or purchase new these are some must-haves to ensure you'll have a safe, secure and easily maintained home in which to spend your golden years:



Floor plan

- * Open floor plan with wide, accessible paths
- * Single-story home or a two-story with a first-floor master bedroom

Bathroom

- * First-floor master bathroom equipped with safety products, such as grab bars, elevated toilet seats and shower chairs
- * Curbless shower, featuring a handheld showerhead with an extra long hose
- * Adjustable- or varied-height countertops

Kitchen and laundry

- * Adjustable- or varied-height countertops
- * Upper wall cabinetry 3 inches lower than conventional height
- * Pull-out kitchen faucet with lever handles
- * First-floor laundry with front-loading machines

Electrical and security

- * Light switches by each entrance to halls and rooms
- * Security system connected to police, fire and EMS
- * Flashing porch light or 911 switch

...more on page 11

SeniorPages.com

Spokane



SEMINARS/CLASSES/EVENTS/MEETINGS

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

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 Dpwmtpw 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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& Peace of Mind
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Southside
Senior Activity Center
www.sssac.org

CALENDAR

JANUARY 25-SPOKANE: "Walking Group" Physical activity can improve your mood and your health. Stay active this winter by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 5:30-6:30 pm at the Downtown YMCA, 507 N Howard St. Free and open to the public. Sponsored by Inland Northwest Health Services. To register call (509) 232-8138

JANUARY 26-SPOKANE: "Tour Party" 1:00 pm. At Corbin Senior Activity Center, 827 W Cleveland. Free. For reservations call (509) 327-1584

JANUARY 27-COEUR D'ALENE: "CareNet Meeting" 12:30 pm. Hosted by Fairwinds-Coeur d'Alene Retirement, 2340 Seltice Way in the Northwind Event Center. Speaker: Dr. Robert Anker, Medical Director, Hospice of North Idaho. RSVP by January 22 to Kimberlee Ciccone, CareNet Secretary ciccone2@adelphia.net or (208) 665-7373

JANUARY 27-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 St. Free and open to the public. Sponsored by Inland Northwest Health Services. To register call (509) 232-8138

JANUARY 28-POST FALLS: "A Winter Wonderland Ball Open House: 11:00 am-2:00 pm at Legacy House, 1136 E Mullan Ave. Food, Formals and Fun! Best Dressed Contest! Help Elect our King and Queen of the Day. RSVP with Kathleen at (208) 704-0283 or (208) 773-8218

JANUARY 29-SPOKANE: "Northwest Treasures" 10:00 am-3:00 pm. If you like to have a little mystery in your life, join us for this tour. It's all about

discovering Northwest Treasures. You never know where you'r gonna find them. One thing is for sure, there are lots of them in and around Spokane. Come and discover them with us. Fee: \$12 includes transportation and escort. Sponsored by Corbin Senior Center. (509) 327-1584

JANUARY 30-SPOKANE: "Beat The Blues Luau" 5:00-7:00 pm. Learn how Harvard Park, 1616 E 30th, will pay your moving cost to enjoy the fun fulltime. For information call (509) 747-2703 or e-mail: 5126-manager@holidaytouch.com

JANUARY 30-SPOKANE: "17th Annual Chef's Culinary Classic" Join us for the 17th annual Chef's Culinary Classic benefiting Children's Miracle Network. Over 30 Chefs from throughout the Inland Northwest will prepare a seven course culinary masterpiece. Each course will be paired with a fine wine provided by the Odom Corporation. Couples will also go home with a gift from Cutco Cutlery. The evening also features high-end live and silent auctions. Limited seating. Sponsored by Inland Northwest Health Services. 6:00 pm. Tickets are \$150/ person. Contact: cmnspokane.org or call (509) 473-6370



Coeur d' Alene



Post Falls



Southern Idaho



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 Classifieds Free! send to:

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CALENDAR (continued)

FEBRUARY 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. The discussion will be facilitated by a CHER Certified Diabetes Educator. 6:00-7:30 pm at Deaconess Health and Education Center, 910 W 5th Ave. Free. No registration is required. For questions call (509) 232-8145

FEBRUARY 2-SPOKANE VALLEY: "Roth IRA Conversions" 6:30-8:00 pm Hosted by Thomas Nihoul Senior Financial Advisor of Nihoul & Associates. Jason Piper, MFS Investment Management Co, will also present the "Dream Book" Retirement Planning Beyond the Numbers. To be held at Center Place, 2426 N Discovery Place. RSVP by January 28 to (509) 777-0803, ext. 6

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 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 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

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 Support Group Facilitator: Arlene Sleigh (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 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 tatefully 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

CALENDAR (continued)

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

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 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



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:

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.

ROCKWOOD

SUPPORT GROUPS (continued)

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

Please forward a copy of the **HOT SHEET** to others in the Senior Industry.

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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.

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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.

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/NAC & 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

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

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

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

Send us your event pictures!

EMPLOYMENT (continued)

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

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: 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

EMPLOYMENT (continued)

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

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

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 subsized units for lower-income seniors and persons with disabilities. Communities are staffed with property managers, maintenance, social service coordinators and part-time nurses. Contact: (509) 332-1106

ST. MARIES

ASSISTED LIVING APARTMENT

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

SPOKANE

1-BEDROOM APARTMENTS:

Comfortable. Appliances, non-smoking, close to bus lines. 62 and older HUD subsized. *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

VACANCIES

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



Americans traveling to Vancouver for the 2010 Winter Olympics are being warned by the U.S. State Department to stay vigilant about terrorist threats.

The Olympic Rings are lit up in the water of Coal Harbour on the Vancouver, British Columbia... (Andy Clark / Reuters)



A recently issued fact sheet from the agency warns that al Qaeda's "demonstrated capability to carry out sophisticated attacks against sizeable structures – such as ships, large office buildings, embassies, and hotels – makes it one of the greatest potential threats to the Olympics."

The warning is part of a security assessment the U.S. government has issued in advance of the Games, which are expected to bring 60,000 to 135,000 spectators to the coastal city each day of the competitions.



The State Department said that although there have not been any "specific, credible terrorist threats" to the Games so far, "in the post-September 11th world, the threat from international terrorist groups at major public events is always a principal concern."

**KIEMLE &
HAGOOD
COMPANY**



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

...Must-haves for a muture household

Flooring

- * Smooth, non-glare, slip-resistant surfaces
- * Less than 1/2-inch pile carpet with firm padding

Exterior

- * Low-maintenance exteriors, such as vinyl or brick
- * Covered garage or carport
- * Handrails near steps

For more information about ADA-compliant pull-out kitchen faucets from Moen or bath safety products, such as SecureMount Grab Bars, elevated toilet seats and shower chairs from Home Care by Moen, call 800-BUY-MOEN(800-289-6636) or visit moen.com.



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Prevent Falls!

Convert your existing tub into a walk-in tub in just a couple of hours to enjoy a safe shower or bath!

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...how am I going to get outta here...?



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www.safebathtub.com (509) 670-2711

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 Auxiliary, stop by the information desk in the hospital lobby area and pick up an application.

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

SPOKANE

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

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

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

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

Peaks & Plains Medical, Inc.
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What would make your home more accessible & life more comfortable?

- * Lift Chairs
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VOLUNTEERS NEEDED (continued)

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

Come One, Come All
Legacy House
 Presents
"A Winter Wonderland Ball"
Open House

Location:
Legacy House
 1136 E. Mullan Avenue
 Post Falls, Idaho 83854

R.S.V.P. with Kathleen:
 (208) 704-0283 or (208) 773-8218

Date:
 Thursday January 28, 2010

Time:
 11:00-2:00

Food, Formals and Fun!
Best Dressed Contest.
Help Elect our King and Queen
of the Day.
Hope to See You Here.



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

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

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:

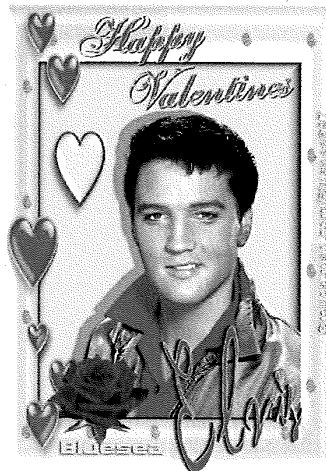
- Pain management, by Bob Bray, MD
- Compassion fatigue & burnout,
 by Christopher Buck, ThM, BCC, CTA
- Building rapport with patients, families
 and the healthcare community through the
 power of stories, by Joe Albert, PhD
- Servant leadership in the healthcare setting,
 by Aaron McMurray, MA



*The Hospice and Palliative Nurses Association is an approved provider of continuing nursing education by the California Board of Registered Nursing (provider number CEP 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 L '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.