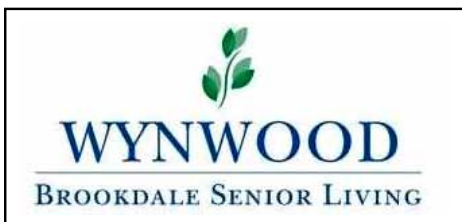


SENIOR REVIEW

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Tri-Cities



Alzheimer's: Early Detection, Risk Factors Are Crucial

By Elizabeth Landau

With more than 5 million people suffering from Alzheimer's disease in the United States, a number that's expected to rise to 16 million by 2050, the pressure is on to find better methods of diagnosis, treatment and prevention.

Around the world, Alzheimer's disease is the second most feared disease, behind cancer, according to a recent survey of five countries conducted by the Harvard School of Public Health.

Yet there is still a lot of misinformation: Only 61% of Americans who responded to the survey correctly identified Alzheimer's disease as a fatal illness. Many participants also mistakenly believe there are sure diagnostic methods and effective treatments to slow the disease, but most would seek medical attention if they became aware of their own early signs.



The research that came out of the Alzheimer's Association 2011 International Conference on Alzheimer's Disease, which took place in Paris, reflects a growing emphasis on early detection.

Research suggests the best targets for exploring treatments are patients who do not have full-blown Alzheimer's disease, but experience mild symptoms. Scientists have identified biological indicators called biomarkers that seem to be associated with Alzheimer's, although they are not perfect predictors.

[Alzheimer's Association: 10 signs of Alzheimer's](#)

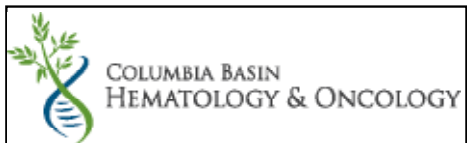
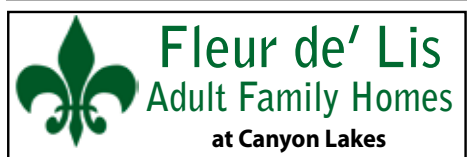
"Things are heading earlier and earlier. And the use of biomarkers has been really essential for helping everybody move toward an understanding of

more on page 4...

Tri-Cities



TriCities Internet Provider



Walla Walla



SEMINARS/CLASSES/EVENTS/MEETINGS

SUNDAY

KENNEWICK: "Family Pancake Breakfast" the first Sunday of every month 8:30-11:30 am. A traditional home cooked breakfast served by volunteers! Also enjoy the sounds of Margie and Her SideKicks Band from 9:00-11:00 am. Pay at the door, Kennewick Senior Center, 500 S Auburn. (509) 585-4303. Sponsored by Kennewick Senior Center and The Manor At Canyon Lakes.

MONDAY

KENNEWICK: "Clay Sculpting" – Meet other enthusiastic sculptors and sculpt new creations or finish an existing project, no experience necessary. Please bring your own supplies and projects. Class is ongoing, join anytime! Join us Mondays, 1 pm – 2 pm, \$1.00 per person. For information call the Kennewick Senior Center at (509) 585-4301

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

HERMISTON: "Look Good, Feel Better" FREE classes sponsored by the American Cancer Society for those seeking makeup and skin care strategies to help when cancer and cancer treatment causes sensitive skin and hair loss issues. Conducted by local cosmetologists with specialized training and licensing. These classes are interactive and provide free makeup kits for all participants. 2:00-4:00 pm at Good Shepherd Community Wellness Center. Mary Hensal at (541) 449-1352 to pre-register.

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for the four-class series. For more information please call (541) 667-3509

PENDLETON: "First Aid Class" First Monday of each month (unless holiday then Second Monday) 1:00-5:00 pm or 5:00-10:00 pm. Please call for further information. Certification cards are valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Contact Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

MONDAY & WEDNESDAY

HERMISTON: "Exercise Band Class" Increase our strength and flexibility. Perfect for seniors! Mondays: 12:00-12:30. Wednesdays 11:30-12:00 pm. Instructor Paula Hagel, BS, GSMC Wellness Coordinator, Certified American College of Sports Medicine-Clinical Exercise Specialist. to be held in the Good Shepherd Community Wellness Center. Fee: \$15 for 10 weeks; \$5 per resistance band. For more information please call (541) 667-3509

TUESDAY

KENNEWICK: Free blood pressure test at the Kennewick Senior Center, 500 S. Auburn. A certified nurse from The Manor at Canyon Lakes is at the center from 9:00-10:00 am. No appointments required.

This "SENIOR REVIEW" is a free service to and for the advertisers of Senior Pages throughout the Northwest. It is e-mailed to individuals and businesses in the senior industry on Monday of each week. If you have any announcements similar to those below please e-mail them by Friday of each week to dale@seniorpages.com

Walla Walla



SEMINARS/CLASSES/EVENTS/MEETINGS

WALLA WALLA: Free blood pressure/ sugar test at The Center At The Park, 720 Sprague on the second Tuesday of the month at 11:30 am.

TUESDAY & THURSDAY

HERMISTON: "WISE Yoga for Seniors" Free one-month class. Gentle standing and seated yoga for seniors. Increase your strength and flexibility. Improve your balance and focus. October 7-29th, 11:00am-Noon. Sponsored by Good Shepherd Medical Center. To be held in the Wellness Center. Instructor: Judy Ricketts. For information call (541) 289-0656

WEDNESDAY

KENNEWICK: Free Tax Assistance each Wednesday February 2-April 13 from 12:30-3:30 pm. By appointment only. Tax advisors can't guarantee you will be seen if you don't have an appointment. Sponsored by AARP, Tax aid, IRS and the Kennewick Senior Center. (509) 585-4303

KENNEWICK: Develop a health habit with this free and friendly walking group. Get to know new people and rediscover Keewaydin Park and Downtown Kennewick. For those interested, we will walk on Monday and Wednesday mornings at 9:00 am. Free for anyone interested. For information call the Kennewick Senior Center at (509) 585-43031

KENNEWICK: "Casual Woodcarving" Have a love for woodcarving? Come meet with others that share the same passion. We have many figurines, ornaments and projects to choose from. Participants provide their own wood, tools, and supplies. Ongoing class at Kennewick Senior Center 1:00-3:00 pm. Fee: 50 cents. To register call (509) 585-4303

PENDLETON: "CPR/AED Class" Every third Wednesday of the month. 1:00-5:00 pm or 6:00-10:00 pm. Our classes are all inclusive, Adult, Child and Infant CPR/AED. Certification cards valid for two years. Registration in advance is required to ensure seat availability. Large group discounts are available. Held at St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. Contact Lori Weaver (541) 278-3233 Fee: \$35 Class + \$15 manual

RICHLAND: On the first Wednesday of each month, Healthy Ages, a program of Kadlec Medical Center, conducts a class devoted to sorting out Medicare questions. The class is tailored to meet the needs of those with retiree plans as their secondary insurance, and for those who need to find a Medigap or Medicare Advantage Plan. Class also includes information regarding Medicare Part D drug plans. 9:00 am-1:00 pm. and 1:00-3:00 pm. To register call Janet at Health Ages. (509) 942-2700

RICHLAND: Free hearing screenings and hearing aid checks and cleanings the third Tuesday of each month from 10:00-11:00 pm in the wellness room at the Richland Community Center, 500 Amon Park Dr. The free tests are courtesy of Columbia Basin Hearing & Balance Center. To schedule an appointment call (509) 942-7529

WALLA WALLA: Diabetes workshops at Providence St Mary Medical Center, Mother Joseph Room, 11:00am-2:00 pm 2nd Wed each month. For newly diagnosed diabetic or those who need a review of diabetes self-management. Workshops provide information that is easily adaptable to your lifestyle. Information will be provided on nutrition, medications, home glucose monitoring, exercise, and avoiding long and short-term complications. Certified diabetes educators, dietitians & other health care professionals. (509) 525-3320, etc. 282

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SEMINARS (continued)

WALLA WALLA: Grief support group March 23-May 25. A morning group will meet from 10:00-11:30 am and an evening group meets from 6:00-7:30 pm at the Walla Walla Hospice office. The WWCH bereavement team will facilitate the group. The book *Understanding Your Grief* by Dr. Allan Wolfelt is used as a guideline. There is no charge, but participants are encouraged to register by calling the WWCH office at 525-5561 or by email to info@wwhospice.org before March 17, 2011

THURSDAY

HERMISTON: "Tobacco Cessation Classes" Have you made a commitment to quit smoking or using chewing tobacco, but need support? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for the four-class series. For more information please call (541) 667-3509

KENNEWICK: "Free Hearing Screenings" Hearing care from our experienced Audiology Certified professionals. Sponsored by Columbia Basin Hearing & Balance Center. Call (509) 396-6950

PENDLETON: "Caregiver Support Group" Presented by the Alzheimer's Association at McKay Creek Estates, 1601 Southgate Pl the third Tuesday of the month at 6:30 pm. Facilitator: Duane Thomson. For additional information call (541) 278-5683

*Click Here to see our
slideshow
on
SeniorPagesVideos*

...continued from page 1

what the earliest changes are and when they can be detected," said Dr. Allan Levey, chair of neurology at Emory University School of Medicine.

EARLY DETECTION

So far, no drug has been developed to significantly slow the progression of the disease in all patients. And there's no way to halt or reverse the decline of memory and other cognitive abilities once Alzheimer's has been diagnosed. Since attempts to help patients who already have symptoms in these ways have failed, scientists must look to the earliest stages of Alzheimer's in hopes of stopping it before it begins.

Studies presented at the conference reinforced the notion that signs of Alzheimer's may develop in the brain 10 to 20 years before any symptoms begin.

A substance in the brain called beta-amyloid has been associated with dementia in people who have those kinds of symptoms. This is the main ingredient of plaques that build up in the brains of Alzheimer's patients.

People with a rare genetic form of Alzheimer's, whose specific genetic mutations guarantee that they will develop the disease, tended to show signs of amyloid plaques in PET scans and cerebrospinal fluid 10 to 20 years before the onset of symptoms. These results come from the Dominantly Inherited Alzheimer Network project.

But that represents only a small fraction of Alzheimer's patients -- 1% of cases worldwide, specifically. If you don't have the genetic form, there's no way to tell if you will go on to develop the disease, even if you have accumulation of amyloid plaques. There are some people who have them but do not show symptoms of Alzheimer's.

The kinds of tests that would detect beta-amyloid levels are not widely available. And it's not clear that pulling the amyloid plaques out of the brain reverses the process of cognitive decline; this is one area of research right now.

Another biomarker of interest is a protein called tau, implicated in the neurofibrillary tangles -- which basically take the shape of cells and destroy them -- that build up in the brains of Alzheimer's patients, particularly in the memory center called the hippocampus. But there's no scan to detect these tangles in a living patient.

A major focus of research on early detection is patients who have mild cognitive impairment, a collection of symptoms involving difficulty with memory, language and other mental functions, but which does not interfere with everyday life. It is not necessarily a precursor to Alzheimer's disease, but it does raise the risk of progressing into that more severe illness.

Understanding mild cognitive impairment is important in coming up with better treatments for dementia in general, because the brain hasn't deteriorated as much as in Alzheimer's, so it may not be too late to intervene, experts say.

The brain is the primary organ the disease attacks, but a small study

more on page 8...

SEMINARS (continued)

RICHLAND: Free blood sugar and blood pressure testing on the third Thursday each month. A nurse from Richland Rehab & Eagle Assisted Living will be giving the free tests. The test takes just minutes and there is no need to fast prior to being tested. Blood sugar results are given immediately. No appointments are necessary. 1:00-1:30 pm.

WALLA WALLA: Foot Care by appointment only with Denise Schilling at The Center At The Park, 720 Sprague. For information call (509) 527-3775

WALLA WALLA: Legal Counsel the fourth Thursday of the month with Larry Siegel or Carol Jean Thompson at The Center At The Park, 720 Sprague. For information call (509) 527-3775

CALENDAR

OCTOBER 3-PENDLETON: "First Aid Class" 1:00-4:30 pm. Learn what to do for a stroke/heart attack/sock/seizure victim; First Aid Basics - bleeding wounds, allergic reactions, adult/child choking, broken bones/sprains, bandaging and splinting extremities, etc. Certification good for 20year. Advance registration required. Sponsored by St. Anthony Hospital. Fee: \$50. To register call Lori Weaver (541) 278-3233 or email loriweaver@chiwest.com

OCTOBER 4-WALLA WALLA: "American Heart Association CPR" 6:30 pm. In this one-night class you will learn how to perform cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver on adults as well as infants and children. Participants will receive an American Heart Assn. participation card. Fee: \$25. Sponsored by Walla Walla General Hospital. To register call (509) 522-2424

OCTOBER 8-KENNEWICK: "Free Breast and Cervical Cancer Screening: 9:00 am -12:00 pm Presented by Tri-Cities Cancer Center in partnership with Lourdes Health Network. Screening for: uninsured or under insured women age 18-64, free breast and cervical exam with Pap test, Women age 40 and older will receive a free mammogram, as appropriate, HPV, if indicated. Examinations provided by Lourdes Health Network practitioners at the Lourdes West Pasco Clinic. Appointments required. For questions call (509) 783-9894

OCTOBER 10-WALLA WALLA: "American Heart Association CPR" 6:30 pm. One-night class you will learn how to perform cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver on adults as well as infants and children. Participants will receive an participation card. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509) 522-2424

OCTOBER 11-KENNEWICK: "Heartsaver First Aid" 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration required. Call (509) 586-5119

OCTOBER 11-WALLA WALLA: "Basic First Aid" 6:30 pm. In this one night class you will learn how to perform basic first aid and receive American Heart Assn. First aid Certification. Fee: \$25 Sponsored by Walla Walla General Hospital. To register call (509) 522-2424

OCTOBER 12-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-8:30 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of Adult and Child AED. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration is required. Please call (509) 586-5119

OCTOBER 12-WALLA WALLA: "Fall Prevention Festival. Festival Fun 10:00 am-2:00 pm. Dinner 11:00 am-1:00 pm. Raffles, games, prizes presented by the Walla Walla Senior Center, 720 Sprague. Dinner \$3 over 60, \$6 under 60. Festival is Free.

OCTOBER 14-KENNEWICK: "All You Can Eat Spaghetti Feed Fundraiser" 4:0-7:00 pm. Raffle and silent auction. Proceeds to benefit Edith Bishel Center for the Blind & Visually Impaired. To be held at the Kennewick Valley Grange. For additional information call (509) 735-0699

OCTOBER 18-WALLA WALLA: "American Heart Association CPR" 6:30 pm. One-night class you will learn how to perform cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver on adults as well as infants and children. Participants will receive an participation card. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509) 522-2424

OCTOBER 19-RICHLAND: "Managing Emotions, Communicating Feelings, Asperger's & Girls, and Improving the Education Experience with Dr. Tony Attwood" Dr Attwood is the world's foremost authority on the subject of Asperger's Syndrome - a developmental disorder generally defined as high-functioning autism. 8:30-4:30 pm at the Tree Rivers Convention Center. To register call (509) 943-8455 or online at www.NeurologicalResource.org



CALENDAR (continued)

OCTOBER 19-WALLA WALLA: "Autumfest" Free music by Ron Haney. Contests, prizes, special pumpkin desserts. Free Tours. For additional information contact Quail Run Retirement Community, 1701 Plaza Way. (509) 529-2180

OCTOBER 19-PENDLETON: "CPR Class" 1:00-5:00 pm and 6:00-10:00 pm. Healthcare Providers/General public: learn adult/child/infant CPR/AED and obstructed airway/choking. Classes meet every 3rd Wednesday. Certification good for 2-7 years. Advance registration required Sponsored by St Anthony Hospital in the Blues Room. Fee: \$50. Contact Lori Weaver (541) 278-3233.

OCTOBER 20-WALLA WALLA: "Basic First Aid" 6:30 pm. In this one night class you will learn how to perform basic first aid and receive American Heart Assn. First aid Certification. Fee: \$25 Sponsored by Walla Walla General Hospital. To register call (509) 522-2424

OCTOBER 22-KENNEWICK: "Harvest Bazaar" 9:00 am-3:00 pm at the City of Kennewick, Senior Center, 500 S Auburn. For booth reservations call (509) 585-4303

OCTOBER 24-WALLA WALLA: "Basic First Aid" 6:30 pm. In this one night class you will learn how to perform basic first aid and receive American Heart Assn. First aid Certification. Fee: \$25 Sponsored by Walla Walla General Hospital. To register call (509) 522-2424

OCTOBER 27-WALLA WALLA: "Healthcare Provider CPR" 6:30 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Sponsored by Walla Walla General Hospital. Fee: \$25. For information call (509) 522-2424

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...continued from page 4

presented at the conference suggests the eyes may also reveal signs of Alzheimer's. Researchers looked at photos of retinal blood vessels and found some differences in Alzheimer's patients, but further research is needed to confirm this idea of using an eye exam to help diagnose Alzheimer's. The same holds for a study suggesting that [falling is indicative of Alzheimer's early stages](#): It's a preliminary idea that needs further investigation.

Identifying risk and prevention factors

Another area of focus is identifying risk factors for Alzheimer's disease. These are associations, not known direct causes.

"Age is a risk factor we can't modify, at least yet. Our genetics, we can't modify yet, which is another major risk factor," Levey said. "But certainly seeking clues about ones that are modifiable is an important" research area.

At the Paris conference, researchers said 3 million cases of Alzheimer's could be prevented worldwide if lifestyle-based, chronic disease risk factors were reduced by 25%. This estimate is based on a mathematical model.

In the United States, physical inactivity had the biggest association with Alzheimer's out of the risk factors studied, followed by depression and smoking. Midlife hypertension, midlife obesity, low educational attainment and diabetes are other risk factors.

"If we can demonstrate that these risk factors can be modified, and that it will lead to lower rates of Alzheimer's disease, the impact could be huge," Levey said.

People in their 40s and 50s have still got perhaps a couple of decades to modify lifestyle to potentially lower risk, he said.

There is also growing evidence that head trauma may increase the risk of dementia. One study presented at the conference in Paris found that traumatic brain injury was associated with dementia among older veterans.

A study of former NFL players suggests that football players also may be at increased risk for mild cognitive impairment or similar cognitive decline, perhaps as a result of repeated head injury during these former athletes' sports careers. In fact, [75 former professional football players are suing the NFL](#), alleging that the league concealed information about the harmful effects of concussions on the brain for decades.

There is also the idea of cognitive reserve: that keeping the mind active can at least delay the onset of dementia. It also seems that intelligence might help the brain stay in the mild phase of the disease longer, although more study needs to be done in this area as well.

"We know that highly intelligent people have more tolerance to plaque buildup and to loss of energy in their brains than people with lower levels of intelligence and less education," said Dr. Steven DeKosky, vice president and dean of the University of Virginia's School of Medicine, at an Alzheimer's forum at the National Press Foundation in May. "Their brain basically fights it off and finds some other ways to get the things done."

more on page 7..

CALENDAR (continued)

NOVEMBER 1-WALLA WALLA: "American Heart Association CPR" 6:30 pm. One-night class you will learn how to perform cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver on adults as well as infants and children. Participants will receive an participation card. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509 522-2424

NOVEMBER 5-PASCO: "Punch Out Diabetes Now & Stay Healthy Forever" 9:00 am-1:00 pm. Sponsored by the Tri-Cities Diabetes Coalition. 8:30-9:00 am. First 50 people can receive free Glucose and Hemoglobin A1C (available only for those without health insurance) Special presentation on "Best Controlled Practices" rom Irene Feria, MD. Presented in English and Spanish. Located at the Columbia Basin College Campus in the HUB buildings' Gjerde Room. Sponsored by Tri-Cities Laboratory, Phillips Respironics and Columbia Basin College. Any additional questions call (509) 735-0699

NOVEMBER 7-PENDLETON: "First Aid Class" 1:00-4:30 pm. Learn what to do for a stroke/heart attack/sock/ seizure victim; First Aid Basics - bleeding wounds, allergic reactions, adult/child choking, broken bones/ sprains, bandaging and splinting extremities, etc. Certification good for 20year. Advance registration required. Sponsored by St. Anthony Hospital. Fee: \$50. To register call Lori Weaver (541) 278-3233 or email loriweaver@chiwest.com

Link your website to the Senior Review: \$10.00 per month

...continued from page 8

CAREGIVING

One of the underappreciated effects of Alzheimer's disease is how great a toll it takes on caregivers. Caregivers are much more frequently ill and die earlier than people who do not care for someone with the disease, studies have shown. The stress of taking care of someone chronically ill is sometimes called [caregiver syndrome](#).

Caregiving is hazardous to health because of the stress of helping Alzheimer's patients, and because caregivers may ignore their own health, DeKosky said.

"Alzheimer's patients, when they get into moderate and severe stages, don't have some real sense of time," DeKosky said. "They have to be watched every minute."

Patients may hurt themselves or wander off if not under constant supervision. And it's common for patients to reverse their sleeping and waking cycles, so caregivers' daily habits are likewise disrupted. The cost is staggering: Caregivers provide more than \$200 billion in unpaid care, 17 billion hours each year, according to the Alzheimer's Association.

Why don't we know more?

Two of the biggest obstacles to finding treatments for Alzheimer's disease are lack of money and difficulty enrolling people in clinical trials, experts say.

The United States spends \$450 million each year in Alzheimer's research money, compared to \$6 billion for cancer, \$4 billion for heart disease and \$3 billion for HIV/AIDS research.

In spite of the money that does exist for research, Alzheimer's clinical trials are hard to fill with participants, said Dr. R. Scott Turner, director of the Georgetown University Memory Disorders Program.

Sometimes people believe they're just having "senior moments" and don't want to acknowledge their illness, Turner said. In other cases, patients don't want to go through the hassle of the trial if they're not guaranteed to receive an experimental drug; but, in order for a scientific study to be valid, patients must be randomly assigned to either the drug or a placebo.

Also, some trials don't test drugs at all, but simply look for those biomarkers that may help predict disease later or explore other early diagnostic methods. Such methods will be in high demand when an effective treatment is developed, DeKosky said.

"When the first drug is successful, let's say in symptomatic disease -- may it be so -- the crush to take advantage of what we know, while it's still in research format now, will be immense," DeKosky said.

If you or a loved one are interested in exploring clinical trials, the Alzheimer's Association runs a system called [TrialMatch](#) to assist in finding a trial near you.



CALENDAR (continued)

NOVEMBER 8-WALLA WALLA:

“Basic First Aid” 6:30 pm. In this one night class you will learn how to perform basic first aid and receive American Heart Assn. First aid Certification. Fee: \$25 Sponsored by Walla Walla General Hospital. To register call (509) 522-2424

NOVEMBER 9-KENNEWICK:

“Heartsaver CPR for the Layperson” 6:00-8:30 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of Adult and Child AED. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration is required. Please call (509) 586-5119

NOVEMBER 14-WALLA WALLA:

“American Heart Association CPR” 6:30 pm. One-night class you will learn how to perform cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver on adults as well as infants and children. Participants will receive an participation card. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509) 522-2424

NOVEMBER 15-KENNEWICK:

“Heartsaver First Aid” 3:00-5:30 pm. First Aid only. Sponsored by Kennewick General Hospital. Fee: \$40. Pre-registration required. Call (509) 586-5119

NOVEMBER 16-PENDLETON:

“CPR Class” 1:00-5:00 pm and 6:00-10:00 pm. Healthcare Providers/General public: learn adult/child/infant CPR/AED and obstructed airway/choking. Classes meet every 3rd Wednesday. Certification good for 2-7ears. Advance registration required Sponsored by St Anthony Hospital in the Blues Room. Fee: \$50. Lori Weaver (541) 278-3233.

NOVEMBER 17-WALLA WALLA:

“Healthcare Provider CPR” 6:30 pm. A CPR class to meet the requirements for nurses and other healthcare professionals. Sponsored by Walla Walla General Hospital. Fee: \$25. To register call (509) 522-2424

DECEMBER 5-PENDLETON:

“First Aid Class” 1:00-4:30 pm. Learn what to do for a stroke/heart attack/sock/seizure victim; First Aid Basics - bleeding wounds, allergic reactions, adult/child choking, broken bones/sprains, bandaging and splinting extremities, etc. Certification good for 20year. Advance registration required. Sponsored by St. Anthony Hospital. Fee: \$50. Lori Weaver (541) 278-3233 or email loriweaver@chiwest.com

DECEMBER 7-KENNEWICK:

“Heartsaver CPR for the Layperson” 6:00-8:30 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of Adult and Child AED. Sponsored by Kennewick General Hospital. Fee: \$35. Pre-registration is required. Please call (509) 586-5119

DECEMBER 21-PENDLETON:

“CPR Class” 1:00-5:00 pm and 6:00-10:00 pm. Healthcare Providers/General public: learn adult/child/infant CPR/AED and obstructed airway/choking. Classes meet every 3rd Wednesday. Certification good for 2-7ears. Advance registration required Sponsored by St Anthony Hospital in the Blues Room. Fee: \$50. Lori Weaver (541) 278-3233.



SUPPORT GROUPS

COLLEGE PLACE

ALZHEIMER'S SUPPORT

GROUP: Do you have a loved one with Alzheimer's Disease or related dementia? Whether you are a caregiver, family member, or close friend, this disease is hard to understand and even harder to accept. It can make a world of difference knowing that other people understand the struggles you go through every day...you are not alone! You are invited to attend our group the third Thursday of each month at 10:00 am in our Ice Cream Parlor at Eagle Springs Memory Care Community, 20 SE Larch Ave. Contact: (509) 525-6335

HERMISTON

ALCOHOLICS ANONYMOUS:

Monday and Thursday nights, 6:00-7:00 pm at Good Shepherd Medical Plaza (620 NW 11t) meeting room 2 For information please call (541) 720-1932 (Monday group) or (541) 571-2965 (Thursday Group)

ALZHEIMER'S DISEASE:

Meets the third Thursday of each month, 1:00-3:00 pm, Good Shepherd Wellness Center (behind the medical center). For information please call Dona Beck at (541) 720-7657

DIABETES SUPPORT GROUP:

Meets the 2nd Thursday of each month. Support group for people dealing with a new or long-term diagnosis of diabetes. Meetings will have an educational presentation as well as group discussion. Sponsored by Good Shepherd Medical Center, Conference Center 2, 610 NW 11th St. For information call: (541) 377-9761

BREAST CANCER:

Meets on the third Monday of every month, 6:30 pm, Good Shepherd Medical Plaza (620 NW 11th) Meeting room 1. For information (541) 567-2024

Please click on our sponsors and view their websites.

SUPPORT GROUPS (continued)

MULTIPLE SCLEROSIS: Meets on the third Wednesday of each month, 7:00-8:00 pm, Good Shepherd Conference Center 5. For information please call John at (541) 564-89104 or Kathy at (541) 922-2753

DIABETES SUPPORT GROUP: (Northeast Oregon) Meets the second Thursday of each month, 6:00-7:30 pm at Good Shepherd Conference Center 2. For information please call (541) 377-9761 or (541) 289-7501

HOPE FOR HEALING SUPPORT GROUP: Free, ongoing bereavement support group dealing with loss and grief issues. Second /thursday of each month, 2:00-4:00 pm and fourth Monday of each month, 7:00-9:00 pm Thursday group meets in the Good Shepherd Medical Center conference room 5. Monday group meets in the Hospice office conference room for information call (541) 667-3543

KENNEWICK

ALZHEIMER'S SUPPORT GROUP: Third Thursday of each month. (Light meal served) 5:30-7:00 pm at Callaway Gardens. Held at 5505 W Skagit Ct in Kennewick. Sponsored by The Kadlec Neurological Resource Center. To confirm times call (509) 783-5433

ALZHEIMER'S SUPPORT GROUP MEN ONLY: At Callaway Gardens. 4th Monday of the Month 12:30 pm. Lunch provided. Held at 5505 W Skagit Ct in Kennewick. Sponsored by The Kadlec Neurological Resource Center. To confirm times call (509) 783-5433

BETTER BREATHERS SUPPORT GROUP: This group is for people who have breathing disorders. Education focuses on improved quality of life. Family members are encouraged to attend. 2nd Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. Contact: (509) 737-3418. www.tccancer.org

BREAST CANCER SUPPORT GROUP: First and 3rd Friday of each month from 9:00-11:00 am and Second and Fourth Tuesday of each month from 6:30-8:00 pm at Tri-Cities Cancer Center. Contact: (509) 737-3418 or visit www.tccancer.org

CANCER SUPPORT GROUP: Held Weekly on tuesdays, 3:00-4:30 pm in the Resource Center, Tri-Cities Cancer Center, 7350 W Deschutes Ave. This support group provides an opportunity for people affected by all types of cancer to share resources and information. Meetings are open to those experiencing cancer their adult family members and caregivers. For information call (509) 737-3418

DIABETES SUPPORT GROUP: Provides continuous educational support to help individuals manage their disease more effectively. Monthly meetings offer the latest information on diabetes self-care, nutrition and an opportunity to talk to others with diabetes. For information call (509) 962-7373

GENERAL CANCER SUPPORT GROUP: 2nd and 4th Tuesday of each month at Tri-Cities Cancer Center from 3:00-4:30 pm. Contact: (509) 737-3418 or visit www.tccancer.org

GRIEF SUPPORT GROUPS: The Chaplaincy offers a variety of grief support groups that ease the pain after the loss of a loved one and promote emotional healing. these groups are open to anyone in the community. Coming to terms with Loss, Grieving Parent's Support Group, Men's Loss Group, Survivors of Suicide, Widowed Support Group, Understanding Grief. for more information about these groups please call (509) 783-6243

MEN'S CANCER SUPPORT GROUP: The primary focus of this group is on prostate cancer, however, men with all types of cancer are welcome. Third Thursday of each month at Tri-Cities Cancer Center from 6:30-8:00 pm. Contact: (509) 737-3418 or visit www.tccancer.org

PENDLETON

CANCER SURVIVORS SUPPORT GROUP: Second Tuesday of each month. 1:00-2:00 pm at St. Anthony Hospital, 1601 SE Court Ave. For additional information please call (541) 276-5121

DIABETIC SUPPORT GROUP: Third Wednesday of each month, 7:00-8:00 pm. St. Anthony Hospital, 1601 SE Court Ave. For additional information please call (541) 276-5121

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SUPPORT GROUPS (continued)

LIVING WITH GRIEF DROP-IN SUPPORT GROUP: 5:30-7:00 pm A drop in group is a group that individuals can attend one time or as often as they like. Opportunity to be with other individuals who have also lost a loved one to share feelings and gain support. You may also drop-in every 3rd Wednesday at 12:00-1:00 pm. Sponsored by St. Anthony Hospital in the Home Care/Hospice Bldg. corner of Court & SE 17th. Free.

RICHLAND

“CAN SURVIVE” SUPPORT GROUP: This group focuses on all kinds of cancer and is for patients, family and caregivers. First and Third Thursday of each month 12:00-1:00 pm. Meets at Cathedral of Joy, 1153 Gage Blvd.. For information call (509) 627-1109

DIABETES SUPPORT GROUP: A free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. Topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about the management of this chronic disease. The group meets every 3rd Wednesday of every month from 5:00-6:00 pm. To make a reservation and get location information call (509) 942-2620

MULTIPLE SCLEROSIS SUPPORT GROUP: First Tuesday of each month. Co-sponsored by the MS Society and The Kadlec Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. 943-8455 to confirm time.

NEUROLOGICAL SUPPORT GROUPS: The Kadlec Neurological Resource Center associated with Kadlec Medical Center provides emotional support, education, information and referrals for people with neurological disorders, their families, caregivers, and the community. It sponsors a variety of support groups including Alzheimer's, Parkinson's, chronic pain, and traumatic brain injury. A lending library is also available. They are located at 712 Swift Blvd., Suite 1. For information call (509) 943-8455 or e-mail knrc@kadlecmed.org

STROKE SUPPORT GROUP: third Wednesday of each month, 2:00-3:00 pm at The Kadlec Neurological Resource Center, 712 Swift Blvd., Suite 1. Call to confirm times (509) 943-8455

CAREGIVER SUPPORT GROUP: Third Tuesday of each month at The Neurological Resource Center, 712 Swift Blvd., Suite 1. To confirm times call (509) 943-8455

DIABETES SUPPORT GROUP: The Diabetes Support Group is a free community diabetes education program facilitated by the Diabetes Learning Center staff of Kadlec Medical Center. The topics include a broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about management of this chronic disease. Programs feature medical professional guest

WALLA WALLA

ALZHEIMER'S SUPPORT GROUP: Meets second and fourth Tuesday each month at 1:30 pm. Professionally led support group for caregivers of people with Alzheimer's. Sponsored by Walla Walla General Hospital Free. To register call (509) 522-2424

CANCER SUPPORT GROUP: Meets the second and fourth Mondays of the month from 4:00-5:00 pm in the Marian Room on Level 1 near the cafeteria at Providence St. Mary Medical Center. The group is helpful for people at any state of the cancer journey, from newly diagnosed or those who are many years out. They do not have to have received treatment at St. Mary in order to attend. Facilitated by Barbara Bates, a social worker, and Mardi Hagerman, a registered nurse. For information contact Barbara Bates, (509) 522-5700

COMMUNITY HOSPICE GRIEF SUPPORT GROUPS: Meets Wednesdays, Sept 14-Nov 16. 10:00-11:30 am. Sponsored by Walla Walla Community Hospice. (509) 525-5561 or info@wwhospice.org

GRIEF SUPPORT GROUPS: Two new groups sponsored by Walla Walla Community Hospice will begin January 5 and will continue every Wednesday through March 9. A morning group will meet from 10:00-11:30 am and an evening group will meet from 6:00-7:30 pm at the Hospice office. WWCH bereavement team will facilitate the group. The book Understanding Your Grief by Dr. Allan Wolfelt is used as a guideline. No charge but participants are encouraged to register by calling the WWCH office at (509) 525-5561 or email to info@wwhospice.org

MS SUPPORT GROUP: Second Tuesday of each month at 11:00 am at Trinity Lutheran Church, 109 S Roosevelt St. Contact: Candy S (509) 527-3340 or Gail S. (509) 529-7699

STROKE SUPPORT GROUP: The Providence St Mary Medical Center Stroke Support Group meets the third Tuesday of the month from 6:00-7:00 pm in the Providence Room on Level 1 of Providence St. Mary Medical Center. Becky Betts, Providence St. Mary / stroke Support Group Coordinator (509) 522-5821, ext. 2117

If you are interested in our Logo Sponsor program Please Call Dale at 509 979-6882

SeniorPages.com

VOLUNTEERS NEEDED

BENTON CITY

Lower Valley Hospice is opening its second thrift store in Benton City, following in the footsteps of their Prosser shop. The shops are volunteer-operated and clothing donated, proceeds go to extend hospice care, bereavement counseling and in-home care for children with complex medical conditions. Store number is (509) 588-3930. To volunteer call 1-800-474-6008 and ask for Jennifer.

HERMISTON

Hermiston Senior Center is always looking for volunteers in such programs as fund raising, food prep, bookkeeping, Meals on Wheels delivery, public relations and more. If you can help call (541) 564-3582

Regency Hermiston is looking for volunteers to spend time with their residents. Chirelia (541) 567-8337

Sun Terrace Assisted Living in Hermiston, Oregon would love to speak to you if you are interested in volunteering your time with the wonderful people who live in our community. Please contact Robyn at (541) 567-8424

PENDLETON

Meals-On-Wheels needs drivers! Would you or someone you know be willing to help our community by volunteering to deliver meals to elderly shut-ins in the Pendleton area. 10:30-Noon any weekday. Mileage reimbursement available and free lunch. For information call the Pendleton Senior Center, (541) 276-1926

St. Anthony Hospital has volunteer opportunities that make a positive difference in peoples' lives every day. Frequent volunteer opportunities include: Auxiliary Gift Shop, Information Desk where you greet and direct visitors, Shawl Ministry, Foundation, Patient Service, sewing including making stuffed animals for pediatric patients and passing quilts for those who are dying an Hospice home visitor. If you'd like to discuss how you can join the St. Anthony Hospital family contact June Mohrland, 1601 SE Court. Phone (541) 278-3218. e-mail: junemohrland@chiwest.com

RICHLAND

Anyone over the age of 18 can volunteer at *Kadlec Medical Center*. You can become a member of the Auxiliary or work under the direction of the Volunteer Coordinator and Unit Managers in specific areas, including education and rehabilitation. All volunteers undergo orientation and take a TB test before they begin service. For information contact Meg Fallows, volunteer coordinator at (509) 946-4611, Ext. 4666

Kadlec's Music Program is another way to volunteer at the Medical Center. Over 20 musical volunteers play a baby grand piano in the main lobby or walk the halls laying their instruments. The musicians range from age 10 to over 70. Volunteers provide music throughout the week which can be heard not only in the Lobby, but also in the Critical Care Waiting Area. For information call Meg Fallows, Volunteer coordinator at (509) 946-4611, Ex. 4666

KENNEWICK

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Volunteers are needed to provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks are required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145 for more information.

Veteran Volunteers Needed For Hospice: Hospice at the Chaplaincy is looking for veterans (of any age, fro any branch of service) to volunteer to spend time with hospice patients who are also veterans. Please call our Volunteer Coordinators at (509) 783-7416 if you would like to help.

WALLA WALLA

In becoming a part of the volunteer program at *Providence St. Mary Medical Center*, you are joining a team of people dedicated to high-quality patient care. It is our belief that working together as a team sharing a common objective of excellent service has earned Providence St. Mary Medical Center the recognition of being one of he finest health care providers in Southeastern Washington. Volunteer positions available: Information Desk, Escort-Errand, Cancer Center, Emergency Room, Charting, and Gift Shop. Providence St Mary Foundation (509) 525-3320, etc. 2695

The *Volunteer Connection* is the community resource center for volunteers and a coordination center for community agencies and organizations that need volunteers. They offer training and technical support to non-profit agencies n the issues and needs that they have. (509) 527-3775

The *Senior Companion Program*, a non-profit Federal program sponsored by Catholic Family & Child Services, is seeking a few committed volunteers. If you like visiting and helping your elderly neighbor and you are 60 years of age or older, you might be eligible to become a Senior Companion. Ping heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. (509) 545-6145.

Walla Walla Community Hospice is currently recruiting individuals to serve as Patient Care Volunteers. Volunteers work in tandem with the professional team of physicians, nurses, social workers, chaplains and aides. Volunteers provide companionship to hospice patients and allow family members and caregivers opportunities for needed breaks. No specific experience or training is necessary. for more information, contact Mary Wollmuth, Volunteer Coordinator at 525-5561 or mary@wwhospice.org. A video about a hospice volunteer is also available at <http://www.youtube.com/watch?v=3H4u9YKaBWc>.

Sponsored By:

Tri-Cities Diabetes Coalition

November 5, 2011
9:00 a.m. – 1:00 p.m.



“Punch Out Diabetes Now & Stay Healthy Forever”

8:30 a.m. – 9:00 a.m. First 50 people can receive free Glucose and Hemoglobin A1C (available only for those without health insurance)



Also A special presentation on “Best Controlled Practices”
from Irene Feria, MD- Presented in English and Spanish

***Located at the Columbia Basin
College Campus in the HUB
buildings’ Gjerde Room.***

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2600 North 20th
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E-mail:
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COMMUNITY CANCER SCREENING

Free Breast and Cervical Cancer Screening

Tri-Cities Cancer Center in partnership with Lourdes Health Network

Lourdes West Pasco Clinic

October 8, 2011
9:00 a.m. - 12:00 p.m.
Appointments Required

Call today to schedule your
appointment (509) 737-3420



Screening For:

- Uninsured or under insured women age 18-64
- Free breast and cervical exam with Pap test
- Women age 40 and older will receive a free mammogram, as appropriate
- HPV, if indicated
- Examinations provided by Lourdes Health Network practitioners



TRI-CITIES
*Cancer
Center*

7350 W. Deschutes Ave. ■ Kennewick, WA
www.tccancer.org ■ (509) 783-9894

Kennewick Senior Center

October 2011

Greetings!

Thank you for your interest in the Kennewick Senior Center. Please enjoy this summary of our fun and exciting activities. A complete listing is available on our website. Enjoy!



Kennewick Senior Center
500 South Auburn



<http://go2kennewick.com/seniorcenter>

509.585.4303 • seniorcenter@ci.kennewick.wa.us

Here's What's Happening

In This Issue

- **Harvest Bazaar**
- **Reflexology**
- **Bunco**
- **Come Fly Away**
- **Poinsettia Farm Nursery**

Reflexology

Foot reflexology has been clinically proven to relax, rejuvenate and energize every cell in your body by stimulating over seven thousand nerve endings in your feet. Some of the benefits include: increased relaxation, improved circulation, reduced tension, relieves stress, and increases energy. Provided by Allison McGreevy, LMP, CR

30 minute appointments available from 9:00am-noon. Reservation and prepayment required.

October 11

November 8

December 13



BUNCO!
BUNCO! BUNCO!

EACH FRIDAY, 1:00-4:00PM
\$1 PER PERSON

All ages and levels welcome. Don't know how to play bunco? Don't worry! Volunteer instructor Kris Mann will show you how to play this super-fun and easy dice game that can be learned in just one sitting. You're guaranteed to have fun. The more people playing....the merrier...bring a friend!



Harvest Bazaar
SATURDAY, OCTOBER 22
9AM-3PM • FREE ADMISSION
KENNEWICK SENIOR CENTER
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