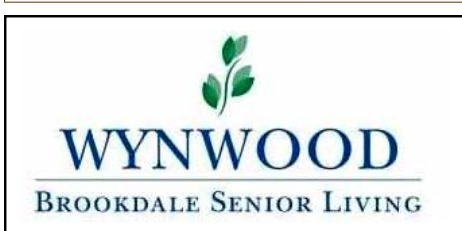


SENIOR REVIEW

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

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Tri-Cities



GOLDEN YEARS ARE GONE

Gone are the days of golf and gardening into the golden years. Many older workers are working well into retirement and it's not just because they have to, it's because they want to.

Bob Alper, who has supported himself as a full-time comedian since 1986, says even at 65, retirement never crossed his mind. "I live for the moment when I can get up on the stage and make people laugh," says Vermont-based rabbi-cum-comedian who performs 60-70 shows a year at And Alper is not alone. The number of workers 65+ who are choosing to keep working has been on the rise for more than two decades.

In 1998, 11.9% of workers 65+ remained in the labor force. In 2008, it was 16.8%. This year, 18% say they will continue working. And by 2018, the Bureau of Labor Statistics projects 22% of older workers will continue to punch a clock.



Even the wealthy are reluctant to retire from the workforce, according to a report released on Sunday by Barclays Wealth. Half of the high net worth respondents over 65 surveyed said they will always be involved in commercial or professional work of some kind.

Dubbed "nevertirees," many wealthy individuals will never stop working, the report said, even if they have little financial need to do so. Like Alper, they want to keep doing what they are doing for as long as possible.

[7 secrets to a richer retirement](#)

"There was a [general upward trend](#) of labor force activity among older workers before the financial collapse," explained Alicia Munnell,

...more on page 8

Tri-Cities



TriCities Internet Provider

Walla Walla

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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, 50¢ 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. Please call 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

& . 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.

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

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

SEMINARS/CLASSES/EVENTS/MEETINGS

WEDNESDAY

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

KENNEWICK: "Casual Woodcarving" Have a love for woodcarving? 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. Call (509) 585-4303

PENDLETON, OREGON: "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 on the second Wednesday of 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. Nutrition, medications, home glucose monitoring, exercise, and avoiding long and short-term complications. Facilitated by certified diabetes educators, dietitians and other health care professionals. (509) 525-3320, etc. 282

THURSDAY

HERMISTON: "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? 4-class series provides 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. 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. Duane Thomson. Call (541) 278-5683

RICHLAND: Free blood sugar and blood pressure testing 3rd Thursday each month. A nurse from Richland Rehab & Eagle Assisted Living will be giving the free tests. Test takes just minutes, no need to fast prior to testing. Results are immediate. No apt necessary. 1:00-1:30 pm.

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

WALLA WALLA: Legal Counsel 4th Thurs of the month with Larry Siegel or Carol Jean Thompson at The Center At The Park, 720 Sprague. Call (509) 527-3775

CALENDAR

OCTOBER 19-KENNEWICK: "Ask The Expert: Cancer Myths" 12:00-1:00 pm. Whether you have been recently diagnosed or have a long history with cancer, chances are you have unanswered questions. Attend this seminar with Dr. Arun Patel who will dispel common cancer myths and answer our cancer-related questions. He will discuss prevention of cancer with vaccines, hormone-related factors, and the importance of early cancer diagnosis. Free and open to the public. Complimentary lunch provided with reservation courtesy of Columba Basin Hematology and Oncology. Seating is limited. Held at the Wellness Center at Tri-Cities Cancer Center, 7350 W Deschutes. (509) 737-3427

OCTOBER 21-KENNEWICK: "Food for Life" 6:00-8:00 pm. The Tri-Cities Cancer Center will host a four-part nutrition and cooking class sponsored by the Cancer Project. This series is aimed at educating participants about ways to boost their immune system through healthy eating choices. Classes will feature information on: how foods fight cancer; how to incorporate more high-fiber; low fat food into your diet; alternatives to dairy and meat: an healthy dishes that include immune-enhancing nutrients and help maintain a healthy weight. To be held at 7350 Deschutes. Fee \$40 for the 4-part series. Seating is limited. Please call (509) 737-3427

OCTOBER 28-WALLA WALLA: "Healthcare Provider CPR" Sponsored by Adventist Health, Walla Walla General Hospital. for additional information call (509) 522-2424



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CALENDAR (continued)

OCTOBER 28-KENNEWICK: "Sources of Pain & Tools for Change...Breathwalk" 1:00 pm Tri-Cities Cancer Center offers a monthly pain series to help those dealing with chronic Pain. Judy Dirks and Kara Pemberton will present this program in the Wellness Center. Integrates breathing, walking, medication into specific exercise patterns that may produce a variety of effects including mood control, stress-relief, mental sharpness, and pain management. Complimentary lunch provided with a reservation, courtesy of Parkview Estates Senior Living. Free. (509) 737-3427

OCTOBER 21, 28, NOVEMBER 4, 11-KENNEWICK: "Food for Life" Nutrition and cooking classes. 4-class series with Nancy Lyons. How foods fight cancer, fueling up on low-fat, high fiber foods, discovering dairy and meat alternatives and cancer-fighting compounds and healthy weight control at the Tri-Cities Cancer Center Wellness Center, 7350 W. Deschutes Ave. Fee: \$40. (509) 737-3427

NOVEMBER 1-HERMISTON: "CPR Classes" Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Pre-register and pre-pay. Fee: \$25 Sponsored by Good Shepherd Medical Center. (541) 667-3509.

NOVEMBER 3-WALLA WALLA: "14th Annual Family Caregiver Conference" 10:00 am-2:00 pm at the Marcus Whitman Conference Center, 6 W Rose St. Kathy Medford, RN; "Oral Care: It's More than You Think" Plus self care and relaxation techniques, complimentary lunch, door prizes and more. Sponsored by Blue Mt. Community Foundation, Family Caregiver Support Program and SE WA Aging and Long Term Care. (509) 529-6470

NOVEMBER 4-HERMISTON: "First Aid Classes" 6:00-9:00 pm. Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. FEE: \$25 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

NOVEMBER 4-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" Renewal course offered for healthcare providers current with BLS or about to expire. Not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. Call (509) 586-5119

NOVEMBER 4-KENNEWICK: "Alzheimer's Candlelight Vigil" 6:00-7:30 pm. At The Manor At Canyon Lakes Community Club, 2802 W 35th Ae. Join us as we commemorate National Alzheimer's Disease Awareness Month by honoring loved ones lost and those living with the disease. Candlelighting ceremony to champion the Alzheimer's cause.

NOVEMBER 4-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" Renewal course offered for healthcare providers that are current with BLS or about to expire. Not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. Call (509) 586-5119

NOVEMBER 5-KENNEWICK: "Issues in the Treatment of Chronic Pain". Presented by John D. Loeser, MD from the University of Washington School of Medicine, Department of Neurosurgery and Department of Anesthesiology. 1:00-2:30 pm at Three Rivers Convention Center. He is internationally known for his work in the management of pain, and is recognized as one of the "Best Doctors in America." No charge. (509) 943-8455 or register online <http://drloeser.eventbrite.com/>

NOVEMBER 6-HERMISTON: "Stress Reduction Class" 9:00 am-1:00 pm. Learn how to effectively handle stress. Learn about journaling, breathing techniques, time management, mediation, and simple nutrition/eating tips. Pre-register. Held at Good Shepherd Medical Center Conference Center 1 & 2. Call Blue Mountain Community College for information (541) 567-1800

NOVEMBER 10-KENNEWICK: "Lighting the Path" 7:30 am The Chaplaincy is hosting its 10th annual community breakfast at the Three Rivers Convention center. Breakfast will feature an inspirational program with musical performances, touching testimonials. "Many people know about the work of hospice, but not everyone is aware of the scope of the Chaplaincy's programs. This is our opportunity to share your story with the community", commented Heather Filbin, Director of Development at The Chaplaincy. There is no cost to attend, guests will be asked to consider making a donation. Advance reservations required. (509) 783-7416

Send us your event pictures!



CALENDAR (continued)

NOVEMBER 11-12-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

NOVEMBER 13-HERMISTON: "Holiday Bazaar" at Desert Sage Manor from 8:00 am-4:00 pm at 986 W Juniper.

NOVEMBER 17-HERMISTON: "Medicare/Medicaid 101" 3 sessions at 10:00 am, 2:00 pm or 5:00 pm in Good Shepherd Medical Center cConference Center 2. Free Medicare and Medicaid (Oregon Health Plan) education meetings. With all the talk about universal healthcare and the changes taking place in Medicare, you probably have many questions. If you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Free. 800-762-4646 or (541) 667-3509

NOVEMBER 17-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-9:00 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. Fee: \$35. Sponsored by Kennewick General Hospital. Call (509) 586-5119

NOVEMBER 17-HERMISTON: "Medicare/Medicaid 101" Three sessions available at 10:00 am, 2:00 pm or 5:00 pm. Free Medicare and Medicaid (Oregon Health Plan) Educational meetings. With all the talk about universal healthcare and the changes taking place in Medicare, you probably have many questions. Whether you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Attend any of these free informational meetings! Sponsored by Good Shepherd Medical Center, 610 NW 11th St, in Conference Center 2. For information call (541) 667-3509

NOVEMBER 18-WALLA WALLA: "Healthcare Provider CPR" Sponsored by Adventist Health, Walla Walla General Hospital. for additional information call (509) 522-2424

NOVEMBER 18-19-KENNEWICK: "AARP Driver Safety Course" 9:00 am-2:00 pm. The nation's first and largest classroom refresher course for motorists' age 50 and older! Washington State law requires that insurance companies offer a discount to course graduates. Pre-registration and payment required. Fee is \$12 for AARP member or \$14. At the Kennewick Senior Center. Two day classes. To register call (509) 585-4303

NOVEMBER 19-HERMISTON: "CPR & First Aid Combo Class" 9:00 am -3:00 pm. Taught in one, six hour class according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. FEE: \$50 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

DECEMBER 2-HERMISTON: "CPR Classes" Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. Fee: \$25 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

DECEMBER 2-HERMISTON: "First Aid Classes" 6:00-9:00 pm. Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. FEE: \$25For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

DECEMBER 6-HERMISTON: "CPR Classes" Taught according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. Fee: \$25 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

DECEMBER 9-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

DECEMBER 15-HERMISTON: "Medicare/Medicaid 101" Three sessions available at 10:00 am, 2:00 pm or 5:00 pm. Free Medicare and Medicaid (Oregon Health Plan) Educational meetings. With all the talk about universal healthcare and the changes taking place in Medicare, you probably have many questions. Whether you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Attend any of these free informational meetings! Sponsored by Good Shepherd Medical Center, 610 NW 11th St, in Conference Center 2. For information call (541) 667-3509

DECEMBER 17-HERMISTON: "CPR & First Aid Combo Class" 9:00 am -3:00 pm. Taught in one, six hour class according to American Heart Assn. guidelines CPR class includes adult, child and infant CDP/r and AED instruction. First /aid class covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. FEE: \$50 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

WHAT AN OPPORTUNITY!

You can send us your events seminars, announcements, employment openings, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW Free! send to:

Dale@SeniorPages.com

CALENDAR (continued)

SUPPORT GROUPS

DECEMBER 16-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-5119

DECEMBER 16-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" Renewal course is offered for the healthcare providers that are current with BLS or about to expire. Not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. \$40. Sponsored by Kennewick General Hospital. (509) 586-5119

DECEMBER 16-17-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

DECEMBER 29-HERMISTON: "Medicare/Medicaid 101" Three sessions available at 10:00 am, 2:00 pm or 5:00 pm. Free Medicare and Medicaid (Oregon Health Plan) Educational meetings. With all the talk about universal healthcare and the changes taking place in Medicare, you probably have many questions. Whether you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Attend any of these free informational meetings! Sponsored by Good Shepherd Med Center, 610 NW 11th St, Conference Center 2. (541) 667-3509



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 11th) 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, 1380 Manzanita Place. 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 please call Shari at (541) 567-2024

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 meals served) 5:30-7:00 pm at Callaway Gardens. Men only Support Group 4th Monday of the Month 12:30 pm. Lunch provided. Both are held at 5505 W Skagit Ct in Kennewick. Sponsored by The 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

CAREGIVER SUPPORT GROUP: Third Monday of each month at Manor at Canyon Lakes, East Wing, 2802 W 35th at 2:00 pm. Sponsored by The Neurological Resource Center. To confirm times call (509) 943-8455

SUPPORT GROUPS (continued)

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. 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. (509) 737-3418 or visit www.tccancer.org

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. Call (541) 276-5121

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

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. 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. Call (509) 942-2620

MULTIPLE SCLEROSIS SUPPORT GROUP: First Tuesday of each month. Co-sponsored by the MS Society and The Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. 509 943-8455.

NEUROLOGICAL SUPPORT GROUPS: The 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. A lending library is also available. They are located at 712 Swift Blvd., Suite 1. For information call (509) 943-8455 or e-mail tnrc@kadlecmed.org

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

CAREGIVER SUPPORT GROUP: Third Tuesday of each month at The Neurological Resource Center, 712 Swift Blvd., Suite 1. 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. Topics include broad range of interest areas to the diagnosed diabetic individual and support person/care partner interested in learning more about management of this disease. Features 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. Call (509) 522-2424

CANCER SUPPORT GROUP: Meets the 2nd & 4th Mondays each month 4:00-5:00 pm in the Marian Room on Level 1 near the cafeteria at Providence St. Mary Medical Center. 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. Facilitated by Barbara Bates, a social worker, and Mardi Hagerman, a registered nurse. Contact Barbara Bates, Providence St. Mary Regional Cancer Center, (509) 522-5700

MS SUPPORT GROUP: 2nd Tuesday of each month at 11:00 am at Trinity Lutheran Church, 109 S Roosevelt St. 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. For information contact Becky Betts, Providence St. Mary /stroke Support Group Coordinator (509) 522-5821, ext. 2117

HERMISTON

PRIVATE APARTMENTS WITH KITCHENETTES close to services, parks and shopping. *Hermiston Terrace* is a community designed for senior adults who may need some assistance with personal care to complement their independent lifestyle. Visit 980 West Highland Ave or call (541) 567-3141

COMFORTABLE UNITS: Openings now available in Hermiston's only complete nursing and rehabilitation center. Lovely units feature 24-hour nursing care, three meals per day, planned activities, therapy and assistance with daily living. Contact Curt Noyes at *Regency Hermiston Nursing and Rehabilitation*, (541-567-8337

BEAUTIFUL TWO-BEDROOM apartment is now available for rent at *Sun Terrace Assisted Living*. Call Robyn for a tour of this wonderful assisted living community! (5641) 564-2595

KENNEWICK

ALZHEIMER'S SUPPORT GROUP: Third Thursday of each month. (Light meals served) 5:30-7:00 o at Callaway Gardens. Call Karen Hayes, Executive Director, Kadlec Neurological Resource Center (509) 943-8455

CAREGIVER'S SUPPORT GROUP: (Men Only Support Group) 4th Monday of the month 12:30 pm. Lunh provided. oth are held at 5505 W Skagit Ct. In Kennewick. Sponsored by Kadlec Neurological Resource Center. Call (509) 943-8455

SUBSIDIZED HOUSING-KENNEWICK: 1-bdrm, utilities included near shopping & senior center. *Desert Villa*, 635 S Auburn, Kennewick. 509-586-4927

VACANCIES (continued)

NEW SENIOR APARTMENTS: *Edison Terrace West*, 520 N Edison. One-Bedroom Independent Living Apartments for Seniors 62+, HUD subsidized, rent based on Income. Building has elevator plus other amenities. For a tour contact: Jacque (509) 736-0800

INCOME QUALIFIED APARTMENTS-TRICITIES: Studio and one-bedrooms if one person does not make over \$21,650 and two people \$24,650. Come in and apply. The *Manor at Canyon Lakes* has some apartments for Qualified Seniors available. For an appointment call 509-586-5633

MILTON-FREEWATER

ASSISTED LIVING, REHABILITATION, SKILLED NURSING available at Evergreen Healthcare, 120 Elzora St. Space now available in lovely furnished rooms. Call Jo Ann Parker (541-938-3318

PENDLETON

BEAUTIFUL APARTMENTS FOR SENIORS OVER 62. 50-Unit complex on one level featuring studio and one-bedroom apartments. All units furnished with stove, refrigerator and air conditioner. All utilities included. HUD subsidized. Contact Jodi Emanuel at *Oregon Trail Manor*, 2430 SW Perkins Ave. or call (541) 276-6910

STUDIO AND ONE BEDROOM

apartments featuring retirement living. Each apartment features an individual climate control system, wall-to-wall carpeting, private bathroom and kitchenette plus many other amenities. For a brochure or tour call *Sun Ridge Retirement Community*, 3294 SW Nye or call (541) 276-2145

RICHLAND

PRIVATE STUDIO APARTMENTS-RICHLAND: Two private studio apartments available at *Eagle Assisted Living* offering many amenities and 24 hour staffing. Call Laurie at 509-946-2717

TWO STUDIO APARTMENTS

AVAILABLE: *Quail Hollow Alzheimer's/ Dementia Facility* has 24 hour staffing, quality meals, nursing oversight and a phenomenal activity program that brings quality of life to those who live here. Contact: Phyllis Green (509) 943-5353

...continued from page 1

director of the Center for Retirement Research at Boston College. "People were getting healthier and living longer."

Mark Miller, author of *The Hard Times Guide to Retirement Security*, said boomers began viewing the retirement years differently well before the recession took hold. "Many were committed to staying engaged. ... The whole idea of working longer, even for a handful of years, can be tremendously beneficial to your mental well being."

25 Best Places to Retire

But the current dour economic climate has also forced many older workers to push back their retirement plans out of financial necessity.

In the recession's wake, home valuations, stock portfolios and retirement accounts have been depleted. Meanwhile, the cost of health insurance has increased dramatically, leaving many workers with no other alternative but to hold on to the jobs they have.

"The economy has now made working longer a real imperative," Miller said.

That's the case for Chuck McCabe, 65, who opened several tax preparation firms in Virginia nine years ago.

"I expected I would retire at a normal age but the business took a lot longer to get to a point where it would be marketable. Now I really can't retire until the business is valuable enough for me to sell it." McCabe, who has cashed in his 401(k) to make payroll, estimates that it will be least five years until he can consider retiring.

McCabe's wife, Marilyn, also 65, even passed up her own retirement after a career in human resources to work alongside her husband and help build his tax practice. "She'll be working with me until we sell the business," he said. "I think she would like to be retired now."

Like the McCabe's nearly half of those ages 65 and older report being behind in terms of retirement preparedness, according to a recent survey by TD Ameritrade.

"We are entering a stage, given the heightened longevity and our changing economic circumstances, that people will continue working," according to Marcia Wagner, managing partner of The Wagner Law Group, a Boston-based law firm specializing in the Employee Retirement Income Security Act.

Wagner admits she has no plans to ever retire either -- but, like Alper, by choice. "I will work till I die because I like what I do." ■

VACANCIES (continued)

ONE & TWO BEDROOM UNITS:

Schedule a personal tour of *Wynwood of Columbia Edgewater* to view our special assisted living facility. Several units available. Contact: Christina Renz (509) 946-4600 crenz@brookdaleliving.com

WALLA WALLA

RESPITE CARE, ASSISTED LIVING, one-bedroom, alcoves, studio apartments. Available now at *Emeritus at Garrison Creek Lodge*, 1460 Dalles Military Road. Call Ester Bock, community Relations Director (509) 525-4990

ONE & TWO BEDROOM UNITS in perfect rural setting in two different but connecting facilities. *Mike Foye Apartments* are connected to the *Garden Court Apartments* by a second floor walkway. Catholic Housing Communities manages, preserves, and maintains these affordable rentals for lower-income seniors and persons with mobility impairments. Communities are staffed with property managers, maintenance, social service coordinators and part-time nurses. Mike Foye offers HUD Project-based Section 8 subsidized units. Each apartment is equipped with a complete kitchen, wall to wall carpet, window coverings and air conditioning. Contact: (509) 529-4706

CURRENT VACANCY Washington School Apartments located at 517 Cayuse St. in Walla Walla. Ground floor unit that is fully wheelchair accessible. \$330 per month with a \$200 security deposit. Pets less than 25 lbs. are allowed with a \$300 pet fee. Applications available at the Walla Walla Housing Authority offices, 501 Cayuse or online at www.wallawalla.org. Call Melissa Christy at (509) 527-4608 from 8:30 am-5:30 pm. Other expected vacancies include Majorie Terrace Apartments, Linden Place Apartments and our Lariat Garden Apartments. Applications are available in the office or on the website.

DELUXE 2-BEDROOM COTTAGE available now at *Park Plaza*, 1400 Dalles Military Rd. Contact: (509) 525-6513

DELUXE 1-BEDROOM Apartment available in Walla Walla. Now available at *Quail Run Retirement Community*, stop by for a complimentary lunch and tour. Contact: Kathleen or Jane at 509-529-2180

ONE BEDROOM APARTMENT: *Wheatland Village*. Complimentary tour & meal in our restaurant. Voted Best of the Best, 2010, 2009, 2008, 2007, 2006, by the Walla Walla Union Bulletin. Tamara Gordon at 888-373-6046 or www.wheatlandvillage.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

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. Call Meg Fallows, at (509) 946-4611, Ex. 4666

Link your website to the Senior Review... \$7.00 per week

SeniorPages.com

VOLUNTEERS NEEDED (continued)

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.

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 the finest health care providers in Southeastern Washington. Volunteer positions available: Information Desk, Escort-Errend, Cancer Center, Emergency Room, Charting, and Gift Shop. For additional information contact Dennis Maughan, Providence St Mary Foundation Director, (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 have the ability to offer training and technical support to non-profit agencies on the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. To find out more call (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. 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.

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 medical 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>.



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LISTED IN THE NEXT
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FOURTEENTH ANNUAL
FAMILY CAREGIVER CONFERENCE
Sponsored By Aging & Long Term Care

DATE: NOVEMBER 3, 2010

**PLACE: MARCUS WHITMAN CONFERENCE CENTER
6 WEST ROSE ST.
WALLA WALLA, WA**

TIME: 10:00 AM TO 2:00 PM

**FEATURED SPEAKER:
KATHY MEDFORD, RN**

“ORAL CARE: IT’S MORE THAN YOU THINK”

Plus Self Care and Relaxation Techniques, complimentary lunch, door prizes and more!

To Register Call: ALTC @ 529-6470 before October 29th.

Brought to you by: Blue Mt. Community Foundation, Family Caregiver Support Program and Southeastern Washington Aging and Long Term Care



Alzheimer's Candlelight Vigil

Please join us as we commemorate **National Alzheimer's Disease Awareness Month** by honoring loved ones lost and those living with the disease. Join us for a candlelighting ceremony to **champion the Alzheimer's cause** by spreading awareness and hope.



Thursday, Nov. 4, 2010
6 to 7:30 p.m.

The Manor at Canyon Lakes
Community Club
2802 W. 35th Ave.
Kennewick, WA

Special music by
Harmony Hearts from Richland High School
Caleb Knutzen
Marlo Mackay

Heavy hors d'oeuvres will be served

Submit pictures for our memory wall at inlandnw@alz.org

For more information call the Alzheimer's Association at (509) 473-3390

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the compassion to care, the leadership to conquer