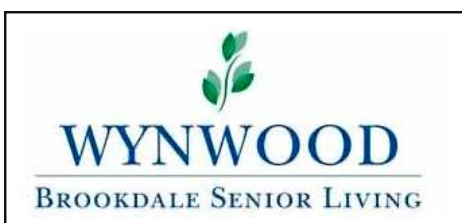


# SENIOR REVIEW

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

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**Tri-Cities**



## How To Lower Your Prescription-Drug Costs

These three strategies will help you save money when you're in the Medicare Part D doughnut hole.

*I reached the doughnut hole for my Medicare Part D plan, and now I have to pay for all of my drugs myself. How can I lower my costs for my medications?*

One of the toughest things about Medicare Part D is the doughnut hole, which kicks in when your prescription-drug expenses total \$2,830 for the year (including both your share and the insurer's share of the costs). At that point, you generally have to pay all of your drug bills until the total cost of your drugs for the year reaches \$6,440, when catastrophic coverage kicks in and the insurer picks up most of the bill.



That coverage gap will start to shrink in 2011 -- when there will be a 50% discount for brand-name drugs in the doughnut hole -- and will disappear by 2020. Until then, the government is helping seniors by sending them \$250 checks when they reach the doughnut hole in 2010. More than 750,000 Medicare beneficiaries have already received the one-time rebate checks, which are generally sent within 45 days of reaching the doughnut hole. But that's just a small piece of your total costs. Here are three ways to save on prescription drugs.

**1. Switch to generic medications.** You can save big money if you switch to generic drugs. A Medicare beneficiary who takes Glucophage, Prilosec and Zocor -- three drugs that seniors commonly use -- can save more than \$3,500 per year by switching to generic equivalents Metformin, Omeprazole and Simvastatin according to doctors.

...more on page 9

### Tri-Cities



TriCities Internet Provider

### Walla Walla



[www.WallaWallaHomeMedical.com](http://www.WallaWallaHomeMedical.com)

## 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

## SEMINARS/CLASSES/EVENTS/MEETINGS

**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 & 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.

**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.

### 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. 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, 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

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](mailto:dale@seniorpages.com)

### SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

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. Workshops are 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. Facilitated by certified diabetes educators, dietitians and other health care professionals. For information call (509) 525-3320, etc. 282

#### THURSDAY

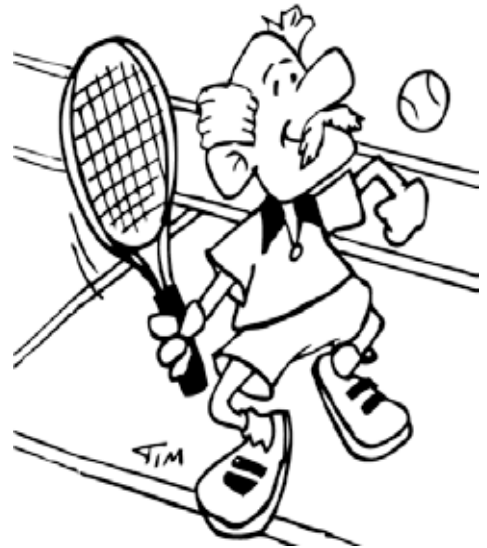
**HERMISTON:** "Tobacco Cessation Classes" Have you make a commitment to quit smoking or using chewing tobacco, but need support? This four-class series provides you with effective tools to increase your chances of success. New sessions start every month! 6:00-7:00 pm at Good Shepherd Hospital Conference 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

**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

**SEPTEMBER 1-KENNEWICK:** "Food For Life" 4:00-6:00 pm. Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. First class will cover: Introduction to How Foods Fight Cancer. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, [www.cancerproject.org](http://www.cancerproject.org) To register or for more information call (509) 737-3427 or email: [nancylyons@charter.net](mailto:nancylyons@charter.net)

**SEPTEMBER 3-KENNEWICK:** "Adult CPR/AED with first aid and bloodborne pathogens review presented by the Benton-Franklin Chapter of the American Red Cross. 7:00-10:00 am. Fee: \$45

**SEPTEMBER 8-KENNEWICK:** "Food For Life" 5:00-7:00 pm. Second in a series of Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. Second class will cover: Fueling Up on Low-Fat, High Fiber Foods. Fee \$40 for the series. To be held at Tri-Cities

Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, [www.cancerproject.org](http://www.cancerproject.org) To register or for more information call (509) 737-3427 or email: [nancylyons@charter.net](mailto:nancylyons@charter.net)

**SEPTEMBER 7-WALLA WALLA:** "American Heart Association CPR" Sponsored by Adventist Health, Walla Walla General Hospital. for additional information call (509) 522-2424

**SEPTEMBER 8-9-RICHLAND:** "Safe Driving Class" Senior driving course for those 50+. Most insurance companies will give you a break upon successful completion of the course. \$12 for AARP members and \$14 for non-members. 12:30-4:30 at Central Church, 1124 Stevens Dr. To enroll call (509) 946-6918

**SEPTEMBER 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



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## CALENDAR

Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-511

**SEPTEMBER 9-10-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

**SEPTEMBER 10-11-KENNEWICK:**

“The Chaplaincy Volunteer Program” A free 32-hour training course for Cork’s Place volunteers is now being offered. The course trains volunteers to facilitate support groups for those grieving the loss of a child. Sessions are Fridays from 6:00-9:00 pm and Saturdays from 8:30 am-4:00 pm. All classes are at Cork’s Place administration, 712 W 19th Ave. Attendance at all six sessions is required Sept. 10-11, 24-25 and Oct. 8-9. To apply contact Susan Nelson (509) 783-7416 or [susann@tricityschaplaincy.org](mailto:susann@tricityschaplaincy.org)

**SEPTEMBER 11-WALLA WALLA:**

“Walla Walla Community Hospice Pond & Garden Tour” 9:00 am-5:00 pm. A special opportunity to tour ten lovely gardens with ponds and other water features! \$20 per person. Featuring a raffle for pond and garden goodies, vendors of garden accessories and more. For information call (509) 525-5561

**SEPTEMBER 11-CLOVER ISLAND/ TRI-CITIES:**

“Alzheimer’s Association 2010 Memory Walk” At Clover Island. For additional information or to request an “off-line” registration form, contact Angie Spleiss, Memory Walk Coordinator. [angie.spleiss@alz.org](mailto:angie.spleiss@alz.org) or call (509) 473-3390

**SEPTEMBER 11-KENNEWICK:**

“Free Breast & Cervical Screenings Offered” 9:00 am-12:00 pm. To be held at KGH Medical Mall, 520 N Young St. This screening is for uninsured and underinsured women age 18 and over. It includes a clinical breast

exam and a cervical exam with a pop test. Women over the age of 40 will receive a free mammogram. Examinations are provided by licensed local practitioners. Appointments are required and are on a first come first served basis. Screenings sponsored by Tri-Cities Cancer Center foundation, KGH Foundation, Benton-Franklin Fair & Rodeo and Three Rivers Pathology. For more information call (509) 737-3420

**SEPTEMBER 12-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

**SEPTEMBER 13-WALLA WALLA:**

“American Heart Association CPR” Sponsored by Adventist Health, Walla Walla General Hospital. For additional information call (509) 522-2424

**SEPTEMBER 13-14-RICHLAND:**

“Safe Driving Class” Senior driving course for those 50+. Most insurance companies will give you a break upon successful completion of the course. \$12 for AARP members and \$14 or non-members. 9:00 am-2:00 pm at Brookdale-Winwood, 1629 George Washington Way To enroll call (509) 943-4979

**SEPTEMBER 15-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. For registration information please call (509) 586-5119

**SEPTEMBER 14-15-KENNEWICK:**

“Safe Driving Class” Senior driving course for those 50+. Most insurance companies will give you a break upon successful

completion of the course. \$12 for AARP members and \$14 or non-members. 11:00 am-5:00 pm at The Manor at Canyon Lakes, 2802 W 35th. To enroll call (509) 5865005

**SEPTEMBER 15-16-RICHLAND:**

“Safe Driving Class” Senior driving course for those 50+. Most insurance companies will give you a break upon successful completion of the course. \$12 for AARP members and \$14 or non-members. 12:30-4:30 at the Richland Community Center, 500 Amon Park Drive. To enroll call (509) 942-7529

**SEPTEMBER 15-KENNEWICK:**

“Food For Life” 5:00-78:00 pm. Third class in the series: Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. Third class will cover: Discovering Dairy and Meat Alternatives. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, [www.cancerproject.org](http://www.cancerproject.org) To register or for more information call (509) 737-3427 or email: [nancylyons@charter.net](mailto:nancylyons@charter.net)

**SEPTEMBER 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) 586-511

**SEPTEMBER 17-WALLA WALLA:**

“Blackjack Tournament” 6:00 pm sign-up, 6:30 pm start. Win up to \$750, entry fee \$25, only 105 entries available. To be held and benefit for The Center at the Park, 720 Sprague. for additional information call (509) 527-3775



Many new Profiles of Senior Businesses can be found on [www.SeniorPages.com](http://www.SeniorPages.com)

### CALENDAR (continued)

**SEPTEMBER 20-21-KENNEWICK:** "Safe Driving Class" Senior driving course for those 50+. Most insurance companies will give you a break upon successful completion of the course. \$12 for AARP members and \$14 for non-members. 10:30 am-3:30 pm at Charbonneau Retirement Inn, 8364 Grandridge Blvd. To enroll call (509) 943-4979

**SEPTEMBER 21-WALLA WALLA:** "American Heart Association CPR" Sponsored by Adventist Health, Walla Walla General Hospital. For additional information call (509) 522-2424

**SEPTEMBER 21-KENNEWICK:** "Basic Life Support and Heartsaver Instructor Course" 2:00-5:00 pm. This instructor course was developed according to the guidelines of the American Heart Assn. for Basic Life Support and Heartsaver CPR instructors. Upon completion, the participant will be credentialed to teach all Basic Life Support courses the American Heart Assn. sponsors. This course consists of a self-study core instructor course and classroom instruction. Fee: \$275. Renewal course fee: \$60. For information call: (509) 586-5119

**SEPTEMBER 27-WALLA WALLA:** "Basic First Aid" Sponsored by Adventist Health, Walla Walla General Hospital. For additional information call (509) 522-2424

**SEPTEMBER 22-KENNEWICK:** "Food For Life" 5:00-7:00 pm. Fourth and final class in the series. Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. Final class will cover: Cancer-Fighting Compounds and Healthy Weight Control. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, [www.cancerproject.org](http://www.cancerproject.org) To register or for more information call (509) 737-3427 or email: [nancyl Lyons@charter.net](mailto:nancyl Lyons@charter.net)

**SEPTEMBER 23-WALLA WALLA:** "Healthcare Provider CPR" Sponsored by Adventist Health, Walla Walla General Hospital. for additional information call (509) 522-2424

**SEPTEMBER 23-PACO:** "17th Annual All Senior Picnic" 11:00 am-2:00 pm. \$5 per person. Pre-registration and payment required. Entry price at the door \$8. Please register by September 17th. To be held at TRAC. Entertainment, food, prizes, vendor booths, climate controlled. Hosted by Pasco Senior Center (509) 545-3459, Kennewick Senior Center (509) 586-4303 and Richland Senior Center (509) 943-7529

**OCTOBER 12-WALLA WALLA:** "Basic First Aid" Sponsored by Adventist Health, Walla Walla General Hospital. For additional information call (509) 522-2424

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

**OCTOBER 21, 28, NOVEMBER 4, 11-KENNEWICK:** "Food for Life" Nutrition and cooking classes. 4-class series with instructor Nancy Lyons. Introduction to 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. For more information call (509) 737-3427

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



### 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 11th) meeting room 2 For information please

call (541) 720-1932 (Monday group) or (541) 571-2965 (Thursday Group)

**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

**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

**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 4<sup>th</sup> 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

### Support Groups (continued)

#### 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. 2<sup>nd</sup> Thursday of each month from 10:30-Noon at Tri-Cities Cancer Center. Contact: (509) 737-3418. [www.tccancer.org](http://www.tccancer.org)

#### BREAST CANCER SUPPORT GROUP:

First and 3<sup>rd</sup> 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](http://www.tccancer.org)

**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

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

#### GENERAL CANCER SUPPORT GROUP:

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at Tri-Cities Cancer Center from 3:00-4:30 pm. Contact: (509) 737-3418 or visit [www.tccancer.org](http://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](http://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

#### 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 3<sup>rd</sup> 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 Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. Contact 29509 943-8455 to confirm time.

#### 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 [tnc@kadlecmed.org](mailto:tnc@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. 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, Providence St. Mary Regional Cancer Center, (509) 522-5700

**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. For information contact Becky Betts, Providence St. Mary /stroke Support Group Coordinator (509) 522-5821, ext. 2117

### VACANCIES

#### 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. For a tour and/or information 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

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

**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 for more information.

#### ONE & TWO BEDROOM UNITS:

Schedule a personal tour of *Wynwood of Columbia Edgewater* to view our special assisted living facility. We now have several units available. Contact: Christina Renz (509) 946-4600 [crenz@brookdaleliving.com](mailto: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** at the historic Washington School Apartments located at 517 Cayuse St. in Walla Walla. The unit is a ground floor unit that is fully wheelchair accessible. Rent is \$330 per month with a \$200 security deposit. Pets less than 25 lbs. are allowed with a \$300 pet fee. Applications are available at the Walla Walla Housing Authority offices, 501 Cayuse or online at [www.wallawallaha.org](http://www.wallawallaha.org). For questions or additional information 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:** Now available at *Wheatland Village*. Stop by for a complimentary tour and meal in our restaurant. Voted Best of the Best, 2010, 2009, 2008, 2007, 2006, by readers of the Walla Walla Union Bulletin. Contact: Tamara Gordon Marketing Director at 888-373-6046 or visit [www.wheatlandvillage.com](http://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

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

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](mailto: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.

#### 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 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](mailto:mary@wwhospice.org). A video about a hospice volunteer is also available at <http://www.youtube.com/watch?v=3H4u9YKaBWc>.

**Walla Walla**  
print edition sales  
campaign now open.  
Call Dale Swant  
**888.575.9711**

...continued from page 1

Ask your doctor whether there are generic equivalents to the medications you're taking. Switching to generics can make a huge difference in the doughnut hole, when you're paying the full cost yourself, and it can lower your costs before you reach that point, too. Most plans have three or four tiers of co-payments -- \$5 for generics, \$20 for preferred brand-name drugs and \$30 for non-preferred brand-name drugs, for example. With a lower retail cost, it will take you a lot longer to reach the doughnut hole and your share of the cost will also be smaller.

**2. Ask your doctor about therapeutic alternatives.** There are no generic alternatives for some drugs, but there may be another drug that could also treat your condition but cost a lot less -- or have much better coverage under your Part D plan. For example, Trandolapril, an ACE inhibitor used to lower blood pressure, has a retail price of about \$33 for a 30-day supply, but Lisinopril, also an ACE inhibitor, is just \$7, says Blair. If your doctor lets you switch to the therapeutic alternative, you could save more than \$312 per year. And the cost savings can be particularly large if one drug is covered by your plan and another is not. Always talk with your doctor first about whether the substitution would work in your circumstances.

**3. Find a lower-cost pharmacy.** Different pharmacies in your area may charge varying rates for the same drugs. You may also save money by switching to a mail-order pharmacy, depending on your plan.

These strategies will help you save money in the doughnut hole. And keep them in mind as you shop for your Part D plan for 2011, which will be during open-enrollment season from November 15 to December 31, 2010. The plan that offered you the best deal for preferred drugs, for example, may not be the one that offers the best deal for generics -- which could save you even more money next year.

By Kimberly Lankford, Contributing Editor, *Kiplinger's Personal Finance*

## Senior Pages, the #1 Directory of Senior Services... .....And it's FREE!

Look for the 2010-2011 editions of the Senior Pages for your area! It's the most complete directory for 55+ Seniors that live, work, and retire here. You can find all the services, care, retirement facilities and medical resources you need for an active, mature life. Pick up your free copy at your local senior center, retirement facility, medical clinic or senior service business today! If you can't find one in your area give us a call, send us an email, or you can download our entire directories at [www.seniorpages.com](http://www.seniorpages.com)

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# *Dinner in the Dark*

## *Thursday, September 9, 2010*

*At the  
Richland Clarion Hotel  
1515 George Washington Way  
6pm to 8:30pm*

Join the *Edith Bishel Center for the Blind and Visually Impaired* in a first hand experience of the world in which the blind and visually impaired live.

*Tickets are \$35.00 per person*

- Dinner guests will be blind folded during the dinner.
- There will be a no host bar and a silent auction with raffle.
- Table sponsorship is \$300.00 a table.
- We except Visa and MasterCard.
- Get your tickets today! Call or stop by our center.

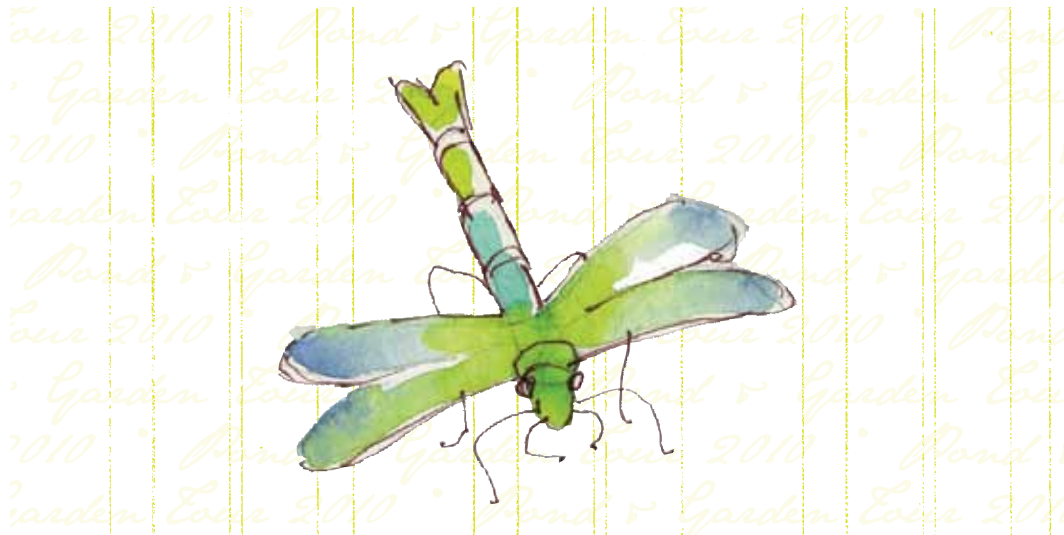
**(509) 735-0699**

Our center assists 6 eastern Washington counties. Go to [www.edithbishelcenter.org](http://www.edithbishelcenter.org) and discover how we offer help and hope to our clients. We offer low vision evaluations, visual aides & products, "Independent Living" training; computer classes; basic mobility training & much more.

Edith Bishel Center for the  
Blind & Visually Impaired



628 N. Arthur Street  
Kennewick, WA 99336



9TH ANNUAL

# Walla Walla Community Hospice POND & GARDEN TOUR

Saturday, September 11, 2010 | 9 a.m. to 5 p.m.

A special opportunity to tour ten lovely gardens with ponds and other water features!



Walla Walla Community  
H O S P I C E

### FEATURING:

- A raffle for pond & garden goodies | \$1 per ticket
- Vendors of garden accessories

COST: \$20 per person (12 years or older, please)

### TICKET OUTLETS:

- Bright's Candies & Gifts | 11 East Main Street
- The Hospice Office | 1067 Isaacs Avenue
- By phone 509.525.5561

FURTHER INFORMATION: [wwhospice.org](http://wwhospice.org)



## Alzheimer's Association Inland NW Chapter 2010 MEMORY WALKS

- September 11, 2010 – **Spokane Memory Walk @ CenterPlace**  
<http://MemoryWalk2010.kintera.org/Spokane>
- September 18, 2010 – **Tri-Cities Memory Walk @ Clover Island**  
<http://MemoryWalk2010.kintera.org/TriCities>
- September 25, 2010 – **The Palouse Memory Walk @ James Toyota**  
<http://MemoryWalk2010.kintera.org/Palouse>
- October 2, 2010 – **The North Idaho Memory Walk @ Riverstone Park**  
<http://MemoryWalk2010.kintera.org/NorthIdaho>

### MOVE FOR A CURE!

Go to the above referenced walk sites to register today! Sign up a team or walk as an individual! You can also find links to our walk sites on our chapter web site at [www.alz.org/inlandnorthwest](http://www.alz.org/inlandnorthwest). You will be able to easily personalize your own web page and use social networking to help in your fund raising efforts! And we're here to help along the way! Once you sign up, team captain packets or individual walker packets will be mailed full of lots of valuable fund raising information!

**For additional information or to request an "off-line" registration form, contact:**

Angie Spleiss, Memory Walk Coordinator • [angie.spleiss@alz.org](mailto:angie.spleiss@alz.org)

Alzheimer's Association Inland NW Chapter

(PH) 509/473-3390 (Fax) 509/473-3389

910 W. 5<sup>th</sup> Avenue, Suite 256 • Spokane, WA 99204

## 17th Annual ALL SENIOR PICNIC



Thursday, September, 23rd at TRAC in Pasco

11:00 am to 2:00pm - \$5 per person

Pre-registration and payment are required. Entry price at the door \$8.

**PLEASE REGISTER BY SEPTEMBER 17, 2010**

***Entertainment!***

**The Diamond Experience**

A Tribute to the Music of Neil Diamond

**Badger Mountain Dry Band**

Local Bluegrass Band

**Food - Prizes - Vendor Booths - Climate Controlled!**

**Tickets on Sale Now at These Locations:**

Pasco Senior Center, 1315 N. 7th Ave.

545-3459

Kennewick Senior Center, 500 S. Auburn

586-4303

Richland Community Center, 500 Amon Dr.

943-7529

***Mark your calendars & make plans to attend!***