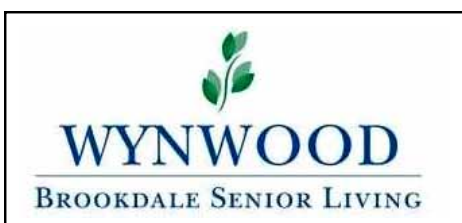


SENIOR REVIEW

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

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Tri-Cities



Flu Shots Can Fight Against Heart Attacks

A flu shot can do more than just fight against influenza, a new study suggests. It may also fight against heart attacks.

Adults who take the flu vaccine may be less likely to get their first heart attack the next year, researchers say.

The study, published in the Canadian Medical Association Journal, was conducted to add to other studies that suggested that there is a link between respiratory infections and heart attacks.



"By the nature of the study, it does not prove cause and effect. So it does not prove that the flu vaccine prevents heart attacks. But it does show that the flu vaccine is associated with the reduction," said Niro Siriwardena, one of the authors of the study and a professor at the University of Lincoln in England.

British researchers, who conducted the study, compared the medical records of a little more than 16,000 first-time heart attack victims age 40 and older with the records of nearly 62,700 people who had not had heart attacks.

After factoring other major risks for heart attacks, such as smoking and family history of heart ailments, the research found that the flu shot was associated to a 19 percent reduction in the rate of first heart attack, the study found.

And the benefit was even more for those that received flu shots earlier in the flu season.

Those who got the shots early had a 21 percent reduction in the rate of heart attacks in the next year, the study found.

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, 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. Classes are interactive and provide free makeup kits for all participants. 2:00-4:00 pm at Good Shepherd Community Wellness Center. Call (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 & 7. Fee: \$25 for the four-class series. 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 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



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

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. For those interested, Monday and Wednesday mornings at 9:00 am. Free for anyone interested. Kennewick Senior Center (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, 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 required to ensure seat availability. Large group discounts available. St. Anthony Hospital, 1601 SE Court Ave. Pre-registration required. 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. Free tests are courtesy of Columbia Basin Hearing & Balance Center. (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 & other health care professionals. Call (509) 525-3320, ext. 282

THURSDAY

HERMISTON: "Tobacco Cessation Classes" 4-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. 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

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 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

CALENDAR

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

OCTOBER 6-KENNEWICK: "Heartsaver CP/r for the Layperson" 6:00 pm-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

OCTOBER 7-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.

OCTOBER 9-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. Must pre-register. To be held at the Good Shepherd Medical Center Conference Center 1 & 2. Call Blue Mountain Community College for cost and registration information (541) 567-1800

OCTOBER 9-PASCO: "Haunted Forest at Sacajawea Park" 7:00 am-11:00 pm at the Park at the Port of Pasco. Raise money for Edith Bishel, The Center for the Blind, the Hearing Impaired and many more charities. Admission \$8 Brought to you by the Pasco Jaycees, Kennewick Lions & Radcon. Park at the port of Pasco and you will be trammed into the park. Call the event line at (509) 308-5433

OCTOBER 12-WALLA WALLA: "Basic First Aid" Sponsored by Adventist Health, Walla Walla General Hospital. Call (509) 522-2424



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CALENDAR (continued)

OCTOBER 13-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-9:00 pm. 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. (509) 586-5119

OCTOBER 13-HERMISTON: "Medicare/Medicaid 101" Three sessions at 10:00 am, 2:00 p or 5:00 pm in the Good Shepherd Medical Center cConference Center 2. Free Medicare and Medicaid (Oregon Health Plan) education meetings. Whether you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Free. . Call 800-762-4646 or (541) 667-3509

OCTOBER 13-KENNEWICK: "Flue Vaccine Clinic" 8:00-10:00 am at Kennewick Senior Center. For all ages. Vaccines will be administered by the Benton Franklin Health Department and are given on a first come, first served basis while supplies last. Vaccine fee is \$25. New this year the flue vaccine is combined with the H1N1 strain. Bring your Medicare card with you and you can be billed.

OCTOBER 14-KENNEWICK: "Basic Life Support For the Health Care Provider" 6:00-9:00 pm Course intended for participants who must have a credential (a card) documenting successful completion of a course in Basic Life Support For The Healthcare Provider. such credentials are typically required for people who provide health care to patients in a wide variety of settings, both in-hospital and outside the hospital. Fee: \$50. Sponsored by Kennewick Gen'l Hospital. (509) 586-5119

OCTOBER 14-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

OCTOBER 14-15-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

OCTOBER 15-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.

OCTOBER 15-KENNEWICK: "Chili Feed Fundraiser" 4:00-7:00 pm at the Kennewick Valley Grange, 2611 S Washington. (Corner of Washington & 27th) To benefit Edith Bishe Center for the Blind and Visually Impaired. Silent auction, raffle and door prizes. \$7 per person, all you can eat!, Bowl of Chili, bread sticks, salad, dessert and drink. Call (509) 735-0699

OCTOBER 21-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

OCTOBER 19-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

OCTOBER 21-22-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

OCTOBER 21-KENNEWICK: 11:30 am-1:00 pm. "Evaluation of Diabetic Eye Disease" The Tri-Cities Diabetes Coalition and Optometric Physicians of Washington will join together to present a free educational seminar on diabetes and the evaluation of eye disease. This presentation which is open to professional medical staff involved with the treatment of diabetes in Eastern Washington will introduce what an optometric physician does for the diabetic patient and what their role is. Seating is limited. RSVP to Cynthia McCready at (509) 735-0699 cynthia@edithbishelcenter.org



Send us your event pictures!

CALENDAR (continued)

OCTOBER 22-KENNEWICK: "Harvest Bazaar" 10:00 am-7:00 pm Drop in for this one-day-only event and get an early start on your holiday shopping. Shop for one-of-a-kind hand-crafted items, antiques, holiday decor, unique gifts, fine art, collectables and more. A bazaar with variety like no other. Free admission At the Kennewick Senior Center, 500 South Auburn. Call (509) 585-4303. seniorcenter@ci.kennewick.wa.us

OCTOBER 23-RICHLAND: "Pancake Fundraiser" 8:00 am. To benefit Edith Bishel Center for the Blind and Visually Impaired. At the Applebee's (43 Columbia Point Drive. Includes pancakes, sausages and beverages. \$7 in advance, \$8 at the door. For information call (509) 735-0699

OCTOBER 28-WALLA WALLA: "Healthcare Provider CPR" Sponsored by Adventist Health, Walla Walla General Hospital. 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 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. Must pre-register and pre-pay. Fee: \$25 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

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. 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" 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

NOVEMBER 4-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

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. Must pre-register. To be held at the Good Shepherd Medical Center Conference Center 1 & 2. Call Blue Mountain Community College for cost and registration information (541) 567-1800

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 17-HERMISTON: "Medicare/ Medicaid 101" Three sessions at 10:00 am, 2:00 p or 5:00 pm in the 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. Whether you are currently on Medicare/Medicaid or turning 65 any time soon we have information for you. Free. . For information call 800-762-4646 or (541) 667-3509

NOVEMBER 17-KENNEWICK: "Heartsaver CPR for the Layperson" 6:00-9:00 pm. 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 18-WALLA WALLA: "Healthcare Provider CPR" Sponsored by Adventist Health, Walla Walla General Hospital. 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. 2 day classes. 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. 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. Covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Must pre-register and pre-pay. \$25 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.



CALENDAR (continued)

SUPPORT GROUPS

DECEMBER 9-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. 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. Call (509) 586-5119

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

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. Fee: \$40. Sponsored by Kennewick General Hospital. 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. Fee: \$40. Sponsored by Kennewick General Hospital. Call (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

COLLEGE PLACE

ALZHEIMER'S SUPPORT GROUP: 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! 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. 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. Call Dona Beck at (541) 720-7657

HOPE FOR HEALING SUPPORT GROUP: Free, ongoing bereavement support group. 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

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

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

SUPPORT GROUPS (continued)

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

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

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 Neurological Resource Center. 2:00 pm at 712 Swift Blvd., Suite 1. Contact 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 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. 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. 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 Medial 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. Mayr 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 t 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

SeniorPages.com



VACANCIES (continued)

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 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. For additional information 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 yh 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

NEW SENIOR APARTMENTS: *Edison Terrace West*, 520 N Edison. One-Bedroom Independent Living Apartments for Seniors 62+, HUD subsidized, rent based on Income. Elevator & other amenities.

INCOME QUALIFIED APARTMENTS-TRI-CITIES: Studio, 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 ann 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

WALLA WALLA

RESPIRE 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. 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

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

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. 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, (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 *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 in the issues and needs that they have. The Volunteer Connection helps match needs and opportunities with the skills and talents of volunteers. 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. Provide transportation, weekly visits, a caring heart and listening ears. Qualified volunteers may receive a tax free stipend and reimbursement of expenses. Background checks required. Training is provided. Benton, Franklin and Walla Walla Counties. Call Diane Hart or Carole Bowles at (509) 545-6145.

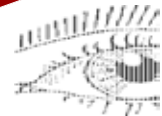
Walla Walla Community Hospice is currently recruiting individuals to serve as Patient Care Volunteers. VWork in tandem with the professional team of physicians, nurses, social workers, chaplains and aides. Volunteers provide companionship to hospice patients and allow family members and caregivers opportunities for needed breaks. No specific medical experience or training is necessary. 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>.



Chili Feed fundraiser to support Edith Bishel Center for the Blind and Visually Impaired

Silent auction, raffle
and door prizes!

Join us on October 15th from 4 pm till 7 pm



**Kennewick Valley Grange
2611 S. Washington**

**Corner of Washington
Street and 27th**

Chili Feed!

- Bowl of chili**
- Chili bar with fixings**
- Bread sticks**
- Salad**
- Dessert**
- Drink**

**\$7.00 per person ~
all you can eat!**

Spice it up with a bowl of chili on a cold fall day. Join us and help us raise money to support clients in six eastern Washington Counties.



Call (509) 735-0699 or 1-800-662-9226 to purchase tickets. We accept debit and credit card payment. This is a great way to thank your office staff, friends or family members and support our services and programs.

"We exist to enrich the independent quality of life for the blind and visually impaired persons."



628 N. Arthur St.
Kennewick, WA 99336

www.edithbishelcenter.org
Check out on our web site...





Harvest Bazaar

FRIDAY, OCTOBER 22 • 10AM-7PM



Drop in for this one-day-only event and get an early start on your holiday shopping. Shop for one-of-a-kind hand-crafted items, antiques, holiday décor, unique gifts, fine art, and collectables. Whether you're an avid shopper or a curious collector, there is something for everyone.

A bazaar with *Variety* like no other...

Friday, October 22 • 10am-7pm • FREE ADMISSION

Kennewick Senior Center, 500 South Auburn, down-town near post office

For Vendor Information Call 509-585-4303 | seniorcenter@ci.kennewick.wa.us



Kennewick Senior Center

is hosting a

Flu SHOT CLINIC

NOTICE:

The **Seasonal Flu Vaccine** offered in October is combined with the **H1N1 Strain**

**Don't let the BUG beat you!
Get your Flu shot TODAY!**

Get Vaccinated:

Wednesday, October 13

8 a.m. - 10 a.m.

First Come, First Served

\$ 25 Per Shot

If covered by Medicare, bring your Medicare Card with you and the clinic will bill Medicare for you.

Help prevent the Flu bug...

- **Wash your hands**
- **Cover your cough**
- **Sneeze into your sleeve**
- **Clean & Disinfect common surfaces**
- **Stay home if you are sick**



www.edithbishelcenter.org
Check us out!



**Edith Bishel Center for the Blind
and Visually Impaired
PANCAKE FUNDRAISER**

**Tickets are \$7.00 in
advance and \$8.00 at
the door.**



**JOIN US AT THE RICHLAND
APPLEBEE'S (43 COLUMBIA POINT DRIVE)
ON OCTOBER 23RD
SATURDAY AT 8:00 AM FOR A
HOT BREAKFAST OF
PANCAKES, SAUGAGES AND
BEVERAGES.**



**Call
(509) 735-0699 to
purchase your tickets
today!**