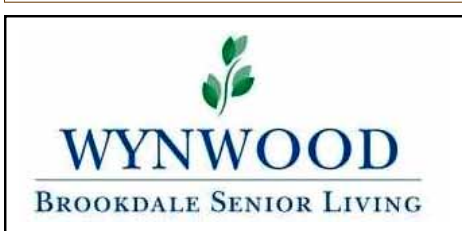


SENIOR REVIEW

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

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Tri-Cities



It's Time to Review Your Medicare Options

By Phillip Moeller

Medicare coverage should be a key component of every one's retirement planning. A 65-year-old couple will pay, on average, \$250,000 in future out-of-pocket healthcare costs. Unforeseen medical expenses are the leading cause of personal bankruptcy. In practice, most people give Medicare little thought until they near their 65th birthday.

The first sobering reality about Medicare is that it leaves people exposed to enormous healthcare costs. Basic Medicare includes hospital in-patient coverage (Part A) and out-patient coverage for physicians, equipment, and other medical services (Part B). Health reform is adding more preventive services to Part B. But consumers remain on the hook for 20 per cent of many Medicare expenses plus deductibles, co-pays, and other fees, often with no cap on maximum payments. Medicare generally does not cover dental, vision, hearing, or long term care. Signing up for Medicare thus should be the beginning of the health insurance process for older Americans, not the end.

A second reality is that Medicare is not one program but several. It includes government and private insurance plans. They can be combined in seemingly infinite ways. State rules can have a big impact on Medicare

benefits. There is a lot of homework to do, but it can pay off in better and less expensive coverage.



Begin your research by finding out the details of any workplace health benefits you are eligible to receive when you retire. The percentage of employers offering such benefits plunged to 29 percent last year.

"Roughly a third of all people on Medicare have an employer plan that supplements Medicare," notes Tricia Neuman, vice president and director of Kaiser's Medicare Policy Project. The best employer plans wrap their coverage around basic Medicare and fill in most of its gaps. If you can get retiree health coverage, take it. You also should determine if these benefits are sufficient or if you should obtain other Medicare policies or private supplemental insurance.

If you do retire when you turn 65 and stop receiving company health insurance as an active or retired employee, you may be able to continue receiving some benefits if your spouse has workplace health insurance. If you're not covered when you turn 65, you are legally required to have basic Medicare. Part A of Medicare is free but Part B has monthly premiums. If you've elected to begin receiving Social Security (eligibility begins at age 62),

...more on page 9

Tri-Cities



TriCities Internet Provider

Walla Walla



**SEMINARS/CLASSES/
EVENTS/MEETINGS**

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 & 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.

TUESDAY & THURSDAY

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

WEDNESDAY

KENNEWICK: 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

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 (continued)

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. 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

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 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

Walla Walla
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CALENDAR

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. 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 Call (509) 737-3427 or email: nancylyons@charter.net

SEPTEMBER 8-9-RICHLAND: "Safe Driving Class" 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 Central Church, 1124 Stevens Dr. (509) 946-6918

SEPTEMBER 9-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 for those that have never taken a BLS course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. Call (509) 586-5119

SEPTEMBER 9-HERMISTON: "Hospital Auxiliary Book Sale" 7:00 am-4:00 pm in the Pharmacy lobby at Good Shepherd Hospital.

SEPTEMBER 9-10-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs 2-3 hours, Rhythm interpretation & 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.) Sponsor: Kennewick General Hospital. (509) 586-5119

SEPTEMBER 10-11-KENNEWICK: "The Chaplaincy Volunteer Program" A free 32-hour training course for Cork's Place volunteers. Trains volunteers to facilitate support groups for those grieving the loss of a child. Fridays from 6:00-9:00 pm and Saturdays from 8:30 am-4:00 pm. 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. Contact Susan Nelson (509) 783-7416 or susann@tricityschaplaincy.org



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CALENDAR (continued)

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-KENNEWICK:

"Craft, Art & Food Fair for Alzheimer's" P 9:00 am-5:00 pm. Please come out and support all the crafters, artists and bakers! What better way to celebrate 9-11 than supporting these great people who have donated to help find a cure. Will take place at 503 W Columbia Drive, at Ray Poland & Sons Building. For information call Candy Thornhill (509) 947-8817

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 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-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. For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

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 14-PENDLETON:

"Western Day at the Pendleton Senior Center", 510 SW 10TRH. Special music. For additional information call (541) 276-5303

SEPTEMBER 14-PENDLETON:

"Fall Picnic at Community Park" 1:00 pm It will have a western theme so wear your boots, bring a chair, and a potluck dish. Sponsored by the Pendleton Senior Center. For additional information call (541) 276-530

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-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 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 To register or for more information call (509) 737-3427 or email: nancyl Lyons@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, 720Sprague. for additional information call (509) 527-3775



Many new Profiles of Senior Businesses can be found on www.SeniorPages.com

CALENDAR (continued)

SEPTEMBER 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. Covers basic techniques for providing first aid assistance. Layperson and Healthcare provider classes available. Pre-register and pre-pay. FEE: \$50 For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

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. Call: (509) 586-5119

SEPTEMBER 25-HERMISTON: "Family Health & Fitness Day" 9:00 am-1:00 pm at Hermiston High School. Glucose & Cholesterol blood draw, medication safety; back, vision, hearing and blood pressure screenings, balance, fall prevention information, file of life information and stress management. Activities for both children and adults. Free. Sponsored by Good shepherd Community Health Foundation and Good Shepherd Hospital. For more information call: (541) 667-3509

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 To register or for more information call (509) 737-3427 or email: nancylyons@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

SEPTEMBER 24-HERMISTON: Hawaiian Luau" 12:00 pm. Hermiston Terrace, an assisted living community, welcomes you and your family to join us for a fun and festive event. Games, lunch, door prizes, best Hawaiian outfit/costume contest. At Hermiston Terrace, 980 W Highland Ave. for information call (541) 5678-3141

OCTOBER 4-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. For information Sponsored by Good Shepherd Medical Center. Call (541) 667-3509.

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. Please 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: \$25For 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 12-WALLA WALLA: "Basic First Aid" Sponsored by Adventist Health, Walla Walla General Hospital. For additional information call (509) 522-2424

OCTOBER 13-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

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. 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



CALENDAR (continued)

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 General Hospital. To register call (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 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 22-KENNEWICK: "Harvest Bazaar" 10:00 am-7:00 pm Drop in for this 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. For vendor information call (509) 585-4303. seniorcenter@ci.kennewick.wa.us

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

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

NOVEMBER 1-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. Pre-register and pre-pay. 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. 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 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 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 18-WALLA WALLA: "Healthcare Provider CPR" Sponsored by Adventist Health, Walla Walla General Hospital. for additional information call (509) 522-2424

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.

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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

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

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

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

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. 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 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 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

SUPPORT GROUPS (continued)

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



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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

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, Exec 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 Kenneewick. Sonsored 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. 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 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

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

...continued from page 1

Part B premiums are deducted from your Social Security payments.

"The first thing you need to do is make sure you're properly enrolled in Medicare," says Joe Baker, president of the nonprofit Medicare Rights Center. The enrollment window opens three months before your 65th birthday and extends for the next seven months. Enrollment "just doesn't happen automatically. You usually need to get yourself down to Social Security. Many people erroneously decline Part B coverage," Baker says. "But then they find out they should have enrolled" and may face penalties. Penalties can take the form of higher Medicare premiums for the rest of your life, he notes, so take this process seriously.

Another increasingly likely scenario -- thanks to the Great Recession -- is that you will work past 65 and continue private health insurance. Employer insurance plans can change for 65-year-old employees who continue working. For example, your employer's plan may combine Medicare with supplemental coverage from work.

People without retiree health benefits must decide whether to supplement basic Medicare with what's called Medigap insurance or with a [Medicare Advantage plan](#) (MA). Medigap policies supplement basic Medicare. MA plans include basic Medicare plus additional coverages.

Medigap plans are sold by private insurers. There are 10 sets of prescribed coverages -- A, B, C, D, F, G, K, L, M, N (gaps between letters reflect discontinued plans). The plans fill holes in basic Medicare to different extents. The primary variables involve deductibles for Part A and B coverages, coverage of the 20 percent co-insurance payment, emergency care fees, and medical treatment outside the U.S., which is not covered by basic Medicare.

Baker says F is usually considered the most complete Medigap policy, with correspondingly higher premiums. But you might be able to find a less expensive Medigap solution that works for your needs and your budget. While the coverages within each "letter" plan are the same, premiums differ. [Medicare](#) has online tools to identify Medigap policies sold where you live.

Once you've identified a Medigap plan, you also should check out MA plans available in your state and see how they compare. MA evolved from the government's effort to support health maintenance organizations (HMOs) and their managed care service model. If you've used HMOs before, you might be comfortable with MA. It might save you money compared with Medigap, and even offer you some covered health services you can't find in Medigap. Also, insurance plans other than HMOs can be found in MA. Unlike Medigap, there is a lot of difference among MA plans, so you'll need to shop carefully. Unlike Medigap, MA plans often include prescription drug coverage.

Beyond covered services, experts note the biggest difference between Medigap and MA is that Medigap policies let you use any doctor you wish who participates in Medicare. With MA plans, you generally have to stay in the plan's network of providers. Another difference, Neuman notes, is that new federal rules and health reform provisions will cause private insurers to change MA plans. Before signing up for MA, see if there are any restrictions on your right to buy a Medigap policy later should your MA coverage change or no longer be offered.

The last piece to your Medicare puzzle is prescription drug coverage, also called Medicare Part D. It has been offered as a stand-alone Medicare policy by private insurers since 2006. Part D premiums vary, as can charges for the same drugs. Each plan offers its own list of covered drugs (called a formulary) and the plans usually have several pricing tiers, each with different co-pays, which contain increasingly expensive drugs.

The other major issue with basic Part D plans is a coverage gap known as the donut hole. In 2010, Part D stops providing coverage when drug costs have reached \$2,830, and insurance doesn't resume until your total out-of-pocket spending has reached \$4,550. The donut hole will go away bit by bit each year under health reform, and will be eliminated after 2019. Some retiree health plans include drug coverage. Employers need to certify their programs are at least comparable with Part D.

While you may be buying Medicare and its related plans when you're 65, experts note, you should consider your possible medical needs when you're 85. It can be expensive to switch plans later, or even impossible. The health reform act denies private insurers the right to use pre-existing conditions as a basis for rejecting coverage. That prohibition does not apply to private policies that supplement Medicare, Baker says. Age and physical condition can be used to reject or restrict older persons from getting supplemental policies, but not when they first become eligible for Medicare. Some states have consumer safeguards that disallow such coverage denials.

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VACANCIES (continued)

ONE & TWO BEDROOM UNITS Perfect rural setting in two connecting facilities. *Mike Foye Apartments* are connected to the *Garden Court Apartments* by a 2nd floor walkway. Catholic Housing Communities manages, preserves, and maintains these affordable rentals for lower-income seniors and those with mobility impairments. Staffed with property managers, maintenance, social service coordinators and part-time nurses. Mike Foye offers HUD Project-based Section 8 subsidized units. Complete kitchen, wall to wall carpet, window coverings and air conditioning. (509) 529-4706

CURRENT VACANCY historic Washington School Apartments located at 517 Cayuse St. in Walla Walla. Ground floor unit that is fully wheelchair accessible. Rent is \$330 per month with a \$200 security deposit. Pets under 25 lbs. allowed with \$300 fee. Applications are available at the Walla Walla Housing Authority offices, 501 Cayuse or online: www.wallawallaha.org. 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. : Tamara Gordon Marketing Director at 888-373-6046 or visit www.wheatlandvillage.com

VOLUNTEERS NEEDED

BENTON CITY

Lower Valley Hospice is opening its 2nd thrift store in Benton City. 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. Call Jennifer: 1-800-474-6008

HERMISTON

Hermiston Senior Center is 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

Interested in volunteering your time with wonderful people in our community? Call Robyn at *Sun Terrace Assisted Living* in Hermiston, Oregon: (541) 567-8424

PENDLETON

Meals-On-Wheels needs drivers! Help our community by volunteering to deliver meals to elderly shut-ins in the Pendleton area. 10:30-Noon any weekday. Mileage reimbursement & free lunch. Call the Pendleton Senior Center, (541) 276-1926

St. Anthony Hospital has volunteer opportunities that make a positive difference in peoples' lives. Frequent volunteer opportunities include: Auxiliary Gift Shop, Information Desk - greet & direct visitors, Shawl Ministry, Foundation, Patient Service, sewing 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. Volunteers undergo orientation and take a TB test before they begin service. Contact Meg Fallows, 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. Musicians range from age 10 to over 70. Volunteers provide music throughout the week in the Lobby and in the Critical Care Waiting Area. Call Meg Fallows, 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 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 required and training is provided. Volunteers are needed in Benton, Franklin and Walla Walla Counties. Diane Hart or Carole Bowles at (509) 545-6145

WALLA WALLA

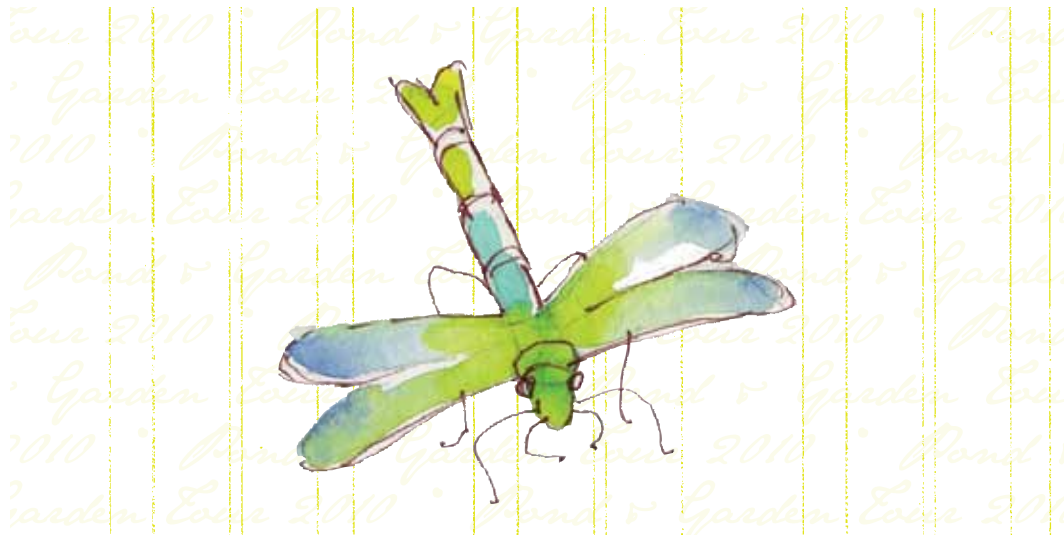
In becoming a part of the volunteer program at *Providence St. Mary Medical Center*, you are joining a team of people dedicated to high-quality patient care. It is our belief that working together as a team sharing a common objective of excellent service has earned Providence St. Mary Medical Center 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>.

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



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



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. 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

Alzheimer's Association Inland NW Chapter

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

910 W. 5th 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



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!



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





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 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

♠ **BLACKJACK** ♥ ♣ **TOURNAMENT**

FRIDAY, SEPTEMBER 17, 2010

6:00 pm Sign-up • 6:30 pm Start

Win up to \$750!

ENTRY FEE \$25

Only 105 entries available. Prizes Based on 105 entries.

4th Round Payoff!



Sign Up Now

- 1st Place – \$750
- 2nd Place – \$400
- 3rd Place – \$200
- 4th Place – \$100
- 5th Place – \$75
- 6th Place – \$50
- 7th Place – \$50

The Center at the Park

JEFFERSON PARK

720 SPRAGUE • WALLA WALLA • 527-3775

All Players will receive \$200 (script) each round, with the highest winnings advanced to the next round. Only 10 hands dealt each round. If a tie exists, a cut of cards will determine advance.

Food and Beverages will be Available for Sale