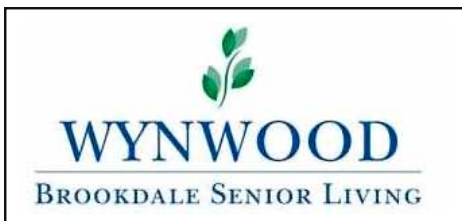


SENIOR REVIEW

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

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Tri-Cities



In Seniors, 'Fear of Falling' Risky in Itself

Regardless of actual risk, the anxiety made them more likely to tumble, study shows

Older people who have a fear of falling are at increased risk for future falls, regardless of their actual risk of tumbling, a new study finds.

The report, published Aug. 20, suggests that fall risk assessments should include measures of both actual and perceived fall risk for prevention purposes, according to the Australian and Belgian researchers.

The study included 500 people, aged 70 to 90, who underwent extensive medical and neuropsychological assessments. The researchers estimated the participants' actual and perceived fall risks and followed-up on them monthly for one year.

Both actual and perceived fall risk contribute independently to a person's future risk of falling, the study authors concluded. People with a high level of anxiety about falling are most likely to suffer a fall.



Although most people had an accurate perception of their fall risk, about one-third of the elders either underestimated or overestimated their risk of falling, according to the study.

The "anxious" group, for example, had a low actual fall risk but viewed it as high -- something the researchers attributed to neurotic personality traits, symptoms of depression and poor physical functioning.

The "stoic" group, on the other hand, had a high actual fall risk but viewed it as low, an attitude that the researchers

...more on page 9

Tri-Cities



TriCities Internet Provider



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) 585-4303

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.

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)

WEDNESDAY

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

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

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

RICHLAND: On the first Wednesday of each month, Healthy Ages, a program of Kadlec Medical Center, conducts a class devoted to sorting out Medicare questions. The class is tailored to meet the needs of those with retiree plans as their secondary insurance, and for those who need to

find a Medigap or Medicare Advantage Plan. Class also includes information regarding 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

Good Shepherd Hospital Conference Centers 6 & 8. Fee: \$25 for the four-class series. For more information please call (541) 667-3509

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

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

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

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

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



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CALENDAR

AUGUST 24-KENNEWICK: "Little Known Information to Help You Prepare Final Wishes" Many people are unaware of rights, responsibilities and benefits when planning final arrangements for themselves or a loved one. Blaze Titus and Esther Jaramillo from Hillcrest Memorial Center will answer questions regarding: VA benefits (which may include burial in a national cemetery at no cost for a veteran and their spouse); legalities of spreading ashes; whether you are legally required to use a funeral home; pre-planning benefits and more. Free and open to the public. Complimentary lunch provided by Parkview Estate Senior Living. Please RSVP (509) 737-3427

AUGUST 26-27-KENNEWICK: "AARP Driver Safety Course" The nation's first and largest classroom refresher course for motorists age 50 and older! Also, Washington /state law requires that insurance companies offer a discount to course graduates. Pre-registration and payment required. Sponsored by Kennewick Senior Center. Fee: \$12 for AARP member or \$14. Two-day class from 9:00 am-2:00 pm. Call (509) 585-4303

AUGUST 27-KENNEWICK: "20th Annual Billie Jane Lampson Memorial Golf Classic" The Tri-Cities Cancer Center Foundation is hosting the golf classic at the Canyon Lakes Golf Course in Kennewick. The event will feature games and prizes including the area's only Million Dollar Shoot Out hole-in-one contest. Proceeds from the event will support local cancer treatment, education and support series for area residents. Teams are still welcome to register for the morning tee-off. Those interested should contact the foundation at (509) 737-3374

AUGUST 28-WALLA WALLA: "Community Health Fair" Noon-5:00 pm in the Providence St. Mary Medical Center 7th Avenue parking lot. Drawings for a free 46" plasma TV and two trek bicycles. Free screenings, 45 Vendors and special presentations.

SEPTEMBER 1-KENNEWICK: "Food For Life" 5:00-78:00 pm. Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. First class will cover: Introduction to How Foods Fight Cancer. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, www.cancerproject.org To register or for more information call (509) 737-3427 or email: nancylyons@charter.net

SEPTEMBER 8-KENNEWICK: "Food For Life" 5:00-78:00 pm. Second in a series of Nutrition and Cooking Classes. Four-Class series with instructor Nancy Lyons, RN, MN. Second class will cover: Fueling Up on Low-Fat, High Fiber Foods. Fee \$40 for the series. To be held at Tri-Cities Cancer Center, Wellness Center, 7350 W Deschutes Ave. Sponsored by The Cancer Project, www.cancerproject.org To register or for more information call (509) 737-3427 or email: nancylyons@charter.net

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

SEPTEMBER 8-9-RICHLAND: "Safe Driving Class" Senior driving course for those 50+. Most insurance companies will give you a break upon successful completion of the course. \$12 for AARP members and \$14 or

non-members. 12:30-4:30 at Central Church, 1124 Stevens Dr. To enroll call (509) 946-6918

SEPTEMBER 9-KENNEWICK: "Basic Life Support for the Healthcare Provider Renewal" The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-511

SEPTEMBER 9-10-KENNEWICK: "Advanced Cardiac Life Support Initial" 2-Day course (Current BLS/HCP required.) Day 1: Starts at 2:00 pm and runs for 2-3 hours, includes Rhythm interpretation and review of ACLS Medications and Algorithms. Day 2: 8:30 am-4:30 pm. Fee: \$295 (Includes ACLS Manual and Handbook of Emergency Cardiovascular Care.) Sponsored by Kennewick General Hospital. To register call (509) 586-5119

SEPTEMBER 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 Mediacal 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

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

CALENDAR (continued)

local practitioners. Appointments are required and are on a first come first served basis. Screenings sponsored by Tri-Cities Cancer Center foundation, KGH Foundation, Benton-Franklin Fair & Rodeo and Three Rivers Pathology. For more information call (509) 737-3420

SEPTEMBER 12-KENNEWICK:

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

SEPTEMBER 13-WALLA WALLA:

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

SEPTEMBER 13-14-RICHLAND:

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

SEPTEMBER 15-KENNEWICK:

“Heartsaver CPR for the Layperson” 6:00-9:00 pm. This course is offered to those individuals requiring a credential (a card) documenting successful completion of a CPR course that provides instruction on Adult, Child, and Infant CPR as well as training in the use of adult and child AED. Fee: \$35. Sponsored by Kennewick General Hospital. For registration information please call (509) 586-5119

SEPTEMBER 14-15-KENNEWICK:

“Safe Driving Class” Senor driving course for those 50+. Most insurance companies will give you a break upon successful completion of the course. \$12 for AARP members and \$14 or non-members. 11:00 am-5:00 pm at The Manor at Canyon Lakes, 2802 W 35th. To enroll call (509) 5865005

SEPTEMBER 15-16-RICHLAND:

“Safe Driving Class” Senor 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: nancylyons@charter.net

SEPTEMBER 16-KENNEWICK:

“Basic Life Support for the Healthcare Provider Renewal” The renewal course is offered for the healthcare providers that are current with BLS or about to expire. This is not recommended for those that have never taken a BLS for Healthcare Provider course. 12:00-2:00 pm. Fee: \$40. Sponsored by Kennewick General Hospital. To register call (509) 586-511

SEPTEMBER 17-WALLA WALLA:

“Blackjack Tournament” 6:00 pm sign-up, 6:30 pm start. Win up to \$750, entry fee \$25, only 105 entries

available. To be held and benefit for The Center at the Park, 720 Sprague. for additional information call (509) 527-3775

SEPTEMBER 20-21-KENNEWICK:

“Safe Driving Class” Senor 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. 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



CALENDAR (continued)

the American Heart Assn. sponsors. This course consists of a self-study core instructor course and classroom instruction. Fee: \$275. Renewal course fee: \$60. For information call: (509) 586-5119

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

SEPTEMBER 22-KENNEWICK: "Food For Life" 5:00-78:00 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

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

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

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

COLLEGE PLACE

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

HERMISTON

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

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



Historic Pendleton Roundup

CALENDAR (continued)

ALZHEIMER'S DISEASE: Meets the third Thursday of each month, 1:00-3:00 pm, 1380 Manzanita Place. For information please call Dona Beck at (541) 720-7657

KENNEWICK

ALZHEIMER'S SUPPORT GROUP: Third Thursday of each month. (Light meals served) 5:30-7:00 pm at Callaway Gardens. Men only Support Group 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. For information 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. 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 z9509 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

CALENDAR (continued)

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 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. Mary Regional Cancer Center, (509) 522-5700

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

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

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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

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: Jacqu (509) 736-0800

INCOME QUALIFIED APARTMENTS-TRI-CITIES: 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

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 Penny Wicklander at *Oregon Trail Manor*, 2430 SW Perkins Ave. or call (541) 276-6910

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

RICHLAND

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

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

ONE & TWO BEDROOM UNITS: Schedule a personal tour of *Wynwood of Columbia Edgewater* to view our special assisted living facility. We now have several units available. Contact: Christina Renz (509) 946-4600 crenz@brookdaleliving.com

VACANCIES (continued)

WALLA WALLA

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

...continued from page 1

associated with physical activity, a positive outlook on life and community participation. The perception of a low fall risk actually helped protect the stoic group against falls, the investigators found.

Working with elderly people to reduce their fear of falling isn't likely to increase the risk of falls by making seniors overly confident researchers concluded. It is best to pass along as much information as possible.

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: Mary Wollmuth Marketing Director at 888-373-6046 or visit www.wheatlandvillage.com



VOLUNTEERS NEEDED

BENTON CITY

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

HERMISTON

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

PENDLETON

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

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,

VOLUNTEERS NEEDED

including education and rehabilitation. All volunteers undergo orientation and take a TB test before they begin service. For information contact Meg Fallows, volunteer coordinator at (509) 946-4611, Ext. 4666

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

KENNEWICK

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

WALLA WALLA

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

providers in Southeastern Washington. Volunteer positions available: Information Desk, Escort-Errand, 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.

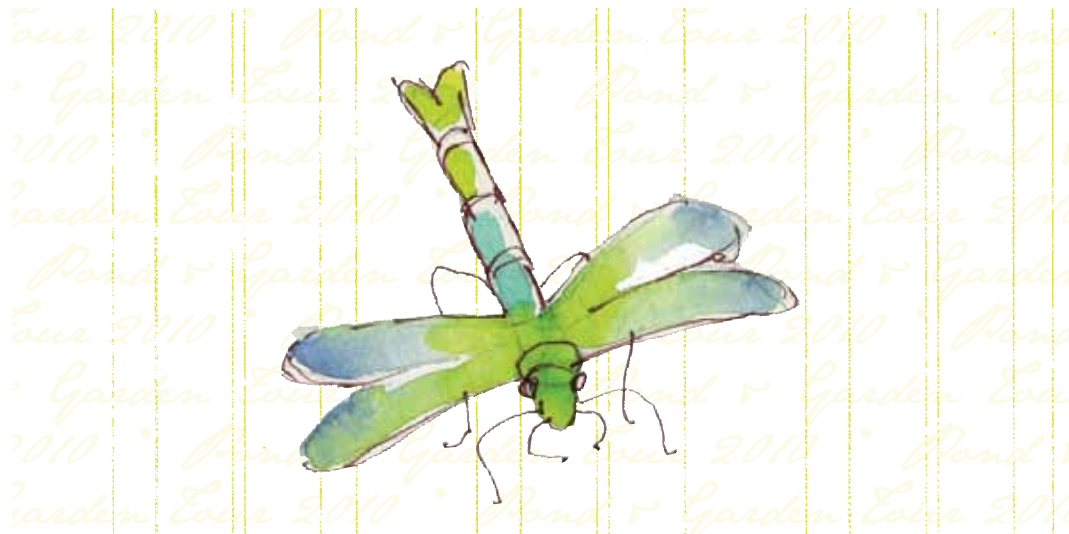
for more information, contact Mary Wollmuth, Volunteer Coordinator at 525-5561 or mary@wwhospice.org. A video about a hospice volunteer is also available at <http://www.youtube.com/watch?v=3H4u9YKaBWc>.

WENATCHEE

Wenatchee Valley Senior Activity Center has opportunities at the front desk and Crafters Corner. Other volunteers help out with special events. We have a vast number of volunteer opportunities available for our members to choose from depending on their interests, talents and skills. Senior Activity Center members have a lifetime of talents to share. If you would like to become an active WVSAC volunteer call our Volunteer Coordinator at (509) 662-7036

Central Washington Hospital has many volunteer opportunities in the Hospital, Gift Shop, Guild House reception desk, Assist the chaplain with patients' spiritual needs, Hospice Volunteers visiting end of life patients in-home or nursing home, or Mended Hearts program visiting patients recovering from heart procedures. To pick up your application the Volunteer Services office is open Monday through Friday from 8:00 am-4:30pm or call (509) 662-1511 ext. 2663.

SeniorPages.com



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: \$29 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

Entertainment!

The Diamond Experience
A Tribute to the Music of Neil Diamond
Badger Mountain Dry Band
Local Bluegrass Band

Food - Prizes - Vendor Booths - Climate Controlled!

Tickets on Sale Now at These Locations:

Pasco Senior Center, 1315 N. 7th Ave.	545-3459
Kennewick Senior Center, 500 S. Auburn	586-4303
Richland Community Center, 500 Amon Dr.	943-7529

Mark your calendars & make plans to attend!

A journey of excellence...

130 years of service

to the Walla Walla Valley

Community HEALTH FAIR

August 28 at Providence St. Mary Medical Center

WOMEN & CARDIOVASCULAR DISEASE

Presented by Providence St. Mary Medical Center and Heart Clinics Northwest

7:30 a.m. - Women Love to Walk 5K walk

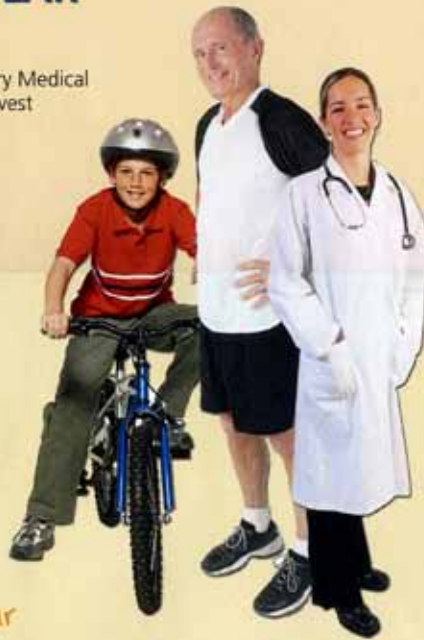
FREE T-shirts for the first 100 who register in advance. Call 522-5731 to register. Walkers meet in parking lot at the front entrance (5th Avenue side) of Providence St. Mary.

8:30 a.m. - Heart Healthy Breakfast

FREE breakfast in the Providence Room for those attending the morning seminars.

9 a.m. to noon - Women & Cardiovascular Disease seminars

FREE seminars in the Providence Room. Topics include cardiovascular heart disease in women, risk factors, exercise, diet and smoking cessation. Register by calling 522-5731.



COMMUNITY HEALTH FAIR

Time and place:

Noon to 5 p.m. in the Providence St. Mary Medical Center 7th Avenue parking lot.

Free drawings!

Drawings for a free 46" plasma TV / Wii bundle and two Trek bicycles.

Free activities!

Free screenings: Cholesterol, blood pressure, vision, body fat, fall risk, posture, and HIV testing.

45 vendors representing health care, dentists, vision, fitness, elder care, personal care, pharmacy, nutrition, emergency preparedness, tobacco prevention, parenting, child safety, injury prevention and healthy cooking.

Presentations: back pain treatment, cooking with herbs, cancer prevention and more!

Bicycle rodeo, car seat clinic, hot dogs, fruit bars, italian sodas and much more!

