

# SENIOR REVIEW

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### Wenatchee



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## Baby Boomers to Gain Most From Health Care Reform

America's Baby Boomers may be poised to benefit the most from health-care reform, a new report shows. Some of those gains will come right away, such as the elimination of restrictions on people with preexisting conditions, while others -- no more lifetime limits on health insurance and subsidized coverage through health insurance exchanges -- are slated for 2014, as more provisions of the Affordable Care Act are rolled out.

A federal district judge in Virginia ruled that a key provision of the law, which mandates coverage for most Americans, was unconstitutional. Most analysts expect the case to eventually reach the U.S. Supreme Court.

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Crescent Bar Area

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### Moses Lake



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## SEMINARS/CLASSES/EVENTS/MEETINGS

### MONDAY & WEDNESDAY

**WENATCHEE:** "Free Movement and Exercise Programs" Join trained instructors at Eastmont Gold's Gym for a safe and effective exercise class. 4:15-5:15. For active individuals who are recovering from cancer, surgery or those who have chronic illness such as diabetes; perfect for every fitness ability level. Chairs are available for seated excises. No membership or fee required. Call Wellness Place for more information

**WENATCHEE:** "Fitness for Seniors" 10:15-11:15 at the Wenatchee Valley Senior Activity Center, 1312 Maple St. For information call (509) 662-7036

**EAST WENATCHEE:** "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+. It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 1:30-2:30 pm at Eastmont Presbyterian /church, 301 Kentucky. Instructor Lynne Barnhart (509) 884-4219

### MONDAY & TUESDAY

**WENATCHEE:** "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+. It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:30-10:30 am at Blossom Valley Assisted Living, 1701 Orchard St. Instructor John Luce (509) 662-1231

### TUESDAY

**CHELAN:** "Diabetes Education". Held the third Tuesday of each month, 6:30 pm at Columbia Valley Community Health, 317 E Johnson. The group is being held in the classrooms. Various topics/specialties are covered based on availability. Sponsored by Wenatchee Valley Medical Center. For questions call Shelley Wold, RD (509) 682-6198

**ENTIAT:** "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+. It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 5:30-6:30 pm at the Entiat Grange #1014, 14108 Kinzel St. Instructors: Cathy Montgomery & Arlene Horan, RN (509) 784-7117

**MOSES LAKE:** "Diabetes Education" The group classes are held monthly the first and fourth Tuesday of every month. During the winter classes are held 2:00-4:00 pm. Each session is four weeks in length. One-on-one appointments are also held with our Diabetes Educator. Instructor team includes a certified diabetes educator and registered dietitian. Covered by most insurance plans, including Medicare and Medicaid. A diabetic education referral must be completed by your provider to take this class. Sponsored by Wenatchee Valley Medical Center. Call to register at (509) 765-5606

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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 first week of each month. If you have any announcements similar to those below please e-mail them by the 25th of the previous month to [dale@seniorpages.com](mailto:dale@seniorpages.com)

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

**WENATCHEE:** "Overeater's Anonymous" Tuesdays 7:00 pm at First United Methodist Church, 941 Washington St. This is a fellowship, not a diet club. No weigh-ins, no dues or fees. OA's program is designed to help stop eating compulsively. For people of all sizes and types of eating problems or disorders. Call (509)\_ 670-6046 or 662-0864 for information.

### TUESDAYS & THURSDAYS

**MOSES LAKE:** "Stay Active & Independent for Life" It works...you'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls. It's safe, the instructors are experienced and skilled, and exercises have been tested with seniors. It's fun, you'll meet other seniors and make new friends. 10:00am At the Moses Lake Senior Center, 608 E Third Ave. For more information call (509) 765-7809 email: [mlsenior@gemsi.com](mailto:mlsenior@gemsi.com)

**WENATCHEE:** "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+". It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:00-10:00 am at Wenatchee Senior Activity Center, 1312 Maple St. Instructor: Sarah Jicha (509) 716-1278

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

### WEDNESDAY

**WENATCHEE:** "Footcare" In the health room of the Wenatchee Valley Senior Activity Center. Professional foot care by Sue Anez, RN. Includes soak, trimming and filing. Make appointment by contacting Sue at (509) 669- 0r 881-2022

**WENATCHEE:** "Legal Counseling" Conference Room B of the Wentachee Valley Senior Activity Center. Attorneys from Volunteer Attorney Services offer one-on-one appointments for basic legal information for seniors. Call (509) 663-2778

**WENATCHEE:** "Fitness for Seniors" 10:15-11:15 Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036

### THURSDAY

**WENATCHEE:** "Tops Take Off Pounds Sensibly" Nonprofit support group for weight loss. Every Thursday at 5:15 at the Nazarene Church, 1011 S Miller. Contact Sherrie Schmitt (509) 548-5498

**WENATCHEE:** 11:30 am. Free blood pressure checks in the health room of the Wenatchee Valley Senior Activity Center. Home health nurses from Central Washington Hospital will check your blood pressure free of charge, just stop by.

### THURSDAY & FRIDAY

**WENATCHEE:** "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+". It will make you

more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:30-10:30 at Blossom Valley Assisted Living, 1701 Orchard St, Instructor: Patty Getzin (509) 664-3007

### FRIDAYS

**WENATCHEE:** "Wine, Cheese & Chat Happy Hour" 5:00-7:00 pm third Friday of each month. Featuring a special local winery and great hors' doeuvres. at the Wenatchee Valley Senior Activity Center, 1312 Maple St. For information call (509) 662-7036

**ENTIAT:** "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+". It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 10:00-11:00 am at the Entiat Grange #1014, 14108 Kinzel St. Instructors: Cathy Montgomery & Arlene Horan, RN (509) 784-7117

**WENATCHEE:** "Hearing Aid Services" Free checks and cleaning. Confidential and free counseling about your hearing loss concerns. Just drop by, no appointment needed. Service provided by Aimee' Seely-Fadich of Sonus. 10:00 am-Noon.

**WENATCHEE:** "Fitness for Seniors" 10:00-11:00 am. Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036

## CALENDAR

**MARCH 9-MOSES LAKE:** "Healthcare Provider CPR Renewal" 7:30-9:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

**MARCH 14-WENTACHEE:** "ACLS Provider 2011" The American Heart Assn. ACLS Provider Course provides the knowledge and skills necessary to perform as a member of an advanced cardiac life support team based on American zHeart Assn. standards. Registrants must be competent at identifying cardiac dysrhythmias, have soled knowledge of cardiac pharmacology, and be able to demonstrate one-rescuer BLS skills. Sponsored by Central Washington Hospital, 1201 S Miller, Room c. Fee: \$200. Contact Connie Morris (509) 664-3494

**MARCH 14-15-MOSES LAKE:** "ACLS Provider Course" 8:00 am-5:30 pm. Advanced Cardiac Life Support Full Provider Course. This course is for those taking CLS for the first time, expired card holders, or renewing card holders who prefer complete review. Presented by Samaritan Healthcare. To register Contact Martha Wong, (509) 793-9691

**MARCH 15-WENATCHEE:** "Common Causes of Foot Pain" 7:00 pm As a service to its patients and the community, Wenatchee Valley Medical enter is launching a series of talks by its physicians to provide helpful information about a variety of important medical topics. The next talk is presented by Brandon Child, DPM (Podiatry Department) in the Mares Building's conference room A. There is no charge to attend

**MARCH 22-MOSES LAKE:** "Healthcare Provider CPR Renewal" 7:30-9:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

**MARCH 24-WENATCHEE:** "Art Walk" 4:00-7:00 pm. This Spring Art Exhibit will feature painting sand prints of landscapes, appetizers, refreshments, and entertainment. An enjoyable event for all ages. Sponsored by Colonial Vista Retirement, 601 Okanogan Ave - Vista Main. Free! For information call Erin Cass at (509) 663-3337

**MARCH 26-MOSES LAKE:** "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care provides, and other job-required card holders. Fee: \$40. For information contact the Education Center at (509) 793-9690

**MARCH 29-31-EPHRATA:** Columbia Basin Hospital Health Fair and Family Night. (Family Night March 31) Held at the Ephrata Recreation Center. The health fair features reduced rates for health screens, educational material, and fun activities for the entire family. Many local health care providers ranging from eye care, chiropractic, massage and immunization clinics are all a part of this learning experience. For more information contact Gail Michael at (509) 754-4631, ext. 206

**APRIL 5-WENATCHEE:** "Exercise for Back Pain" 7:00 pm As a service to its patients and the community, Wenatchee Valley Medical enter is launching a series of talks by its physicians to provide helpful information about a variety of important medical topics. The next talk is presented by Stephen Huffman, M.D. (Sports Medicine and Occupational Medicine Departments) in the Mares Building's conference room A. There is no charge to attend

**APRIL 8-9-WENTACHEE:** "Spring Craft Show" 9:00 am-4:00 pm both days. Organized by Jodi Duncan, this event will be held in the Campbell Conference Center at Colonial Visa Retirement Community, 601 Okanogan Ave. Proceeds will benefit the Samara's Foundation a local non-profit in the Wenatchee Valley which assists the blind and visually impaired. The Craft Show will feature: plants, birdhouses, garden art, beaded jewelry, handmade soaps, lotions, candles, bunnies, baby items, homemade baked goods and much more!. Free Admission. For additional information call (509) 663-3337

**APRIL 16-WENATCHEE:** "Easter Egg Hunt" Age group time schedule: 3 & under 10:00 am, 4-6 years old 10:30 am and 7-10 years old \$11:00 am. This popular annual event (held at Vista Dome) will feature an egg hunt with fun prizes and candy, face painting, sidewalk chalk art, and refreshments. Free. Please bring your own Easter basket. Sponsored by Colonial Vista Retirement (509) 663-3337

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect." "Really," answered the neighbor. "What kind is it?" "Twelve thirty."

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

## CALENDAR (Continued)

**APRIL 26-WENATCHEE:** "Topics in Vascular Surgery" 7:00 pm As a service to its patients and the community, Wenatchee Valley Medical enter is launching a series of talks by its physicians to provide helpful information about a variety of important medical topics. The next talk is presented by Rachel Lungren, M.D. and Thomas Bergman, M.D. (Vascular Surgery Department) in the Mares Building's conference room A. There is no charge to attend

## SUPPORT GROUPS

### CASHMERE

**RN/LPN:** Would you like to join a team that is making a difference? Family owned Cashmere Convalescent Center is looking for a motivated Registered Nurse or Licensed Practical Nurse for a Full Time evening position, Monday-Friday. Experience the difference by applying at Cashmere Convalescent Center. New grads welcome. Competitive wage and benefits. Contact: Erik (509) 782-1251

### CHELAN

**DIABETES EDUCATION AND SUPPORT GROUP:** Third Tuesday of each month, 6:30 pm at Columbia Valley Community Health Chelan, 317 E Johnson, (old DOT Building)/ The group is being held in the classrooms. Various topics/specialties are covered based on availability. For questions call Shelley Wold, Rd. (509) 682-6198

### WENATCHEE

**ALZHEIMER'S SUPPORT GROUPS:** 2nd and 4th Tuesdays, 10:30 am-Noon. At Blossom Creek, 1740 Madison St. 10:00-11:00 am Grace Lutheran Church, 1408 Washington. The Alzheimer's Assn. support group is for caregivers and is designed to provide caring place for members to discuss the many challenges of caregiving for someone touched by

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The new report, from the Commonwealth Fund, is the sixth in a series examining how the new reform package, signed into law in by President Barack Obama, will change health-care coverage in the United States.

"This report paints a picture of the Baby Boomer generation whose health and financial security are in jeopardy because of rising health-care costs and declining coverage," Cathy Schoen, senior vice president at Commonwealth Fund, said. "The good news is that the Affordable Care Act is already making a difference and things will continue to improve. We will enter a new era in health care with an end to turning people down for health insurance because of age and health."

But Devon Herrick, a senior fellow with the National Center for Policy Analysis, is worried that these forthcoming changes could skew the system for the worse. "The age cohort with the highest medical costs -- and, incidentally, more money -- are the ones that stand to get subsidies," he said. "The other half they're getting the subsidies from are those paying taxes or 22-year-olds."

My fear is that those who are young and healthy will [decide to] pay the penalty because they can always sign up when they're sick. If no one signs up except those that are sick, the cost could go up."

Some 57 million men and women in the United States are aged 50 to 64. "About 8.6 million are uninsured, [and] nearly 10 million older adults have such high out-of-pocket costs relating to health they are underinsured," said Commonwealth Fund Vice President Sara Collins, a co-author of the report. This group of adults, two-thirds of whom have one or more chronic health problems and more difficulty accessing care, also has record unemployment, and many reported having difficulty finding affordable health insurance, she added.

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### SUPPORT GROUPS (continued)

this disease. The group provides a safe haven for participants to share their feelings, find emotional support, exchange information. For more information call Jan Ebert at (509) 782-0927

**CANCER SUPPORT GROUP:** First and Third Tuesdays at 7:00 pm at Wellness Place, 240 N Chelan. For information call (509) 888-9933

**MS SUPPORT GROUP:** Second Wednesday of each month at 6:30 pm at Wenatchee Valley Medical Center, Conference Room. Contact: Jessica J. (509) 669-4067

**PARKINSON'S SUPPORT GROUP:** Meets on the third Tuesday of each month from 2:00-3:30 pm. No classes in July or August. Sponsored by Wenatchee Valley Medical Center. For additional information call (509) 663-8711

**STROKE AND BRAIN INJURY SUPPORT GROUP:** Meets the third Wednesday of each month from 1:30-3:00 pm. Sponsored by Wenatchee Valley Medical Center. For meeting location or more details please call Susan Howell at (509) 663-8711, ext. 5983

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**509 979-6882**

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Many Boomers are racking up medical debt and 75 percent are foregoing needed medical care, while nearly half are skimping on preventive care. More than half of the uninsured women in this age group, for example, had not had a mammogram in two years, according to the report.

The report predicts that 18.3 million men and women in this age group will gain some kind of benefit from the act, including 6.8 of 8.6 million uninsured gaining coverage and 1.4 million who already have health insurance picking up better benefits.

#### Among The Bill's Other Potential Benefits

More than 102 million people will no longer have a lifetime limit or "cap" on insurance coverage.

The insured will have access to free mammograms, colorectal cancer tests and other screenings, along with preventive care, such as vaccines.

Sick people will no longer have to pay more than their healthier counterparts.

The temporary Early Retiree Health Benefits Reinsurance Program for Employers, which runs until 2014, helps employers provide benefits for employees who retire early.

People living in the south and southwest, including Florida, New Mexico and Texas, which have the highest rates of uninsured Baby Boomers (sometimes more than one-fifth) stand to benefit the most.

The report's authors were optimistic about the bill's impact, even in the face of current challenges. "It is moving forward," said Collins. "The Affordable Care Act is the law of the land. A lot of the pieces have gone into place already this year."

### VOLUNTEERS NEEDED

#### EPHRATA

The Columbia Basin Hospital Auxiliary is a volunteer organization promoting the advancement of welfare for the hospital through service and fundraising. The CBH Auxiliary is an active group that meets on the second Monday of every month at 1:00 pm in the hospital conference room. To become a member or to receive more information regarding the auxiliary please call Sue Alberti at (509) 246-1944

#### MOSES LAKE

*Samaritan Healthcare* has opportunities throughout the hospital. We make it our mission to place volunteers in the department that best suits their needs and skill level. Individuals interested in becoming a volunteer at Samaritan Healthcare are screened, interviewed, given an overview of volunteer positions available as well as volunteer benefits. Volunteers generally work only 4

hours per week or more if they prefer. Arrangements are made to fill in when the volunteer needs time off. If you are interested in becoming a volunteer Contact Bonnie Dirks at (509) 793-9724

#### WENATCHEE

*Long term care Ombudsmen* needed. Weill you help advocate for the rights of vulnerable adults? Free training. Call Erin Nelson, NCW Ombudsman Program 886-0700, ext. 232

*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.

*Wenatchee Valley Senior Activity Center* members are active volunteers either at the center or at various other non-profits in the community. Some volunteers have regularly scheduled volunteer shifts or others help out with special events. Vast number of opportunities available to choose from depending on interests, talents and skills. If you would like to become an active volunteer call our coordinator at (509) 662-7036

Summer is Coming!

