

SENIOR REVIEW

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Yakima



Taking Early Retirement May Retire Memory, Too

The two economists call their paper “Mental Retirement,” and their argument has intrigued behavioral researchers. Data from the United States, England and 11 other European countries suggest that the earlier people retire, the more quickly their memories decline.

The implication, the economists and others say, is that there really seems to be something to the “use it or lose it” notion — if people want to preserve their memories and reasoning abilities, they may have to keep active.

“It’s incredibly interesting and exciting,” said Laura L. Carstensen, director of the Center on Longevity at [Stanford University](#). “It suggests that work actually provides an important component of the environment that keeps people functioning optimally.”



While not everyone is convinced by the new study, published recently in *The Journal of Economic Perspectives*, a number of leading researchers say the study is, at least, a tantalizing bit of evidence for a hypothesis that is widely believed but surprisingly difficult to demonstrate.

Researchers repeatedly find that retired people as a group tend to do less well on cognitive tests than people who are still working. But, they note, that could be because people whose memories and thinking skills are declining may be more likely to retire than people whose cognitive skills remain sharp.

And research has failed to support the premise that mastering things like memory exercises, crossword puzzles and games like Sudoku carry over into real life, improving overall functioning.

“If you do crossword puzzles, you get better at crossword puzzles,” said Lisa Berkman, director of the Center for Population and Development Studies at Harvard. “If you do Sudoku, you get better at Sudoku. You get better at one narrow task. But you don’t get better at cognitive behavior in life.”

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Yakima



Liz Trua, Realtor, SRES



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SEMINARS/CLASSES/EVENTS/MEETINGS

TUESDAY

YAKIMA: "Diabetes Screenings" 8:00-10:00 am on Tuesdays at Memorial Hospital's Community Education Center on 2506 Nob Hill Blvd. in Yakima. No appointment necessary. For the most accurate results, do not eat or drink anything for 12 hours prior to the screening. Fee: \$5 (\$3 for Memorial Third Age members). For information and to register call (509) 249-5243

YAKIMA: "Sure-Start Diabetes Education" Three hour introduction course Tuesdays 9:00 am-Noon or 1:00-4:00 pm at Memorial Hospital's Community Education Building, 2506 Nob Hill Blvd. Registration required. Call (509) 249-5243

WEDNESDAY

YAKIMA: "Better Breathers Club" Support group for individuals and families with lung disease. 1:00-2:30 pm at Memorial Hospital Rehabilitation and Wellness Center, 406 S 30th Ave. No charge. For information call (509) 576-7650

YAKIMA: "Ice Cream Social For Seniors" Presented by Rexford Manor Retirement Community, 1010 N 34th Ave. for additional information contact Colleen Collins at (509) 248-7768

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CALENDAR (continued)

DECEMBER 1-ELLENSBURG: "Diabetes Support" The KVCH Diabetes Education and Support group provides continuous educational support to help individuals manage their disease more effectively. The group's monthly meetings offer the latest information on diabetes self-care, nutrition, and an opportunity to talk to others living with diabetes. This month's meeting Covers: "Make the most Out of Blood Glucose Checking". For more information please call (509) 962-7433

DECEMBER 2-YAKIMA: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Harman Center, 101 N 65th Ave. No charge.

DECEMBER 2-YAKIMA: "Heart Healthy Eating Part 1" 12:15 Including a variety in healthy food choices is one of the most effective ways to reduce cholesterol, blood pressure, and maintain a healthy weight. This class covers nutritional guidelines supported by leading health organizations. It will help you take positive steps to a healthy lifestyle. Sponsored by Yakima Regional Hospital. Taught in the Medical Office Building. Please call (509) 573-3592 or visit www.yakimaregional.com to sign up for these and other FREE classes.

DECEMBER 2-ELLENSBURG: "Maximizing Benefits" 9:00 am-Noon. Are you getting all the help you are eligible for? Free online computer help for Medicare recipients with drug plan options, low income assistance and other local resources. ALTC and SHIB Helpline Volunteers will help you look over options at the Hal Holmes Center. (Please bring a list of all your medications with you) Sponsored by Kittitas County SHIBA Helpline Volunteer, Retired and Senior Volunteer Program, Aging and Long Term Care, Ellensburg Public Library. For more information call RSVP (509) 962-4311 or ALTC (509) 925-8765

DECEMBER 3-SUNNYSIDE: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Best Western Grapevine Inn, 1849 Quail Lane. No charge.

DECEMBER 7-8-YAKIMA: "Driver Refresher Course" 8:30 am-12:30 pm. Drivers 55 and over who complete this approved AARP safe driving course may qualify for a discount on their auto insurance. No driving or written tests are involved. At the Harman Center. To register call (509) 575-6166

DECEMBER 8-SUNNYSIDE: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Best Western Grapevine Inn, 1849 Quail Lane. No charge

DECEMBER 8-YAKIMA: "Tools Tips For Quitting Tobacco. 1:30 pm. A Tobacco Control Manager from the American Lung Association will help you to understand nicotine addiction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan. Sponsored by Yakima Regional Hospital. Taught in the Medical Office Building. Please call (509) 573-3592 or visit www.yakimaregional.com to sign up for these and other FREE classes.

DECEMBER 9-YAKIMA: "The ABCs of Diabetes" 12:15 pm. Diabetes is such an important risk factor for heart attack that it is often referred to as 'another name for heart disease'. Type 2 diabetes puts you at three times the risk for the development of cardiovascular disease and this class helps you to recognize the signs and symptoms. Sponsored by Yakima Regional Hospital. Taught in the Medical Office Building. Please call (509) 573-3592 or visit www.yakimaregional.com to sign up for these and other FREE classes.

DECEMBER 9-YAKIMA: "Do You Have Questions About Your Part D Plan?" 10:00 am-2:00 pm. Open enrollment for Medicare Part D coverage occurs Nov. 15-Dec. 31. Come to our free workshop to get help with your questions. Workshops are free and sponsored by RSVP/SHIBA of Yakima County. Volunteers will be on hand to help you understand your health care coverage, evaluate and compare policies, find prescription drug plan that suits your needs

CALENDAR (continued)

and get information on low income assistance. Bring a current list of all your medications with dosage and frequency or all of your medications in the original bottles and your medicare ID card. At the Harman Center, 101 N 65th Ave. For more information call (509) 574-1932

DECEMBER 9-YAKIMA: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Harman Center, 101 N 65th Ave. No charge.

DECEMBER 10-GRANDVIEW: "Do You Have Questions About Your Part D Plan?" 10:00 am-2:00 pm. (By appointment only) Open enrollment for Medicare Part D coverage occurs Nov. 15-Dec. 31. Come to our free workshop to get help with your questions. Workshops are free and sponsored by RSVP/SHIBA of Yakima County. Volunteers will be on hand to help you understand your health care coverage, evaluate and compare policies, find prescription drug plan that suits your needs and get information on low income assistance. Bring a current list of all your medications with dosage and frequency or all of your medications in the original bottles and your medicare ID card. At the Grandview Senior Center, 401 Second.. For more information call (509) 574-1932

DECEMBER 14-ELLENSBURG: "Self-Management Diabetes Classes" 9:00 am-12:00 Noon. Jump-start your understanding of diabetes by joining Kittitas Valley Community Hospital self-management training classes. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and provides an introduction to the self-management of diabetes. To be held in the KVCH Conference Rooms A & B. Pre-registration and



physician referral required. Insurance billing provided. Family members are welcome and encouraged to accompany you, free of charge. or questions and to register call (509) 962-7373

DECEMBER 15-SUNNYSIDE: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Best Western Grapevine Inn, 1849 Quail Lane. No charge

DECEMBER 16-YAKIMA: "Understanding Your Medication" 12:15 pm. A pharmacist will help answer our medication questions with regard to problems frequently encountered, how to make your prescription dollar count and how to keep all your medications straight. Sponsored by Yakima Regional Hospital. Taught in the Medical Office Building. Please call (509) 573-3592 or visit www.yakimaregional.com to sign up for these and other FREE classes.

DECEMBER 17-YAKIMA: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Harman Center, 101 N 65th Ave. No charge.

DECEMBER 20-YAKIMA: "Stress Reduction" 12:00 pm. Life is stressful! This class will introduce you to 15 different relaxation states, and even better, several approaches to creating them. Sponsored by Yakima Regional Hospital. Taught in the Medical Office Building. Please call (509) 573-3592 or visit www.yakimaregional.com to sign up for these and other FREE classes.

DECEMBER 22-SUNNYSIDE: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Best Western Grapevine Inn, 1849 Quail Lane. No charge



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CALENDAR (continued)

DECEMBER 27-YAKIMA: "Heart Basics" 12:15 pm. This class is designed to give you understanding of cardiac risk factors and ways to reduce them, signs and symptoms of a heart attack, and the importance of early detection and treatment. Sponsored by Yakima Regional Hospital. Taught in the Medical Office Building. Please call (509) 573-3592 or visit www.yakimaregional.com to sign up for these and other FREE classes.

DECEMBER 28-YAKIMA: "Intimacy and Heart Disease" 12:15 pm. If you've been diagnosed with a heart condition, or recently had heart surgery, you may be wondering about intimacy. This class will help answer our questions. Sponsored by Yakima Regional Hospital. Taught in the Medical Office Building. Please call (509) 573-3592 or visit www.yakimaregional.com to sign up for these and other FREE classes.

DECEMBER 29-SUNNYSIDE: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Best Western Grapevine Inn, 1849 Quail Lane. No charge

DECEMBER 31-YAKIMA: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Harman Center, 101 N 65th Ave. No charge.

FEBRUARY 5-SUNNYSIDE: "Lower Valley Hospice Annual Auction". Proceeds to offset the cost of providing quality hospice and palliative care. Funds raised pay for patient care costs that otherwise are not covered by Medicare, Medicaid, or private insurance and their Heartlinks Bridge Program, a non-funded program for those who do not meet the prognosis requirement for hospice admission. Please consider making a donation of cash, advertising, or any item for the auction. Please contact

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The study was possible, explains one of its authors, Robert Willis, a professor of economics at the [University of Michigan](http://www.umich.edu), because the National Institute on Aging began a large study in the United States nearly 20 years ago. Called the [Health and Retirement Study](http://www.nia.nih.gov/healthandretirementstudy), it surveys more than 22,000 Americans over age 50 every two years, and administers memory tests.

That led European countries to start their own surveys, using similar questions so the data would be comparable among countries. Now, Dr. Willis said, Japan and South Korea have begun administering the survey to their populations. China is planning to start doing a survey next year. And India and several countries in Latin America are starting preliminary work on their own surveys.

"This is a new approach that is only possible because of the development of comparable data sets around the world." Dr. Willis said.

The memory test looks at how well people can recall a list of 10 nouns immediately and 10 minutes after they heard them. A perfect score is 20, meaning all 10 were recalled each time. Those tests were chosen for the surveys because memory generally declines with age, and this decline is associated with diminished ability to think and reason.

People in the United States did best, with an average score of 11. Those in Denmark and England were close behind, with scores just above 10. In Italy, the average score was around 7, in France it was 8, and in Spain it was a little more than 6.

Examining the data from the various countries, Dr. Willis and his colleague Susann Rohwedder, associate director of the RAND Center for the Study of Aging in Santa Monica, Calif., noticed that there are large differences in the ages at which people retire.

In the United States, England and Denmark, where people retire later, 65 to 70 percent of men were still working when they were in their early 60s. In France and Italy, the figure is 10 to 20 percent, and in Spain it is 38 percent.

Economic incentives produce the large differences in retirement age, Dr. Rohwedder and Dr. Willis report. Countries with earlier retirement ages have tax policies, pension, disability and other measures that encourage people to leave the work force at younger ages.

The researchers find a straight-line relationship between the percentage of people in a country who are working at age 60 to 64 and their performance on memory tests. The longer people in a country keep working, the better, as a group, they do on the tests when they are in their early 60s.

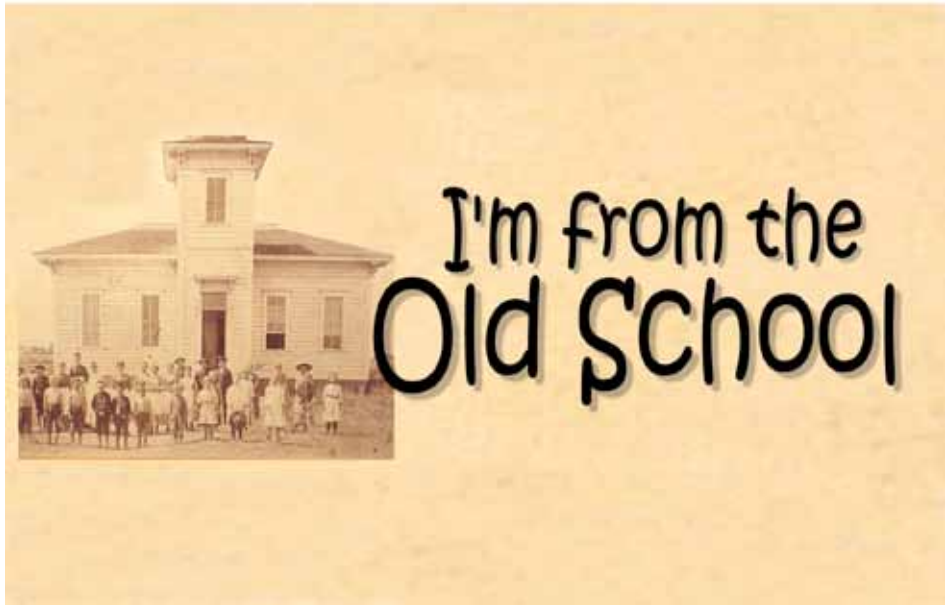
The study cannot point to what aspect of work might help people retain their memories. Nor does it reveal whether different kinds of work might be associated with different effects on memory tests. And, as Dr. Berkman notes, it has nothing to say about the consequences of staying in a physically demanding job that might lead to disabilities. "There has to be an out for people who face physical disabilities if they continue," she said.

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CALENDAR (continued)

Stacey Campbell if you have any questions (509) 837-1676. lvhpc@lowervalleyhospice.com

APRIL 16-ELLENSBURG: "2011 Kittitas Valley Health and Diabetes Fair" 10:00 am-3:00 pm at the fairgrounds. Includes a free comedy program by Frank King who will talk about his Aortic Valve Transplant he calls his *Oil, Lube and Valve Job*. Contact: Pam Dick, Diabetes Educator & Registered Dietitian, (509) 962-7373 pdick@kvch.com



SUPPORT GROUPS

ELLENSBURG

BEREAVEMENT SUPPORT:

Conducted by Hospice Friends (509) 962-7379

BEREAVEMENT SUPPORT: Kittitas Valley Community Hospital offers compassionate guidance and support for those grieving after the loss of a loved one. Please call the Hospice Department to make an appointment. (509) 962-7438

CANCER SURVIVOR SUPPORT GROUP:

Guest speakers discuss cancer prevention, detection and treatment, as well as cancer research and the results of clinical trials. Second Monday of the month at Kittitas Valley Community Hospital Conference Rooms A & B. Contact Karen Schock (509) 962-2844

DIABETES SUPPORT GROUP:

Meets on the third Tuesday of each month at 6:30 pm at Kittitas Valley Community Hospital, 103 S Chestnut. Contact: Mary Jo Morrissey and Judy Heesacker (509) 962-7374

SHIBA HELPLINE FOR KITTITAS

COUNTY: Statewide Health Insurance Benefits Advisors. Volunteers trained by the Wash. State Office of the Insurance Commissioner to help people of all ages with health insurance related concerns and questions. Free, confidential and unbiased information. New volunteers are always welcome to be trained to serve in Kittitas County. Sponsored by RSVP of Kittitas County. (509) 962-4311

YAKIMA

ALZHEIMER'S SUPPORT GROUP:

Alzheimer's Association Dementia Support Group meets on the second Thursday of the month at 3:30 pm. Located at Living Care, 215 N 40th Ave in the activity center.

BEREAVEMENT SUPPORT GROUP:

Meets at Memorial Home Care office (1019 S 40th Ave) from 5:30-6:30 pm on the first and third Monday of each month. For information call (509) 574-3600

CARDIAC PATIENT SUPPORT:

Meets on the first Wednesday of each month from 12:00-1:00 pm at 16th Avenue Station (1470 N 16th Ave) For specific dates and times call (509) 574-3300, ext 3022

DIABETES DIALOG SUPPORT

GROUPS: Participants take opportunity to share common concerns. Screenings the second and fourth Tuesday of month in Diabetes and Wound Care in Yakima Valley Memorial Hospital basement. For information and to register call (509) 249-5243

MEMORY CARE SUPPORT GROUP:

Held every third Thursday at 6:30-8:30 pm at Highgate Senior Living, 5605 W Chestnut Ave. (509) 972-4141 Fee: Free



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VOLUNTEERS NEEDED

ELLENSBURG

Kittitas Valley Community Hospital Volunteer Department Patient Assistance Program. A program for uninsured and low income patients. Located in the KVCH Community Health Library, 603 S Chestnut. Monday & Wednesday 1:00-3:00 pm, Friday 1:00-2:00 pm. Contact (509) 933-7565

The *Ellensburg Meals on Wheels* program is looking for a regular volunteer to deliver meals on Tuesday and Thursdays from 11:00 am to Noon in the Ellensburg area. If interested call Audrey Lyman at (509) 933-3333 or (509) 929-0692

Retired and Senior Volunteer Program of Kittitas County – RSVP. Engaging volunteers 55 and older in community service. 707 N Pearl St., Suite 1. (509) 962-4311. www.rsvp-wa.org

PROSSER

The *American Red Cross* is looking for a blood draw chairperson in Prosser. Chairperson would be responsible for running and organizing the blood draw. Duties include opening the doors, securing volunteers and putting up posters announcing the blood draw. Training will be provided. All potential volunteers must have a background check. If you would like more information please call Sirena at (509) 574-1933

TOPPENISH

Toppenish Nursing & Rehab is in need of volunteers willing to donate their time or talent. We would be happy to have musical entertainment (we have a piano on site) or people willing to donate time to visit and read to residents. we would also like people willing to help with crafts games, gardening or walks. there are opportunities available all day. For more information please contact Marketing director Jessica Riggs at (509) 865-3955

UNION GAP

Union Gap Senior Center needs volunteers to help on Mondays & Thursdays. Volunteers are needed to help in the kitchen setting up lunch tables, serve lunch and do dishes. Volunteers are also needed as bingo callers. All potential volunteers must have a criminal background check done by the agency before volunteering. For more information, please contact Sirena 509-574-1933.

SELAH

The *Selah SHARES Clothing Bank*, located in the Selah Civic Center in downtown Selah, is in need of volunteers. The free clothing bank operates on Tuesdays and Thursdays from noon until 2:00 pm. Volunteers are asked to work only one 2-hour shift per month sorting donated clothing visiting with clients, and straightening shelves of clothing. For information contact Sirena Phillips (509) 574-1933

YAKIMA

AARP Tax-Aid provides free personal income tax assistance and preparation to low and moderate income taxpayers with special attention to those age 60 and older. Counselors, under the direction of the Local Coordinator, provide tax assistance and preparation service to clients. Counselors must pass the advanced level of the IRS test to be certified by the IRS for the purpose of providing tax assistance in this program and agree to by signing the IRS Volunteer Standards of Conduct Form. The tax season is late January to April 15. Counselors volunteer at least an average of four hours a week during the season. If interested please contact Steve Loeb (509) 731-4154 or steve@bankonyakima.com

The *Compassion Connect* event in conjunction with Yakima Valley CityFest is being held the 17th of July, 2010 at the Sun Dome in Yakima.

Compassion Connect would like to help the homeless community get the services they need. Guides needed for this rewarding Community event. Guides would be assisting in getting people in-need to the shuttle to go to the dental offices, the exam area for eye, hearing, physical exams etc. and to social services for food stamps, medical etc., to the area for the blood drive. General assistance. If you would like to help please contact Rosemary-225-9310

The *Discovery Shop* has 2 volunteer opportunities available. Volunteers are needed to price household items and set up displays Thursday and some Saturday mornings. Volunteers are also needed as cashiers to fill when needed. Training is provided for both opportunities. If interested, please call Sirena 509-574-1933.

Habitat for Humanity has two opportunities for volunteers. The first is to help in the construction of new houses. Training is hands on on-the-job training. Construction or carpentry knowledge helpful, but not necessary. Must be 16 or older and bring own gloves. The second opportunity is for general office help. Volunteers are needed once/twice a week for filing answer phones, shredding paper. All volunteers must have a criminal background check. For information call Serena (509) 574-1933

Harman Center, 101 N 65th, needs volunteers in their Health Care room where they provide foot care services. Duties include receptionists and volunteers to change water. Contact: Traci Bennett at (509) 576-6348. Other volunteer jobs include kitchen help, coffee bar, greeters, and computer room. Most shifts are three to four hours Monday-Saturday. Please contact Volunteer Coordinator Jane Davis. (509) 575-6230

VOLUNTEERS NEEDED (continued)

Central Washington Disability Resources is looking for reading and mathematics tutors to work with adults with significant learning disabilities. Tutors will help YVCC students with disabilities study for their GED exam and comprehend basic skills classes in math and reading. Contact: Patty Jordan, (509) 962-9620 or email patty@mycwdr.org

The *Foster Grandparent Program of Yakima and Kittitas Counties* needs volunteers willing to assist youth (infant-18 years of age) in their community. Our volunteers choose which site and age group they would like to serve. Activities depend on the site and age group they choose. All volunteers work one-on-one or in small groups with the youth who need the most assistance. All potential volunteers must be at least 60 years of age and pass a physical wellness exam. They also need to complete a volunteer application and have a criminal background check done before volunteering. For more information please contact Megan Turner/RSVP of Yakima county (509) 965-7100, 1-800-246-2962 or mturner@cfcsyakima.org

Gleaning Volunteers Needed! Harvest Against Hunger and Northwest Harvest of Yakima are looking to increase the amounts of local produce for the food banks in our area by having volunteers gathering fruit left in orchards/fields after harvest (gleaning). Farmers and growers throughout the valley are generously offering gleaning opportunities. Please consider whether you or your group might be interested in becoming a part of this project. Contact Jacklyn King or Lisa Hall at (509) 6956

MCIP (Mentoring Children of Incarcerated Parents) is looking for volunteers to create one-on-one relationships with a child, helping

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And of course not all work is mentally stimulating. But, Dr. Willis said, work has other aspects that might be operating.

"There is evidence that social skills and personality skills — getting up in the morning, dealing with people, knowing the value of being prompt and trustworthy — are also important," he said. "They go hand in hand with the work environment."

But Hugh Hendrie, an emeritus psychology professor at Indiana University School of Medicine, is not convinced by the paper's conclusions.

"It's a nice approach, a very good study," he said. But, he said, there are many differences among countries besides retirement ages. The correlations do not prove causation. They also, he added, do not prove that there is a clinical significance to the changes in scores on memory tests.

All true, said Richard Suzman, associate director for behavioral and social research at the National Institute on Aging.

Nonetheless, he said, "it's a strong finding; it's a big effect."

If work does help maintain cognitive functioning, it will be important to find out what aspect of work is doing that, Dr. Suzman said. "Is it the social engagement and interaction or the cognitive component of work, or is it the aerobic component of work?" he asked. "Or is it the absence of what happens when you retire, which could be increased TV watching?"

"It's quite convincing, but it's not the complete story," Dr. Suzman said. "This is an opening shot. But it's got to be followed up."

SENIORREVIEW



VOLUNTEERS NEEDED (continued)

them build their self-esteem and motivating them to set goals to work towards. Volunteers should plan to give a one year commitment. Potential mentors must be at least 21 years of age and have a criminal background check done by the agency before volunteering. For more information on this volunteer opportunity, please call Sirena 509-574-1933.

Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children There are a variety of volunteer opportunities available. For more information contact www.northwestwishes.org. To sign-up and receive application materials email Volunteer Manager Jeni Miller at volunteer@northwestwishes.org

Memorial Hospice and Transitions Program needs compassionate volunteers to join its' team. Volunteers will assist patients and families living with terminal illness. Volunteers will have the opportunity to share time while supporting families in a variety of ways: caregiver relief, companionship, light meal preparation, light house and yard work, medication deliveries, leisure activities and bereavement support. Hospice/Transitions training is required and conducted by Memorial's staff. For more information call Dotties Hildebrand at (509) 574-3655

Pegasus Project is looking for sidewalker volunteers to help out at the Tumbleweed Ranch. Volunteers are directly responsible for assisting student horse riders. Volunteers will walk/jog on the side of the horse, supporting the rider, under the supervision of the riding instructor. Volunteers should have good communication skills; feel comfortable around horses and a

ranch environment; and they enjoy and are comfortable working with riders with disabilities. Training (TBA) will take place in 2 parts. All potential volunteers will need to have a criminal background check done by the agency before volunteering. If you are interested in helping out with this worthwhile project, please call Sirena 509-574-1933.

The Respite Adult Day Center is looking for enthusiastic, caring, responsible individuals to be volunteer program aides. Volunteers would provide one-on-one assistance with elderly clients who have moderate cognitive or physical deficits. Volunteers will assist with serving snacks, serving lunch, exercises, walks, games, crafts, music, dancing and sharing hobbies. Training will be provided. Volunteers are needed Tuesdays or Thursdays 10:00-2:00 pm. For more information on this opportunity contact Sirena (509) 574-1933, RSVP of Yakima County

RSVP of Yakima County is looking for a diverse group of individuals to serve as volunteer community educators. This group of volunteers will present to professional and community groups on the topic of senior fall prevention. If you are concerned about the health of older adults in our community and the ability of seniors to age in their own homes, then this is a great opportunity to help the fastest growing segment of our population. For more information contact Sirena (509) 574-1933

The Senior Companion Program is in need of low-income elders age 60 and older to provide loving care and support to other seniors who are isolated in their living setting in all parts of the Yakima Valley. Volunteers will need to undergo a background check as well as numerous hours of pre-service training. Qualified volunteers

receive a stipend, mileage and meal reimbursements and insurance. Interested individuals are asked to call Jael Torres, Area Coordinator at (509) 965-7100 for more information.

SHIBA (Statewide Health Insurance Benefit Advisors) is looking for volunteers to educate consumers about their rights & options regarding prescription drug access, health insurance and access to health care, so they can make informed decisions. Hours are flexible and can be done from home. Volunteers should be interested in helping people; doing some public presentations; have basic computer skills; be interested in health care; have patience, compassion and enjoys a challenge. Training will be provided. For more information on becoming a SHIBA, call Donna 509-574-1934.

Volunteer Chore Services is looking for volunteers to help provide basic in-home assistance to low-income elders and adults with disabilities to enable them to continue living safely, independently and with dignity in their own homes. Volunteers help build wheelchair ramps; provide transportation to doctor's appointments, grocery shopping and other such errands; and also to provide light housekeeping. All potential volunteers must complete a criminal background check done by the agency before volunteering. For more information on Volunteer Chore Services and how you can help, call Sirena 509-574-1933.

Volunteer Tutors Needed: The Southeast Community Center Tutoring Program is currently seeking adult volunteer tutors for youth in grades K-12. Tutors will provide homework assistance and basic tutorials. Training is provided. The Tutoring Program is open from 3:00-5:00

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VOLUNTEERS NEEDED (continued)

Wellness House again needs your help in securing volunteers. What we need are cancer survivors who are a year or more out of treatment to mentor newly diagnosed people with a like cancer. Secondly, one of the cancer centers needs volunteers to work in the infusion area. Volunteer duties include, but not limited to, taking blankets, pillows, juice, cookies, etc. to patients. The main purpose of volunteers is to provide comfort and support to the patients. Anyone interested should contact Eunice at (509) 575-6686 or email Eunice@wellness-house.org.

Yakima Seventh Day Adventist Food Bank is in need of drivers to pick up food donations at already established food sites. Drivers are needed Tuesdays, Thursdays, Fridays and every other Sundays at approx 8:00 am. Must have a valid driver's license and insurance. Gas reimbursed Contact Sirena (509) 574-1933

Yakima Valley Trolleys is in need of volunteers. We need trolley motormen (we will train), ticket sellers, museum docents, historical actors, woodworkers, machinists electricians, groundskeepers and community advocates. Motormen must be at least 21 years old and have a valid driver's license. All positions are well suited to retirees. Our main times of need are weekends from Memorial Day to Labor Day, but some of the positions can be done on weekdays and through the winter. Potential volunteers can email us at yakimavalleytrolleys@hotmail.com or call Ken Johnsen (425) 432-8444. You can learn more about the trolleys by looking at our website, www.yakimavalleytrolleys.org

Yakima County Juvenile Court CAB (Community Accountability Board) is looking for volunteers to help hold youth accountable for his/her actions; to impress upon the youth that the community is concerned with his/her behavior; and to foster a positive change in the youth's attitude/ behaviors. Volunteers will work as a team meeting with the juvenile and his/her parents/guardians to process cases involving juveniles who have committed minor criminal and /or traffic offenses. They will hold youngsters accountable for their behavior by determining a fair disposition for the offense. Volunteers work 1-2 CABs per month. Training is provided. All potential volunteers must have a criminal background check done by the agency before volunteering. If you are interested in becoming a CAB volunteer, please call Sirena 509-574-1933

Yakima Greenway Foundation is looking for Goodwill Ambassadors to be courtesy cart drivers. Volunteers will assist with questions, give out water and clean-up litter along Greenway path. Volunteers are needed starting May 3 and running towards the end of September. Need to have a current valid driver's license; be at least 18 years of age, be sociable, and enjoy meeting and working with the public. All potential volunteers must have a criminal background check. For more information contact Sirena at (509) 574-1933

Yakima Neighborhood Health Services is looking for volunteers for their "Reach Out and Read" program. Volunteers will promote early childhood development through literacy and demonstrate to parents how to read to their children. Potential volunteers should be patient, enjoy reading and working with children. Bilingual volunteers are desperately needed! Volunteers can work anytime Monday – Friday 8am – 6pm. For more information on this volunteer opportunity, please call Sirena 509-574-1933.

Yakima Valley Partners Habitat for Humanity is looking for volunteers to do general office duties such as filing and answering phones once a week. All potential volunteers need to have a background check. For more information please contact Sirena Phillips, RSVP of Yakima County, (509) 574-1933

