

SENIOR REVIEW

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Yakima



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New Year's Resolutions In The Works? Small Steps Are Best

By Jeannine Stein

So, you've made a New Year's resolution to get healthy. No doubt you've banished all cookies and chips from the house and plan to hit the gym every single day.

Let's get real. In three months, you're going to be comatose on the sofa with a telltale ring of orange Cheetos crumbs around your mouth.

Most people start off the new year by making grand, sweeping changes — and the changes never stick. What does stick? Thinking small: setting modest, attainable goals and slowly chalking up petite successes as you steadily build confidence. It's a strategy that can lead to substantial and sustainable health improvements over time, as fitness and nutrition experts well know.

Not that there's anything wrong with wanting to run a marathon or lose 50 pounds — but it's not going to happen in a month, and when it

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Yakima



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SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAY/WEDNESDAY/FRIDAY YAKIMA: "Water Aerobics-AOA (For older adults)" 2:00-3:00 pm at the Yakima Family YMCA. Free to members. \$25/month for membership.

YAKIMA: "Fit Over Fifty" 9:00-10:00 am. Low impact aerobics, toning and stretching. Free to Y MCA members, \$16/month for non-members. To be held at the Yakima Family YMCA, 5 N Naches Ave. For information call (509) 248-1202

MONDAY & WEDNESDAYS YAKIMA: "Seated Tai Chi" 10:30-11:30 at the Springs, 302 S 10th Ave. For information call (509) 574-3300. Also from 2:00-3:00 at Lakeview Spine Therapy, 1470 16th Ave. Call (509) 574-6050. Come try a gentle exercise program based on the martial art, Tai chi. We will be moving through a gentle sequence that is designed to promote improvements in posture, balance, pain management and sharpening mental concentration. And it is a class done in your chair so everyone can do it! October 3-31, November 2-30 \$40 for 8 sessions and the 9th one is free. and December 5-14. \$40 for 3 sessions and the 4th one is free. Registration is necessary, please call the location of your choice.

MONDAYS & FRIDAYS YAKIMA: Tai Chi-test your body to a gentle & relaxing workout at the Harman Center 65th & Summitview, 9:30-10:30 am. 1 session/wk \$10, 2 sessions/wk \$15. Sponsored by Memorial Hospital's Third Ae program. To register call (509) 575-6166

TUESDAY YAKIMA: "Diabetes Screenings" 8:00-10:00 am on Tuesdays at Memorial Hospital's Diabetes Prevention and / Control, 2811 Tieton Drive. . in Yakima.

For the most accurate results, do not eat or drink anything for 8-12 hours prior to the screening. Fee: \$5 (\$3 for Memorial Third Age members). For information and to register call (509) 249-5302

YAKIMA: "Coming of Age With Aging Loved Ones" Sponsored by Memorial Hospital's Third Age at the Harman Center, 65th & Summitview, Tuesdays 6:00-8:00 pm No Charge. Different subjects each week.

YAKIMA: "Dash Diet" 8:00-9:00 am and 3:00-4:00 pm. Discover how healthy eating lowers blood pressure and cholesterol, and improves your heart health. Held at Memorial Hospital's Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd Floor. No charge, no registration necessary

YAKIMA: "Exercised Breathing" 8:00-9:00 am and 3:00-4:00 pm. Breathing purposefully helps regulate heart rate, blood pressure, and your psychological response to physical and emotional. Held at Memorial Hospital's Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd Floor. No charge, no registration necessary.

YAKIMA: "Blood Pressure Control" 8:00-9:00 am and 3:00-4:00 pm. Explore the risk factors of high blood pressure, otherwise known as the "silent Killer" Held at Memorial Hospital's Rehabilitation & Wellness Center, 406 S 30th Ave, 2nd Floor. No charge, no registration necessary

TUESDAYS & THURSDAYS YAKIMA: "Zumba Gold" 8:15-9:00 am, Every Tuesday. Sponsored by Yakima YMCA, 5 N Naches Ave. \$20 member, \$30 non members. For information call (509) 248-1202

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

SEMINARS/ CLASSES/EVENTS/ MEETINGS(continued)

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

CALENDAR

JANUARY 3-YAKIMA: "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243 Most insurance companies will reimburse you for class fee. Held in Memorial's Hospital's Community Education Center. To register call (509) 249-5243

JANUARY 5-ELLENSBURG: "Self-Management Diabetes Classes" 9:00-12:00 pm. Jump-start your understanding of diabetes by joining a KVCH class. The 3-hour class has been designed for anyone living with diabetes or pre-diabetes and

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slideshow
on
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doesn't, people often feel a huge letdown and then throw in the towel.

"We're guilty of that all-or-nothing mentality in so many areas of our lives," says Jessica Matthews, an exercise physiologist and spokeswoman for the San Diego-based American Council on Exercise. "We have to be doing something at 100 miles an hour or not at all."

If you want to ramp up physical activity but are currently about as energetic as a tree sloth on a slow day, you'd be better off adding easy routines — even something as minor as parking far away from your destination. "Every step really adds up," Matthews says.

Or just take a walk while at work. If you can't afford the luxury of a 40-minute march, do it in manageable five-minute batches every hour, says Felicia Stoler, a New York-based registered dietitian and exercise physiologist and author of "Living Skinny in Fat Genes. The Healthy Way to Lose Weight and Feel Great." You'll still increase your physical activity by 40 minutes a day.

Dietary first steps can also be ridiculously small, says San Francisco-based registered dietitian Manuel Villacorta, a spokesman for the Academy of Nutrition and Dietetics (formerly the American Dietetic Assn.). The person who eats no fruits or vegetables might add one serving a week. Those who never cook can make a simple, healthful meal from a prepared roasted chicken, frozen rice and canned beans.

"Start with things you can measure — amounts, frequency," he says. "Once you know you've done it, then you can go to the next level."

Why small steps? When you drastically cut out all fattening foods, you may bust out with a great big binge. Exercise too much and your unaccustomed muscles can suffer overuse injuries such as strains and sprains.

Or even more likely, psychological burnout sets in.

Before even the first tiny step is taken, people need to forge a plan to make sure it happens, says Marion Jacobs, a psychologist in private practice in Laguna Beach and adjunct professor emeritus of psychology at UCLA and author of "Take-Charge Living: How to Recast Your Role in Life ... in Six Acts."

"Change is a process," she says. "You don't go straight from 'A' to bikini. You have to make a plan for each step you have to take [and] you also have to look at the obstacles you're going to run into for each of these steps."

So think, and plan. Want to start running? Make sure your clothes are set out before you go to bed. Want to eat more home-cooked meals? Have a grocery list, a menu and a date to go shopping. Goals should be attainable — and pragmatic. "If you're not a morning person," Matthews says, "don't schedule exercise for 6 a.m."

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CALENDAR (continued)

provides an introduction to the self-management of diabetes. Class covers understanding diabetes and prevention, treatment and medications, Exercise, foot care, sick day management, eating for blood sugar control and health and making sense of blood sugar numbers and glucose monitors. Sponsored by Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. For questions and to register call (509) 962-7373

JANUARY 7-YAKIMA: "The Companion's Workshop: For Caregivers and Parkinson's Patients" 9:30 am-Noon. Memorial Hospital's rehabilitation clinic, The Springs, is please to present the first in a series of educational and dynamic workshops. The series will touch different aspects of living with Parkinson's Disease. The highest rate of burnout among non-paying jobs is that of the caregiver, or companion. Though the act of providing care is a loving and loyal act, the daily demands on the person can take a heavy toll on them. Support and education can help. This seminar will be presented by Dr. Greg Sawyer who will guide us through the "ups and downs" of caregivers from both their own perspective and from that of the patients. To be held in the Lakeview Spine Therapy Auditorium, 1470 N 16th Ave. For additional information contact Tina Sawyer, Community Programs Coordinator, The Springs. (509) 574-3300

JANUARY 9-YAKIMA: "Medication Management" 9:00-10:00 am Learn about common prescriptions used to manage heart disease, drug interactions, and side effects you may experience. Classes are offered at (9:00 am and 3:00 pm at Memorial's Institute for Heart and Vascular Health, 403 S 30th Ave, 2nd Floor. Free (509) 576-7650

JANUARY 9-YAKIMA: "Tai Chi" 9:30-10:30 am. Treat your body to a gentle and relaxing workout. Classes at the Harman Center, 65th & Summitview. Sponsored by Yakima Memorial Hospital. Class is a part of their Third Age program. 1 session/wk \$20, 2 sessions/wk \$15. Register at (509) 575-6166

JANUARY 9-YAKIMA: "Medication Management" 9:00-10:00 am and 3:00-4:00 pm. Learn about common prescriptions used to manage heart disease, drug interactions, and side effects you may experience. Classes are one hour each. at Memorial Hospital's Institute for Heart and Vascular Health, 403 S 30th Ave, 2nd Floor. No charge, open to the public, no registration required.

JANUARY 10-YAKIMA: "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243 Most insurance companies will reimburse you for the class fee. Held in Memorial's Hospital's Community Education Center. To register call (509) 249-5243

JANUARY 10-YAKIMA: "Diabetes-Sure Start Class for Beginners" 9:00 am-12:00 pm and 1:00-4:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participant will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the class fee. Held in Memorial's Hospital's Community Education Center. To register call (509) 249-5243

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JANUARY 11-YAKIMA: "MEDS-Your personal consultation with a licensed pharmacist" 12-1:30 pm. Please bring all prescriptions and over-the-counter medications and supplements you are currently taking. Consultations are held at Yakima Memorial Hospital. A part of Memorial's Third Age program. Free. Appointment is necessary. Call (509) 577-5015

JANUARY 11-YAKIMA: "Power of Attorney/Living Wills" 3:00-4:00 pm. A sudden change in your health could necessitate changes in your medical wishes. Discover your options. Classes are one hour each offered at 9:00 am and 3:00 pm at Memorial's Institute for Heart and Vascular Health, 403 S 30th Ave., 2nd Floor. No charge, no registration necessary. (509) 576-7650

JANUARY 16-YAKIMA: "Tai Chi" 9:30-10:30 am. Treat your body to a gentle and relaxing workout. Classes at the Harman Center, 65th & Summitview. Sponsored by Yakima Memorial Hospital. Class is a part of their Third Age program. 1 session/wk \$20, 2 sessions/wk \$15. Register at (509) 575-6166

JANUARY 17-YAKIMA: "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243 Most insurance companies will reimburse you for the class fee. Held in Memorial's Hospital's Community Education Center. To register call (509) 249-5243

CALENDAR (continued)

JANUARY 20-YAKIMA: “Tai Chi” 9:30-10:30 am. Treat your body to a gentle and relaxing workout. Classes at the Harman Center, 65th & Summitview. Sponsored by Yakima Memorial Hospital. Class is a part of their Third Age program. 1 session/wk \$20, 2 sessions/wk \$15. Register at (509) 575-6166

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JANUARY 24-YAKIMA: “Diabetes Blood Sugar and Foot Screenings” 8:00 am AND 1:00 pm. Sponsored by Memorial Hospital’s Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243
Most insurance companies will reimburse you for the class fee. Held in Memorial’s Hospital’s Community Education Center. To register call (509) 249-5243

JANUARY 25-YAKIMA: “My Health, My Life” 2:30-3:30 pm. This class is designed to help individuals learn simple techniques on how to live a healthy life by managing their symptoms of chronic disease. To be held at Living Care Retirement Community, Meyer Auditorium, 215 N 409th. No charge. (509) 577-5015

JANUARY 24-YAKIMA: “Diabetes Blood Sugar and Foot Screenings” 8:00-10:00 am. Sponsored by Memorial Hospital’s Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243

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You should anticipate difficulties before they happen. If you’re going to visit a family member who constantly pushes food, avoid a major setback by explaining beforehand that you’re watching what you eat. If you need to keep tempting and potentially derailing foods in the house for your kids, figure out how you’re going to handle that.

When people don’t have a plan, they may decide “I’m going to the gym every day,” but when that doesn’t happen, they don’t see the results they want and they quit, Jacobs says. “And then they say, ‘It’s just not my personality. Other people can do this, but I can’t.’”

Making small changes can be easier and more rewarding if progress is documented, be it keeping track of food and exercise in a notebook or using smartphone apps or computer programs that track calories, nutrition and activity.

“One of the best things people can do is monitor themselves,” says Villacorta, who likes the apps for their immediate feedback and instant information. “You can see your progress.”

Having people in your corner is also important — but choose whom you turn to for encouragement with care. “If your husband is overweight and doesn’t want to lose weight, he may not be a source of support,” Jacobs says. “He could be a source of sabotage.”

When you backslide, don’t beat yourself up and use it as an excuse to throw everything away. Think of change as a week-to-week development, Villacorta suggests. “One [indulgent] meal isn’t going to destroy your entire week.”

After a while, he adds, certain once-loved treats may not taste as wonderful. “The cleaner people are eating, the more they feel it when they eat something processed or with a lot of sugar in it,” Villacorta says.

You may feel you need to wait till just the right moment to make changes. But the notion that readiness is all-important is a myth, Jacobs says.

“It’s unlikely you’re going to feel ready to do what you need to do,” she says. “If you did, you’d have already done it.” If you wait until you feel motivated, you may wait forever. Get started anyway.

Feelings — the ones telling you you can’t change — are tough to deny, but you can alter the way you think and behave, Jacobs says. “When you start to move forward, even in small steps, your brain starts to say, ‘Well, what do you know, I can do that.’”

Soon, one walk around the block turns into two. And from there, even a marathon is possible.

“Little behavior changes count — if you count them,” Jacobs says.

CALENDAR (continued)

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JANUARY 30-YAKIMA: "Tai Chi" 9:30-10:30 am. Treat your body to a gentle and relaxing workout. Classes at the Harman Center, 65th & Summitview. Sponsored by Yakima Memorial Hospital. Class is a part of their Third Age program. 1 session/wk \$20, 2 sessions/wk \$15. Register at (509) 575-6166

JANUARY 31-YAKIMA: "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243
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FEBRUARY 1-YAKIMA: "Memory Camp: Keeping Your Memory Sharp As You Age" 6:00-7:30 pm. Attend the 4 sessions of Memory Camp and learn the effects of aging on the brain and discover tools to help fight memory loss. Topics will cover Dynamics of memory, Tricks to Improve Your Memory, Nutrition & Supplements, And Physical Activity and Coping Resources. A part of Yakima Valley Memorial Hospital's Third Age program. \$15 for Third Age members, \$20 non-members. Registration

Required. Call Linda Henjum (509) 577-5015. email: lindahenjum@yvmh.org

FEBRUARY 2-ELLENSBURG: "Self-Management Diabetes Classes" 9:00-12:00 pm. Jump-start your understanding of diabetes by joining a KVCH class. 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. Class covers understanding diabetes and prevention, treatment and medications, Exercise, foot care, sick day management, eating for blood sugar control and health and making sense of blood sugar numbers and glucose monitors. Sponsored by Kittitas Valley Community Hospital in Conference Rooms A & B. Insurance bill provided. For questions and to register call (509) 962-7373

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FEBRUARY 6-YAKIMA: "Seated T'ai chi" This is an exercise class based on the martial art and promoting relaxation and proper posture. Class goals are to improve: posture, balance, and flexibility; pain & stress-coping skills; concentration; confidence; strength in both mind and body. Moving fast is highly overrated and sometimes painful! So how then can we stay active? To address this problem, we teach gentle, slow movements that can be performed while sitting or standing. Participants will be guided through a sequence of moves that encourage function and personal well-being. 10:30 am at The Springs, 302 S 10th Ave, (509) 574-3300, also 2:00 pm at Lakeview Spine Therapy, 1470 N 16th Ave. (509) 574-6050

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CALENDAR (continued)

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FEBRUARY 23-24-YAKIMA: "Save A Buck Grown Up Drivers' Education (Class 1 of 2) 8:30 am-Noon. Completion of this course entitles you to a reduction for your auto insurance for those over 55. A part of Yakima Memorial Hospital's Third Age program. To be held at Memorial's Community Education Center. \$5. Registration required. Call Linda Hejum (509) 577-5015. Email: lindahenjum@yvmh.org

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If you are interested in our Logo Sponsor program Please Call Dale at 509 979-6882

CALENDAR (continued)

FEBRUARY 27-YAKIMA: "Tai Chi" 9:30-10:30 am. Treat your body to a gentle and relaxing workout. Classes at the Harman Center, 65th & Summitview. Sponsored by Yakima Memorial Hospital. Class is a part of their Third Age program. 1 session/wk \$20, 2 sessions/wk \$15. Register at (509) 575-6166

FEBRUARY 28-YAKIMA: "Seated T'ai chi" This is an exercise class based on the martial art and promoting relaxation and proper posture. Class goals are to improve: posture, balance, and flexibility; pain & stress-coping skills; concentration; confidence; strength in both mind and body. Moving fast is highly overrated and sometimes painful! So how then can we stay active? To address this problem, we teach gentle, slow movements that can be performed while sitting or standing. Participants will be guided through a sequence of moves that encourage function and personal well-being. 10:30 am at The Springs, 302 S 10th Ave, (509) 574-3300, also 2:00 pm at Lakeview Spine Therapy, 1470 N 16th Ave. (509) 574-6050

FEBRUARY 28-YAKIMA: "Diabetes Blood Sugar and Foot Screenings" 8:00-10:00 am. Sponsored by Memorial Hospital's Third Age program. At Center for Diabetes Prevention and Control. Fee \$5, Third Age Members \$3. No registration needed. Contact (509) 249-5243 Most insurance companies will reimburse you for the class fee. Held in Memorial's Hospital's Community Education Center. To register call (509) 249-5243

FEBRUARY 28-YAKIMA: "Diabetes-Sure Start Class for Beginners" 9:00 am-12:00 pm and 1:00-4:00 pm. A dynamic three hour class designed to get you started on managing your diabetes with topics such as blood sugar monitoring. Each participant will receive a personalized meal plan and class materials. Most insurance companies will reimburse you for the class fee. Held in Memorial's Hospital's Community Education Center. To register call (509) 249-5243

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

SeniorPages.com



SUPPORT GROUPS

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

MEMORY LOSS SUPPORT GROUP: Sponsored by Memorial Hospital's Third Age program. 3:30-5:00 pm at Living Care Retirement Community, The Village Center Activity Room, 215 B 40th Ave. For information call (509) 853-2504

VOLUNTEERS NEEDED

ELLENSBURG

Children's Activity Museum needs volunteers that can sew and mend costumes, artists, painters, and helpers to "tidy up." Please contact Angela Martin at (509) 925-6789 or e-mail hildrensmuseum@kvalley.com

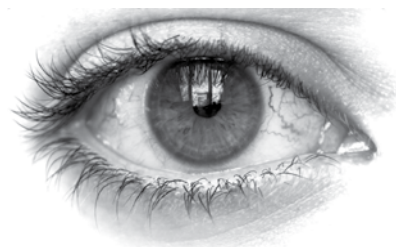
Kittitas Valley Community Hospital Volunteer Department Patient Assistance Program. A program for uninsured and low income patients. Located in the KVCH Community Health Library, 603 S Chestnut. Monday & Wednesday 1:00-3:00 pm, Friday 1:00-2:00 pm. Contact (509) 933-7565

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



VOLUNTEERS NEEDED (continued)

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

Yakima Valley Rail and Steam Museum in Toppenish is looking for volunteers to help out in their gift shop and volunteers to be shop/yard helpers. Museum is open Tuesdays – Saturdays from 10am – 4pm. If you would like more information regarding this volunteer opportunity, please call Sirena 509-574-1933.

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

“DO YOU DRIVE OVER I-90 SNOQUALMIE PASS ON A REGULAR BASIS? Conservation NW, a nonprofit organization that protects and connects wildlife and wild land from the Washington Coast to British Columbia s have created a wildlife monitoring program where we ask motorists to report wildlife sightings during their travels across I-90 Snoqualmie Pass. We need volunteers that regularly drive the pass to report their sightings. All the information received from the volunteers and other motorists will help inform transportation planning at the pass. Please visit www.i90wildlifewatch.org for more information.

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

For information on being a sponsor of the
**Yakima/Ellensburg
 Senior Review**
 Please contact our editor
 Dale Swant
dale@seniorpages.com
 888.575.9711

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,

VOLUNTEERS NEEDED (continued)

coffee bar, greeters, and computer room. Most shifts are three to four hours Monday-Saturday. Please contact Volunteer Coordinator Jane Davis. (509) 575-6230

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 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.

The *Meals on Wheels* program is looking for volunteer drivers for Upper Yakima County (Selah, Moxee, and West Valley) and Lower Yakima County (Granger, Grandview, Mabton and Sunnyside). Volunteers are needed within the hours of 11:00am to 1:00pm for 1 to 2 hours per day. There will be mileage reimbursement. Must have a clean driving record, insurance, and pass a criminal history background and drug screening. For more information regarding this volunteer opportunity, please contact 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

OIC of Washington/Southeast Community Center is recruiting volunteers to drive Medicaid clients to their doctor appointments. All Volunteers will be reimbursed .51 per mile, and meal reimbursement is offered for trips that are more than 4 hours long. To qualify you must be 21 years of age and older, have a clean drivers record (no accidents or moving violations for past three years) and have a Washington State Drivers License and proof of insurance. Drivers must pass a Washington State Patrol Criminal History background check as well as an FBI Finger Print and must have reliable vehicle that will pass inspection. For more information about this opportunity please contact Vernita Adolf or Christina Villarreal at 509-575-6114

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.

VOLUNTEERS NEEDED (continued)

People For People is the new administrator for the Senior Nutrition Program of Yakima County. Our agency seeks volunteers interested in assisting in the implementation of this program. This volunteer position will be responsible for helping to recruit, train, retrain, monitor, and provide events for recognizing volunteer drivers throughout Yakima County. In addition, this position will assist with the coordination of the home delivery of meals for seniors that reside in Yakima County. The Senior Nutrition Volunteer Coordinator will be located at the local Senior Nutrition Central Program office located in Yakima and volunteer 10-20 hours per week. For more information please contact Juliette Macias 509-248-6727 ext 249.

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

Senior Companions. A volunteer age 55 and older that commits 15-20 hours per week to provide assistance to at risk elderly and adult individuals generally living alone. Senior Companions often are essential in assisting the individuals to live independently by taking care of simple chores, provide transportation, and contact to the outside world. Senior Companions receive modest tax-free stipends, mileage reimbursement, meal for service, annual medical

examination and additional insurance while on duty. The Senior Companion Program gives participants the opportunity to share lifetime experiences with other seniors and join more than 10,000 older Americans who are a part of the National Senior Service Corps. Contact the Senior Companion Program office in Yakima at (509) 965-7100. If interested in the program you must meet income eligibility requirements and be at least 55 years of age. Thank you for your interest in volunteering with the Senior Companion Program.

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.

Yakima Food Bank is in need of volunteers on Thursdays from noon-2:00 pm to help prepare food for distribution. Volunteers under

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VOLUNTEERS NEEDED (continued)

supervision will bag bulk foods (beans, rice, oatmeal) into family size portions; stock distribution tables, removing packaging, etc.; review perishable product to remove items unfit for distribution; sort miscellaneous product into similar types of product; and other duties as time permits or needs require. For information please contact Sirena (509) 574-1933

Vision for Independence Center (VIC) is looking for a volunteer greeter. Volunteers will greet the patient as they arrive for their low vision evaluation; review patient's paperwork with them and answer phone as needed. Interested volunteers need to have legible handwriting; a pleasant & cheery personality; and ability to carry on an interesting conversation with a stranger. Volunteers should also feel comfortable around people with vision loss, mobility issues and the elderly. Knowledge of medical terms helpful. For more information on this volunteer opportunity, please call Sirena 509-574-1933

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.

Wellness House is looking for a volunteer for Thursday & Friday from 10:00 am-1:00 pm to work at the reception desk answering phones, greeting clients and performing other

duties that may be required by the staff. Good computer skills are a plus. For more information please contact Eunice Koeppe at eunice@wellness-house.org or (509) 575-6686

Wynwood of Yakima is looking for volunteers to work in their residents arras that include: crafts, baking, nail salon, board games and then a "wild card" volunteering opportunity where the person responds to the need of the day or week, group or individual. Interested individuals need to pick up a one page background release, wait week for the check to clear, complete an application and then you are ready to go! Volunteering is very rewarding, lots of wonderful people and staff call Wynwood their home and home away from home and most likely a volunteer will reap profound benefits by giving their time and energy. Contact Kathleen Parry, Life Enrichment Coordinator, Wynwood of Yakima Brookdale Senior Living (509) 965-0111 kparry@brookdaleliving.com

Yakima Food Bank is in need of volunteers on Thursdays from noon – 2pm to help prepare food for distribution. Volunteers under supervision will bag bulk foods (beans, rice, oatmeal) into family size portions; stock distribution tables, removing packaging, etc.; review perishable product to remove items unfit for distribution; sort miscellaneous product into similar types of product; and other duties as time permits or needs require. For more information, please contact Sirena 509-574-1933

The Yakima Victim Advocacy Program is recruiting volunteer advocates for victims of crime and sexual assault. Advocates support victims through direct contact on the phone and in medical and legal settings. Volunteer hours are flexible and you can respond from your home. Advocate training, beginning February 23rd, is mandatory and, once completed, will help you

provide responsive and effective advocacy to survivors of sexual assault and victims of crime. The training will be held at Comprehensive Mental Health. Build your skills, enhance your resume and have a rewarding experience by becoming an advocate. Call Kim Foley at 576-4326 for more information regarding core training.

Yakima Valley Visitor Information Center is looking for Travel Ambassador volunteers. Volunteers would help travelers find events and activities in the Yakima Valley, assist with customer purchases and keeping information racks and gift shop stocked. Volunteers needed May thru September Mondays-Friday 1:00-5:00 pm and Sunday 11:00 am-2:00 pm. For more information regarding this volunteer opportunity please contact Sirena Phillips (509) 574-2933

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

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