

SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

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Yakima



Key Changes to Medicare Drug Coverage

Here's what to look for when reviewing your Part D options during open enrollment this year.

Should I consider changing my Medicare Part D plan during open enrollment? Will there be many changes to Part D prescription drug plans for 2011?

Yes to both questions. New coverage rules, rising premiums and co-payments, the elimination of some popular plans, and the introduction of some intriguing new competitors means it is particularly important that you review all of your Medicare Part D options this year. You have from November 15 to December 31 to pick a Part D plan for 2011.

Doughnut hole shrinking

The big news is the shrinking of the doughnut-hole coverage gap. In 2010, the coverage gap kicks in when your prescription-drug expenses total \$2,830 for the year (including both your share and the insurer's share of the costs). At that point, you generally have to pay all of your drug bills yourself until the total cost of your drugs for the year reaches \$6,440, when the insurer picks up most of the bill. Those limits rise slightly in 2011, to \$2,840 and \$6,448. (By 2020, the dreaded doughnut hole will have shrunk dramatically.)

New in 2011: a 50% discount on brand-name drugs in the doughnut hole. Beneficiaries also get a slight break on the cost of generic drugs in the doughnut hole next year—paying 93% of the cost rather than the full 100%. So if you've been paying extra for coverage in the doughnut hole, it's a good time to reassess your options.



PREMIUMS RISING

Average premiums for Part D are rising by just \$1 in 2011, to \$30 per month, according to the Centers for Medicare & Medicaid Services.

...more on page 9

SeniorPages.com

Yakima



Liz Trua, Realtor, SRES

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Yakima/Ellensburg Senior Pages Sales Campaign is open, Call Dale at 888.575.9711

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

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

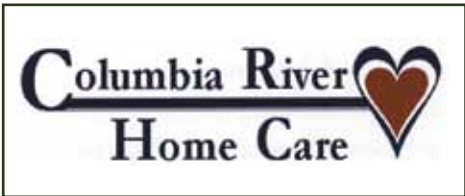
TUESDAY CHELAN: "Diabetes Education". Held the third Tuesday of each month, 6:30 pm at Columbia Valley Community Health, 317 E Johnson. The group is being held in the classrooms. Various topics/specialties are covered based on availability. Sponsored by Wenatchee Valley Medical Center. For questions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

This "SENIOR REVIEW" is a free service to and for the advertisers of Senior Pages throughout the Northwest. It is e-mailed to individuals and businesses in the senior industry on Monday of each week. If you have any announcements similar to those below please e-mail them by Friday of each week to dale@seniorpages.com

Wenatchee



Moses Lake



SEMINARS/CLASSES/EVENTS/

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.

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

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

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

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!) 1:00-2:00 pm at Wenatchee Senior Activity Center, 1312 Maple St. Instructor: Kari Hall (509) 881-0617

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!) 10:00-11:00 am at Beacon Hill Grange, 323 Easy St. Instructor: Tracy Mahoney, (509) 663-7615

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

WHAT AN OPPORTUNITY!

You can send us your events seminars, announcements, employment openings, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW Free! send to: Dale@SeniorPages.com

SEMINARS/CLASSES/EVENTS/MEETINGS (continued)

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

YAKIMA: "Better Brathers 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

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.

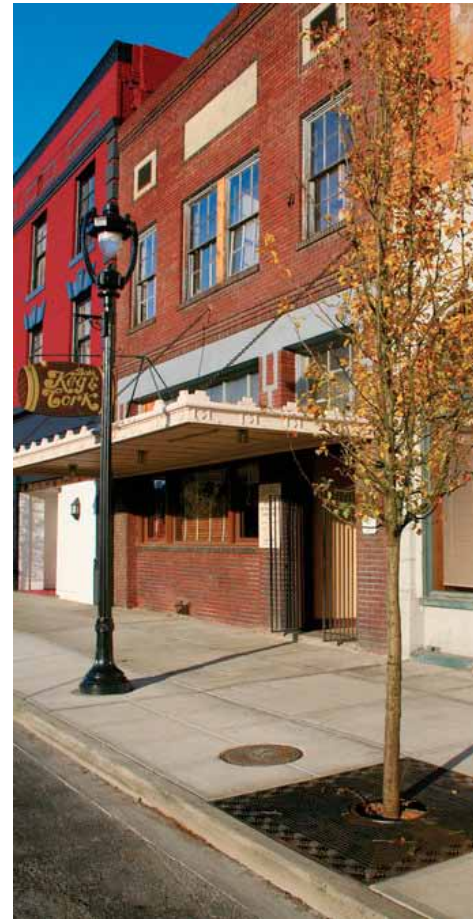
THURSDAY & FRIDAY

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

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-NMoon.



CALENDAR

NOVEMBER 2-WENATCHEE: "Diabetes Education" 6:00 pm. Registered nurses and dietitians work with you and your healthcare provider as a team to provide comprehensive diabetes education. Together we address knowledge, skills, attitude and motivation that will support your long-term health with diabetes. All classes held at Wenatchee Valley Medical Center, Mares Building, conference room "A". Classes will discuss nutrition and medication, monitoring, preventing long-term complications, exercise and daily care. Pre-registration is required. Please call (509) 667-3670

NOVEMBER 2-YAKIMA: "Anniversary Open House" 10:00 am-4:00 pm. You are invited to join Rexford Manor Retirement Community as they celebrate their anniversary. Tour the facilities and refreshments will be served. Everyone who tours in the month of November receive

fresh homemade cookies. Enter to win a free turkey for Thanksgiving. 1010 N 34th Ave. For information call Colleen at (509) 248-7768

NOVEMBER 3-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.

NOVEMBER 3-CLE ELUM: "Free Open Enrollment and Medicare Part D Presentation" 9:30-10:30 am at the Upper Kittitas County Senior Center. Sponsored by Kittitas County SHIBA Helpline Volunteer, Retired and Senior

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

CALENDAR (continued)

Volunteer Program, Aging and Long Term Care, Ellensburg Public Library. For more information call RSVP (509) 962-4311 or ALTC (509) 925-8765

NOVEMBER 4-ELLENSBURG: "Powerful Tools for Caregivers Taking Care of You! 1:00-3:30 pm. This free educational program is designed to help caregivers take care of themselves while caring for a friend or relative. Part of a 6-week series to be held at Mercer Creek Church, 1407 N "B" St. Sponsored by Aging & Long Term Care. For questions or to register call (509) 925-8765 or (509) 674-5233

NOVEMBER 4-YAKIMA: "Heart Healthy Eating Part I" 12:15 pm. Including a variety in healthy food choices is one of the most effective ways to reduce cholesterol, blood pressure, and weight. This class covers nutritional guidelines supported by leading health organizations. It will help you take positive steps to a healthy lifestyle. Presented by Yakima Regional Hospital at their Medical Office Building. For information call (509) 573-3592

NOVEMBER 5-ELLENSBURG: "Indoor Picnic Potluck" 11:30 am The Adult Activity center is providing hamburgers and hotdogs for the indoor picnic. Stay warm while enjoying delicious food and singing to Karen Eslinger. Free, at the Adult Activity Center of Ellensburg, 506 S Pine St., To register or for more information call (509) 962-7242

NOVEMBER 5-YAKIMA: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Harman Center, 101 N 65th Ave. No charge.

NOVEMBER 6-YAKIMA: "Bazaar for the Holidays" 8:00 am 1:00 pm. At the Harman Center, 101 N 65th Ave., Tables are \$30, Donations needed. For additional information call:(509) 575-6166

NOVEMBER 8-YAKIMA: "Memory Screening" 9:00 am-3:00 pm. Memorial Hospital's Third Age Program and Highgate Senior Living are sponsoring the event. Screening is a simple, safe and non-invasive evaluation tool conducted by a qualified health care professional. It takes about 5-10 minutes to administer. The series of questions and/or tasks is designed to test memory, language skills,

thinking ability and other intellectual functions. to be held at Memorial Education Center 2506 W NBob Hill Blvd. Appointment is required. Fee: Free. Call (509) 577-5015 or visit www.yakimamemorial.org/myhealth

NOVEMBER 9-WENATCHEE: "Diabetes Education" 6:00 pm. Registered nurses and dietitians work with you and your healthcare provider as a team to provide comprehensive diabetes education. Together we address knowledge, skills, attitude and motivation that will support your long-term health with diabetes. All classes held at Wenatchee Valley Medical Center, Mares Building, conference room "A". Classes will discuss nutrition and medication, monitoring, preventing long-term complications, exercise and daily care. Pre-registration is required. Please call (509) 667-3670

NOVEMBER 9-YAKIMA: "Heart Healthy Eating Part II" 12:15 pm. This class will be a continuation of part 1 to include understanding label facts and foods/products marketed as "functional" (ie omega 3 fats, phytonutrients, plant stanols/steroids, prebiotics, probiotics, antioxidants, etc. Presented by Yakima Regional Hospital at their Medical Office Building. For information call (509) 573-3592

NOVEMBER 9-10-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

NOVEMBER 10-MOSES LAKE: "Healthcare Provider CPR Renewal" 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: \$40. To register contact the Samaritan Healthcare Education Center at (509) 793-9690

NOVEMBER 10-YAKIMA: "Tools and Tips For Quitting Tobacco" 1:30 pm. A Tobacco Control Manager from the American Lung Assn. 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. Presented by Yakima Regional Hospital in the ICCU Conference Room. For information call (509) 573-3592

NOVEMBER 11-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. Presented by Yakima Regional Hospital in the ICCU Conference Room. For information call (509) 573-3592

NOVEMBER 11-12-YAKIMA: "Hospice Volunteer Training. 9:00 am-5:00 pm. For more information visit: www.yakimahospice.org

NOVEMBER 12-ELLENSBURG: "Powerful Tools for Caregivers Taking Care of You! 1:00-3:30 pm. This free educational program is designed to help caregivers take care of themselves while caring for a friend or relative. Part of a 6-week series to be held at Mercer Creek Church, 1407 N "B" St. Sponsored by Aging & Long Term Care. For questions or to register call (509) 925-8765 or (509) 674-5233

NOVEMBER 12-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 providers, and other job-required card holders. Fee: \$40. For information contact the Education Center at (509) 793-9690

NOVEMBER 12-YAKIMA: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Harman Center, 101 N 65th Ave. No charge.

CALENDAR (continued)

NOVEMBER 16-WENATCHEE: "Diabetes Education" 6:00 pm. Registered nurses and dietitians work with you and your healthcare provider as a team to provide comprehensive diabetes education. Together we address knowledge, skills, attitude and motivation that will support your long-term health with diabetes. All classes held at Wenatchee Valley Medical Center, Mares Building, conference room "A". Classes will discuss nutrition and medication, monitoring, preventing long-term complications, exercise and daily care. Pre-registration is required. Please call (509) 667-3670

NOVEMBER 16-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 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

NOVEMBER 17-SUNNYSIDE: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Best Western Grapevine Inn, 1849 Quail Lane. No charge.

NOVEMBER 18-YAKIMA: "Understanding Your Medications" 12:15 pm. A pharmacist will help answer your medication questions with regard to problems frequently encountered, how to make your prescription dollar count and how to keep all of your medications straight. Presented by Yakima Regional Hospital in the ICCU Conference Room. For information call (509) 573-3592

NOVEMBER 18-ELLENSBURG: "Powerful Tools for Caregivers Taking Care of You!" 1:00-3:30 pm. This free educational program is designed to help caregivers take care of themselves while caring for a friend or relative. Part of a 6-week series to be held at Mercer Creek Church, 1407 N "B" St. Sponsored by Aging & Long Term Care. For questions or to register call (509) 925-8765 or (509) 674-5233

NOVEMBER 18 GRANGER: "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 Radio KDNA, 121 Sunnyside Ave. For more information call (509) 574-1932

NOVEMBER 18-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

NOVEMBER 19-ELLENSBURG: "Bingo Night" 6:00-8:00 pm. Kick off the Thanksgiving holiday with a night of bingo! Snacks, refreshments, and holiday prizes provided. Fee: \$5. To be held at the Adult Activity Center of Ellensburg, 506 S Pine St. For information call (509) 962-7242

NOVEMBER 19-MOSES LAKE: "Healthcare Provider CPR" 8:00 am-Noon. This course is intended for healthcare providers and allied professionals. To register by phone call the Education Center at (509) 793-9690

Early Service Station



CALENDAR (continued)

NOVEMBER 20-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

NOVEMBER 22-YAKIMA: "Health Insurance Counseling" 10:00-12:00 Get answer to your questions about supplemental health insurance, Medicare long-term care options and/or employment-related insurance during a personal session with a Senior Health Insurance Benefits Advisor. Sponsored by Memorial Hospital's Third Age Program and held at the Harman Center. Appointments required. Call (509) 575-8484

NOVEMBER 22-YAKIMA: "Hypertension-The Silent Killer" 12:15 pm. Hypertension (or high blood pressure) is called the Silent Killer because it often has no symptoms. High blood pressure increases your risk of heart disease and stroke, so knowing your blood pressure numbers is important. This class provides information on normal blood pressure values, what causes high blood pressure, who is most likely to develop it, and ways to keep your blood pressure within normal limits. Presented by Yakima Regional Hospital in the ICCU Conference Room. For information call (509) 573-3592

NOVEMBER 23-WENATCHEE: "Diabetes Education" 6:00 pm. Registered nurses and dietitians work with you and your healthcare provider as a team to provide comprehensive diabetes education. Together we address knowledge, skills, attitude and motivation that will support your long-term health with diabetes. All classes held at Wenatchee Valley Medical Center, Mares Building, conference room "A". Classes will discuss nutrition and medication, monitoring, preventing long-term complications, exercise and daily care. Pre-registration is required. Please call (509) 667-3670

NOVEMBER 23-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: \$40. To register contact Samaritan Healthcare Education Center at (509) 793-0690

NOVEMBER 23-YAKIMA: "Heart Basics" 12:15 pm. This class is designed to give you an 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 Presented by Yakima Regional Hospital in the ICCU Conference Room. For information call (509) 573-3592.

NOVEMBER 24-ELLENSBURG: "15th Annual Community Thanksgiving Dinner" 3:00-7:00 pm Enjoy turkey, mashed potatoes, gravy, stuffing, and pumpkin pie! Free! At the Moose Lodge.

NOVEMBER 30-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

NOVEMBER 30-SUNNYSIDE: "Medicare Advantage Health Plan Seminar" 9:00 am. Presented by Humana at the Best Western Grapevine Inn, 1849 Quail Lane. No charge.

NOVEMBER 30-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 your questions. Presented by Yakima Regional Hospital in the ICCU Conference Room. For information call (509) 573-3592

NOVEMBER 30-WENATCHEE: "Diabetes Education" 6:00 pm. Registered nurses and dietitians work with you and your healthcare provider as a team to provide comprehensive diabetes education. Together we address knowledge, skills, attitude and motivation that will support your long-term health with diabetes. All classes held at Wenatchee Valley Medical Center, Mares Building, conference room "A". Classes will discuss nutrition and medication, monitoring, preventing long-term complications, exercise and daily care. Pre-registration is required. Please call (509) 667-3670

NOVEMBER 30-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 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 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.

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CALENDAR (continued)

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-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: \$40. To register contact Samaritan Healthcare Education Center at (509) 793-0690

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 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 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-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

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

Please send photos to be included in the Senior Review
bob@seniorpages.com



CALENDAR (continued)

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

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

DECEMBER 28-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: \$40. To register contact Samaritan Healthcare Education Center at (509) 793-0690

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.

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But several of the more popular plans are increasing their premiums substantially. Premiums for the ten largest Part D plans are rising by an average of 10% in 2011, according to a study by Avalere Health. And for several plans, those increases come on top of significant increases over the past few years.

POPULAR PLANS LEAVING

Also, a few popular plans are leaving the [business](#), as insurers consolidate some of their offerings. For example, United HealthGroup’s AARP Medicare Saver, the second-most popular Part D plan last year, is going away, and customers will be switched to another of the insurer’s plans. If you are among those moved over, be sure to review all of your options. Another plan may be a better match for your medications.

NEW PLANS APPEARING

Meanwhile, a few interesting, low-cost plans are entering the business in 2011, such as the Humana Walmart-Preferred Rx plan, which costs just \$14.80 per month – well below the average price for Part D policies. But your out-of-pocket costs will vary depending on where you purchase your medications. If you buy them at Walmart, Sam’s Club or RightSource Rx mail-order pharmacy, you’ll pay \$2 to \$5 for generics (or \$0 for generics through RightSource); 20% of the cost of preferred brand-name drugs; and 35% of the cost of non-preferred brand-name drugs. But if you use an outside pharmacy, your co-pay for both levels of generics is \$10, and you’ll pay 37% co-insurance for non-preferred generics and preferred brand-name drugs, and a whopping 50% for non-preferred brand-name drugs.

HOW TO COMPARE PLANS

As always, when comparing your options, consider premiums as well as the coverage for your specific drugs -- a plan with a low premium could cost you more if you have to pay high co-payments for your medications. Ask your doctor if you can switch to generics or other lower-cost drugs before you pick your 2011 plan – the plan with the best deal for brand-name drugs might be different than the best plan for generics (see our [Doughnut Hole Calculator](#) to find generics and other lower-cost alternatives).

Depending on the drugs you take, your total out-of-pocket costs can vary even among plans offered by the same company. A beneficiary in Miami who takes four common medications would pay a total of \$573 over the year for co-payments plus premiums under the new Humana Walmart Preferred Rx plan, as long as he or she used one of the preferred pharmacies. But, says Ross Blair, CEO of PlanPrescriber.com, that beneficiary would pay much more for the same drugs under other plans offered in Miami: \$784 for Humana Enhanced, \$1,485 for Humana Complete, \$743 for United Healthcare AARP MedicareRx Preferred PDP, \$1,230 for United Healthcare AARP Medicare Rx Enhanced PDP, \$605 for Wellcare Signature and \$706 for Wellcare Classic.

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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

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

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To compare the total costs for your specific medications, go to Medicare.gov's newly improved [Plan Finder tool](#), which lets you type in your zip code, drugs and dosages, and shows the total out-of-pocket costs -- premiums plus co-pays -- you'd pay for the year.

Also keep in mind that starting in 2011, individuals who earn more than \$85,000 (or \$170,000 if married filing jointly) will have to pay a high-income surcharge for Part D premiums, similar to the high-income surcharge for Medicare Part B. The amount of the surcharge has not yet been determined .

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 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

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

VACANCIES

YAKIMA

COMPLIMENTARY LUNCH: *Crescent Place Retirement Apartments* 505 N 40th invite you to stop by for a tour and enjoy a complimentary lunch. Contact: Linda Weiler, Manager. 509-833-8414. One-bedroom now available.

1 & 2 BEDROOM SUITES: *Rexford Manor* (Park Meadows) has openings. Ground floor patio suites available; full kitchen, washer & dryer in every suite. Call for a tour and complimentary lunch. 1010 N 34th Ave. Contact: Colleen Collins, (509) 248-7768 or e-mail: colleenjim1@msn.com

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

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

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

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.

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

VOLUNTEERS NEEDED (continued)

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

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.

Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington grants wishes to children between the ages of 2-17-18 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.

VOLUNTEERS NEEDED (continued)

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

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.

SeniorPages.com

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

If you are interested in our Logo Sponsor program for your Hot Sheet listings.
Please Call Dale at 509 979-6882

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