

SENIOR REVIEW

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

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Yakima



Ellensburg



Union Gap



It's Time to Review Your Medicare Options

By Phillip Moeller

Medicare coverage should be a key component of every one's retirement planning. A 65-year-old couple will pay, on average, \$250,000 in future out-of-pocket healthcare costs. Unforeseen medical expenses are the leading cause of personal bankruptcy. In practice, most people give Medicare little thought until they near their 65th birthday.

The first sobering reality about Medicare is that it leaves people exposed to enormous healthcare costs. Basic Medicare includes hospital in-patient coverage (Part A) and out-patient coverage for physicians, equipment, and other medical services (Part B). Health reform is adding more preventive services to Part B. But consumers remain on the hook for 20 per cent of many Medicare expenses plus deductibles, co-pays, and other fees, often with no cap on maximum payments. Medicare generally does not cover dental, vision, hearing, or long term care. Signing up for Medicare thus should be the beginning of the health insurance process for older Americans, not the end.



A second reality is that Medicare is not one program but several. It includes government and private insurance plans. They can be combined in seemingly infinite ways. State rules can have a big impact on Medicare benefits. There is a lot of homework to do, but it can pay off in better and less expensive coverage.

Begin your research by finding out the details of any workplace health benefits you are eligible to receive when you retire. The percentage of employers offering such benefits plunged to 29 percent last year.

"Roughly a third of all people on Medicare have an employer plan that supplements Medicare," notes Tricia Neuman, vice president and director of Kaiser's Medicare Policy Project. The best employer plans wrap their coverage around basic Medicare and fill in most of its gaps. If you can get retiree health coverage, take it. You also should determine if these benefits are sufficient or if you should obtain other Medicare policies or private supplemental insurance.

...more on page 9

SeniorPages.com

Wenatchee



Moses Lake



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 spring and summer they run from 4:00-6:00 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

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.

SeniorPages.com

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

SEMINARS/CLASSES/EVENTS/MEETINGS(continued)

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- Or 881-2022

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



exceptional community healthcare

SEMINARS/CLASSES/ EVENTS/MEETINGS (continued)

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 times 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

SEPTEMBER 8-MOSES LAKE: "Dining With Diabetes" 1:00-3:00 pm. A two-part class for seniors with diabetes. Free of charge. You will receive recipes, watch cooking demos and taste foods made with less fat, sugar and salt. To be held at the Moses Lake Senior Center, 608 E Third Ave. Call Kathy at 800-572-4459 or 886-0700, ext: 220 so we will know how many will be attending. Second class is September 29th.

SEPTEMBER 8-YAKIMA: "M.E.D.S. (Medication Education Designed for Seniors)" 12:00-1:30 pm. Location varies. This is your personal consultation with a licensed pharmacist where you will receive comprehensive information on all the medications you are currently taking. This free service will help you learn safe and effective ways to take your medication and avoid potentially dangerous drug interactions. Caretakers are also encouraged to attend. Please bring prescriptions, over-the-counter medications and any herbs you may be taking with you to your appointment. FREE. By appointment only. Sponsored by Yakima Memorial Hospital's Third Age program. Call (509) 575-8484

SEPTEMBER 10-YAKIMA: "Memorial Hospital's Outdoor Market" (Final one of the year!) 10:00 am-2:00 pm in the Memorial Cafe Courtyard. Specialty gifts, arts and crafts and homemade items.

SEPTEMBER 11-WENATCHEE: "Healy Living Expo" 10:00 am-1:00 pm Presented by the NCW Rural Health Foundation at the Wenatchee convention Center. Keynote speakers, special ceremony to honor 9/11, refreshments, gift bag giveaways and local experts in health and wellness, home and environment safety, pharmacy and medication, SAIL class and fall prevention and lifestyles for more information call (509) 888-9933 or email info@ncwruralhealth.org

SEPTEMBER 11-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

SEPTEMBER 14-YAKIMA: "Diabetes Sure Start Class For Beginners" 9:00 am-12:00 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 cost of the class. Fee: \$70. To be held at Memorial Hospital's Community Education Center. For more information call (509) 249-5243

SEPTEMBER 14-YAKIMA: "Senior Nutrition" Healthy eating for a healthy body. Memorial Hospital's Third Age program. To be held at Rexford Manor, 1010 N 34th. No charge. for information call (509) 577-5015

SEPTEMBER 14-YAKIMA: "Diabetes Screening" 8:00-10:00 am. For most accurate results do not eat or drink anything 8-12 hours prior to screening. Center for Diabetes Prevention & Control, 2811 Tieton Drive. Sponsored by Memorial Hospital's Third Age Program. (509) 577-5015

SEPTEMBER 17-WENATCHEE: "Protecting Seniors: A Community Comes Together" Wenatchee Convention Center 9:00 am-12:00 pm. Learn about the use and misuse of the Power of Attorney document. Sponsored by Aging & Adult Care of Central Washington, 50 Simon St. SE, East Wenatchee. (509) 886-0700

SEPTEMBER 17-YAKIMA: "Fashion Show to Benefit Cottage In The Meadow" 6:30 pm. Located on Front Street near the Greystone Restaurant. \$25 in advance, \$30 at the door.

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

CALENDAR (continued)

SEPTEMBER 18-YAKIMA: "Memorial Third Age Anniversary Social" Socialize and make friends with fellow Third Agers while you enjoy a light breakfast and short informational presentation. Tours of North Star Lodge available. 9:00 am-Noon at North Star Lodge, 808 N 39th Ave. Free. Registration required, (509) 575-8484

SEPTEMBER 21-YAKIMA: "Diabetes Screening" 8:00-10:00 am. For most accurate results do not eat or drink anything 8-12 hours prior to screening. Center for Diabetes Prevention & Control, 2811 Tieton Drive. Sponsored by Memorial Hospital's Third Age Program. (509) 577-5015

SEPTEMBER 21-YAKIMA: "Low Vision: What Is It and How To Live With It" 1:00-2:00 pm. Presented by Memorial Hospital's Third Age program at the Harman Center, 65th & 39th Ave. No charge, registration required. (509) 575-8484

SEPTEMBER 22-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

SEPTEMBER 25-YAKIMA: "Senior Health Fair" 10:00 am-4:00 pm. Blood pressure checks, healthcare speakers, mini massages & door prizes, Refreshments will be served. Sponsored by Memorial Hospital's Third Age program at Orchard Park Retirement, 620 N 34th Ave. No charge. For information call (509) 575-0095

SEPTEMBER 27-YAKIMA: "Health Insurance Counseling" get answers 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. Once a month 30-minutes appointments available. The last appt. is at 11:30 am. Sponsored by Yakima Memorial Hospital at the Harman Center. (509) 575-8484

SEPTEMBER 28-YAKIMA: "Diabetes Sure Start Class For Beginners" 9:00 am-12:00 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 cost of the class. Fee: \$70. To be held at Memorial Hospital's Community Education Center. For more information call (509) 249-5243

SEPTEMBER 28-YAKIMA: "Diabetes Screening" 8:00-10:00 am. For most accurate results do not eat or drink anything 8-12 hours prior to screening. Center for Diabetes Prevention & Control, 2811 Tieton Drive. Sponsored by Memorial Hospital's Third Age Program. (509) 577-5015

SEPTEMBER 29-MOSES LAKE: "Dining With Diabetes" 1:00-3:00 pm. Second of a two part class for seniors with diabetes. Free of charge. You will receive recipes, watch cooking demos and taste foods made with less fat, sugar and salt. To be held at the Moses Lake Senior Center, 608 E Third Ave. Call Kathy at 800-572-4459 or 886-0700, ext: 220 so we will know how many will be attending.

SEPTEMBER 29-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

OCTOBER 4-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

OCTOBER 23-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

OCTOBER 29-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

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. 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

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

"Diabetes Education" Comprehensive education course for those who have already taken the /sure Start introductory course. One day class held from 9:00 am-5:00 pm. All classes held at Memorial Hospital's Community Education Bldg., 2506 Nob Hill Blvd. Registration required. Call (509) 249-5243



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

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

SUPPORT GROUPS (continued)

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

ONE BEDROOM AND STUDIO

apartments now available at Charbonneau, a Holiday Retirement Community. a complete facility with meals, housekeeping, cable TV and more available. For additional information and a free tour contact Tom & Monica Judy at (509) 734-4331

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

SeniorPages.com

If you need additional copies of the Wenatchee Senior Pages
Call Dale at 800.575.9711

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

VOLUNTEERS NEEDED (continued)

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

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 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children There are a variety of volunteer opportunities available. For more information contact www.northwestwishes.org. To sign-up and receive application materials email Volunteer Manager Jeni Miller at volunteer@northwestwishes.org

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

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

VOLUNTEERS NEEDED (continued)

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

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If you do retire when you turn 65 and stop receiving company health insurance as an active or retired employee, you may be able to continue receiving some benefits if your spouse has workplace health insurance. If you're not covered when you turn 65, you are legally required to have basic Medicare. Part A of Medicare is free but Part B has monthly premiums. If you've elected to begin receiving Social Security (eligibility begins at age 62), Part B premiums are deducted from your Social Security payments.

"The first thing you need to do is make sure you're properly enrolled in Medicare," says Joe Baker, president of the nonprofit Medicare Rights Center. The enrollment window opens three months before your 65th birthday and extends for the next seven months. Enrollment "just doesn't happen automatically. You usually need to get yourself down to Social Security. Many people erroneously decline Part B coverage," Baker says. "But then they find out they should have enrolled" and may face penalties. Penalties can take the form of higher Medicare premiums for the rest of your life, he notes, so take this process seriously.

Another increasingly likely scenario -- thanks to the Great Recession -- is that you will work past 65 and continue private health insurance. Employer insurance plans can change for 65-year-old employees who continue working. For example, your employer's plan may combine Medicare with supplemental coverage from work.

People without retiree health benefits must decide whether to supplement basic Medicare with what's called Medigap insurance or with a [Medicare Advantage plan](#) (MA). Medigap policies supplement basic Medicare. MA plans include basic Medicare plus additional coverages.

Medigap plans are sold by private insurers. There are 10 sets of prescribed coverages -- A, B, C, D, F, G, K, L, M, N (gaps between letters reflect discontinued plans). The plans fill holes in basic Medicare to different extents. The primary variables involve deductibles for Part A and B coverages, coverage of the 20 percent co-insurance payment, emergency care fees, and medical treatment outside the U.S., which is not covered by basic Medicare.

Baker says F is usually considered the most complete Medigap policy, with correspondingly higher premiums. But you might be able to find a less expensive Medigap solution that works for your needs and your budget. While the coverages within each "letter" plan are the same, premiums differ. [Medicare](#) has online tools to identify Medigap policies sold where you live.

Once you've identified a Medigap plan, you also should check out MA plans available in your state and see how they compare. MA evolved from the government's effort to support health maintenance organizations (HMOs) and their managed care service model. If you've used HMOs before, you might be comfortable with MA. It might save you money compared with Medigap, and even offer you some covered health services you can't find in Medigap. Also, insurance plans other than HMOs can be found in MA. Unlike Medigap, there is a lot of difference among MA plans, so you'll need to shop carefully. Unlike Medigap, MA plans often include prescription drug coverage.

VOLUNTEERS NEEDED (continued)

access, health insurance and access to health care, so they can make informed decisions. Hours are flexible and can be done from home. Volunteers should be interested in helping people; doing some public presentations; have basic computer skills; be interested in health care; have patience, compassion and enjoys a challenge. Training will be provided. For more information on becoming a SHIBA, call Donna 509-574-1934.

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

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

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

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Beyond covered services, experts note the biggest difference between Medigap and MA is that Medigap policies let you use any doctor you wish who participates in Medicare. With MA plans, you generally have to stay in the plan's network of providers. Another difference, Neuman notes, is that new federal rules and health reform provisions will cause private insurers to change MA plans. Before signing up for MA, see if there are any restrictions on your right to buy a Medigap policy later should your MA coverage change or no longer be offered.

The last piece to your Medicare puzzle is prescription drug coverage, also called Medicare Part D. It has been offered as a stand-alone Medicare policy by private insurers since 2006. Part D premiums vary, as can charges for the same drugs. Each plan offers its own list of covered drugs (called a formulary) and the plans usually have several pricing tiers, each with different co-pays, which contain increasingly expensive drugs.

The other major issue with basic Part D plans is a coverage gap known as the donut hole. In 2010, Part D stops providing coverage when drug costs have reached \$2,830, and insurance doesn't resume until your total out-of-pocket spending has reached \$4,550. The donut hole will go away bit by bit each year under health reform, and will be eliminated after 2019. Some retiree health plans include drug coverage. Employers need to certify their programs are at least comparable with Part D.

While you may be buying Medicare and its related plans when you're 65, experts note, you should consider your possible medical needs when you're 85. It can be expensive to switch plans later, or even impossible. The health reform act denies private insurers the right to use pre-existing conditions as a basis for rejecting coverage. That prohibition does not apply to private policies that supplement Medicare, Baker says. Age and physical condition can be used to reject or restrict older persons from getting supplemental policies, but not when they first become eligible for Medicare. Some states have consumer safeguards that disallow such coverage denials

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

VOLUNTEERS NEEDED (continued)

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



HEALTHY LIVING EXPO

Wenatchee Convention Center
Saturday, Sept. 11, 2010
10:00 a.m. to 1:00 p.m.

- Please join us for:
- ~A special ceremony to honor 9/11
 - ~Gift bag give-a-ways
 - ~Keynote speakers
 - ~Refreshments
 - ~Local experts in the following:

- RED: Health & Wellness**
- GREEN: Home & Environment Safety**
- YELLOW: Pharmacy & Medication**
- BLUE: SAIL Class & Fall Prevention**
- ORANGE: Lifestyle**

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The Healthy Living Expo is brought to you by the Lifetime Wellness Coalition, a program of the NCW Rural Health Foundation.

WHAT TO EXPECT

- ♥ 1 hour of exercise 3X's per week
- ♥ Classes taught by a qualified exercise instructor.
- ♥ You can sit or stand. Exercises are adapted for all levels of physical ability.
- ♥ Exercises specifically designed to help maintain and improve your balance and mobility.
- ♥ The S.A.I.L. Guide. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+"
- ♥ **FACT: IT WILL MAKE YOU MORE MOBILE, GIVE YOU BETTER BALANCE AND FEEL GREAT!**
- ♥ Check with your physician before you start any exercise program!



The SAIL program and research was created through a grant from the WA State Dept. of Health and the NorthWest Orthopaedic Institute's, Sally York & Clare Morrison.

Classes sponsored by:



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class members

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Stay Active & Independent for Life



a strength and balance fitness class for adults 65+

For Chelan & Douglas Counties