



YAKIMA VALLEY

Coming of Age

With Aging Loved Ones

Tuesday Evenings

March 8 – April 19

6 pm – 8 pm: Presentations

April 27

5 pm – 6 pm: Resource Fair and
Ice Cream Social *sponsored by
Rexford Manor*

6 pm – 8 pm: Presentation

Location:

Harman Center
101 North 65th Avenue
(65th & Summitview)
Yakima

For more information:

Call Linda Henjum: 509-577-5015

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series possible:

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March

8 Hoarding: When Trash Is Treasured

Judy Hawk, Comprehensive Mental Health

Becoming My Age

Martin Howell, Martin Howell Consulting

15 Life in the Final Chapter

Timothy Melhorn, MD, Cornerstone Medical Clinic
Dottie Hildebrand, Memorial Home Care and Hospice
Lyn Dasso, Langevein & Mussetter

22 Living Better with Low Vision

Mary Jepsen, The Springs Rehabilitation & Occupational
Medicine

Safety Solutions for Safe Living

Tim Ippolito, Philips Lifeline

29 Mouth & Feet: Answers to Your Concerns

D.M. Buehler, DDS, Chalet Dental Clinic
Donald Orminski, DPM, Central Washington Podiatry

April

5 Falls: How to Prevent Them

Kathy Medford, RN, Aging and Long Term Care

Aging & Your Orthopedic Health

Thomas Eastman, MD, Valley Orthopaedic Specialists

**12 Colon Cancer Screening: Is It for Me and
What Are My Options?**

Robert Williams, MD, Yakima Gastroenterology Associates

Vaccinations: Do Seniors Need Them?

Melissa Schafer, RN, Aging and Long Term Care

19 Living Trusts vs. Wills: Myths & Realities

Marcus Fry and Russell Gilbert, Lyon Weigand & Gustafson

26 Scams & Schemes & Frauds, Oh My!

Officer Jaime, Gonzalez Yakima Police Department
Stacey Kellogg, Long Term Care Ombudsman Program