# COMMUNITY CALENDAR

### NEW PROGRAMS FOR SINGERS AT LEON SULLIVAN HEALTH CARE CENTER

Learn how to prepare shows for nursing home residents. Free workshop at Leon Sullivan Health Care Center begins Tuesday, Sept. 2, includes a CD with 15 songs of piano accompaniment in your key and a list of facilities with instructions on how to get gigs. Call (360) 961-6485 or www.heart-soul-music.com for more information.

### NEW SKILLS FOR NEW JOBS

If you're age 50 or older and looking for work, don't miss the free job fair New Skills for New Jobs Sept. 24 from 9a.m. to 2p.m. at the Seattle Center House. The fair includes workshops and information booths to help older workers improve job-hunting skills. Sponsored by the Mature Workers Alliance and the Seattle Center. For more information call (206) 624-1221.

### FREE PRE-SCHOOL

The Refugee and Immigrant Family Center - Early Childhood Education and Assistance Program (RIFC-ECEAP) now enrolling 3-5 year olds for 2003 - 2004 school year. Free pre-school. Classes start Sept. 22.

### ALZHEIMER'S ASSOCIATION OFFERS FREE SEMINAR

Alzheimer's Association offers free seminar in Renton area. Classes Target those who suffer from Memory Loss. A free nine-class seminar for those suffering mild memory loss problems will be held in Renton beginning September 4, at Elderhealth NW, Connections Branch near Valley Medical Center, from 6:00 to 7:30 p.m. The seminar, sponsored by the Alzheimer's Association Western and Central Washington State Chapter in cooperation with Elderhealth NW, will offer individuals the chance to meet others who are experiencing the same, learn about ways to cope with memory loss, and learn about legal and financial planning.

Space is limited, so pre-registration is required by calling 800-848-7097, extension 227. A concurrent group for family members, companions, and care partners is offered at the same location.

Participants will meet once a week with trained leaders. Free educational materials will be provided.

### ADDICTION HELP

Help Someone Overcome Addiction. Call Narconon at 1-800-468-6933 or go to www.solveaddiction.com for your free information packet or a free assessment or referral to rehabilitation centers nationwide.

### BE A MENTOR

***ALL YOU NEED IS A LITTLE TIME AND A DESIRE TO MAKE A DIFFERENCE***

Community for Youth Steps Ahead and Steps Beyond Programs seek adult volunteers to work one-on-one with Seattle public high school students who are having difficulty in their academic and/or personal lives. Many young people benefit from the guidance of a supportive adult. Having an adult mentor during high school can mean the difference between staying in school or dropping out, between making good choices or not. We ask volunteer mentors to make a commitment to one school year of regular weekly contacts with a student. Mentors receive prior training and on-going support and guidance. Please contact us at: 206-325-8480 or info@communityforyouth.org.

For more information: www.communityforyouth.org.

### STUDENT EXCHANGE PROGRAM

World Heritage Student Exchange is seeking local families interested in providing a high school exchange student a positive encounter with the U.S. The students are well screened by World Heritage, are proficient in English, 15 to 18 years old, and come for the 2003-04 school year.

For more information on students dreaming of a volunteer family who will share first-hand knowledge of the strength and values that make up our great nation, call Pamela at 1-800-888-9040.

### MEALS ON WHEELS

Meals on Wheels will bring the food and offers a selection of 36 complete breakfast, lunch and dinner entrees to homebound persons age 60 and over.

The cost of each meal is a suggested donation of $3.00. Participants decide for themselves, what if anything, they wish to contribute.

If you know a senior that could benefit from meals being delivered tot heir home, call the Meals on Wheels program at 448-5767.

### BREATHING MEDICATIONS

The in Home Rx Program makes available breathing medications and Nebulizers to patients who may have asthma, emphysema, or COPD, at no cost to the recipient, if they qualify. The Albuterol products are provided to those who are troubled with severe breathing conditions, and who meet the additional guidelines of the program. No deposit is required and you never have to wait in line at the pharmacy.

If you are an oxygen user at home or have severe problems with breathing, call to see if you qualify at 1-800-344-5764.

### POWER WHEELCHAIRS

The Independent Seniors program makes available power (electric) wheelchairs to senior citizens (65yrs. old and up) and to others permanently disabled, at no out of pocket cost, if they qualify. The power wheelchairs are provided to those who cannot walk, and cannot self propel a manual wheelchair - and who meet the additional guidelines of the program.

If your need is for use in the home, please call for more information on the additional qualifications. No Nursing Homes or HMO Insurance please. Call toll free 1-800-383-8435.

plus, our **back to school sale** and event is on now

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