



# Community Health Transmitter

**JULY / AUGUST 2022**

*AmeriCorps mentor working with students.*

## **IN THIS ISSUE:**

- » Helping Kids Succeed in School
- » Learn to Declutter & Downsize
- » Prevent Falls and Fractures

# Helping Kids Succeed in School

BY Mary Lynn Merriman



## Helping Kids Succeed in School

It seems intuitive that students with good attendance are more likely to succeed in school. The flip side of that is that students who regularly miss school are also more likely to struggle academically.

Missed days can add up quickly; missing just two days a month puts a student's success in school in jeopardy. Each day missed represents lost education time. Students can quickly fall behind and disconnect. Students who regularly miss school can find it harder to return to the classroom. By 6th grade, chronic absenteeism, defined as students who miss two days of school or more per month, whether excused or unexcused, is a leading indicator that a student will drop out of high school.

Yet, keeping kids in school is not always easy.

The reasons for chronic absenteeism are varied. They range from factors that keep students from getting to school (illness, transportation issues, family responsibilities, food and housing insecurities) to having negative experiences at school (bullying, struggling academically and behaviorally, social challenges) to lack of engagement (lack of access to academic, emotional and behavioral support, no meaningful or negative relationships to adults at the school, failure to earn credits/no future plans).

Statistics show that 15 percent of students are chronically absent in Benton and Franklin Counties. That number has gone up 7 percent since the onset of COVID.

**“Our program focuses on this age because changing kids’ attendance habits at this age can last through high school,” said Paul.**

## A program to help: AmeriCorps Student Mentoring

A new program, launched by United Way of Benton & Franklin Counties, is designed to work with students who have chronic absenteeism in middle schools.

The program, an outgrowth of the United Way Attendance Matters® program, partners with AmeriCorps and Serve Washington to place AmeriCorps members directly into these schools to provide mentoring to at-risk students.

“This program focuses on middle school students,” said Paul Klein, Director of Community Impact at United Way. “Research shows that by 6th grade, students start to own their own attendance habits. Unfortunately, some are establishing habits that aren’t so positive. Our program focuses on this age because changing kids’ attendance habits at this age can last through high school.”

The AmeriCorps model “allows us to be inside all of these school buildings in a really impactful way,” he said.

During the 2021-22 school year, the first year of the program, one or two AmeriCorps members were in 10 schools in six school districts across Benton and Franklin Counties. They spent time in that school, getting to know the school administration, the students and the school culture.

“They then worked with school administrators to identify 15 to 25 of the highest needs, chronically absent students who would be the most receptive to the program,” said Paul.

This first year, approximately 225 students were enrolled in the program.

AmeriCorps members work with these students in a number of ways: group activities, including hands-on activities, art and science projects, games, and

CONTINUED ON PAGE 3

# Helping Kids Succeed in School (cont'd)

BY Mary Lynn Merriman



## CONTINUED FROM PAGE 2

educational field trips. The AmeriCorps members at each school design a program specifically to meet the needs of that school.

“They work to engage the students to get them inside the building and excited about coming to school,” he said. “They do one-on-one check-ins so they can see how each student is doing. The students know that they have someone who will listen to them, is invested in them, and will advocate for them right there in the school building. The AmeriCorps member may even go to class with a student to provide extra support and motivation.

And it’s paying off.

“The program is incredibly impactful from our perspective, from staff perspective, and from the principal’s perspective. I mean, extremely, extremely, extremely beneficial for our school,” said one school administrator.

### **A second, important part of the program could be you.**

The AmeriCorps members also coordinate groups of

volunteer adult community mentors who work one-on-one with a student for the duration of the school year. Mentors meet with their mentees once a week during the student’s lunch period.

This component is critical to the program’s success.

“Each student has a connection from a caring adult community member who is on their side, who works with them once a week for 45 minutes, and that student doesn’t have to share that connection with anyone else. That community volunteer is just theirs. These students not only have an AmeriCorps member in the building, they get connected to an advocate who is also on their side,” said Paul.

According to another administrator, “You’ve got that positive adult connection with the kids. That to me speaks volumes. It makes such a big difference where we’ve got kids that now have trusted adults they can go to and try to work hard for. They’re now trying to get good grades; they’re trying to be here; and they’re trying to stay out of trouble. Those connections are huge, just huge.”

**CONTINUED ON PAGE 4**

## TESTIMONIALS from AMERICORPS MEMBERS & SCHOOL ADMINISTRATORS

*“I was told by a student that usually shows negativity that I was the only person he trusted.” - AmeriCorps member*

*“One of the students I work with regularly did a great job buckling down and getting her grades up. She used to never get any work done, and this time she got everything done.” - AmeriCorps member*

*“Students felt more connected, more visible, more appreciated. More students had a greater sense of belonging and had someone to turn to.” - School Administrator*

*“I’m thinking of a particular sixth grade girl. She and the adult mentor were great together. The student has been here all the time and working really hard to improve not just her grades, but her behavior. That’s been a big thing to see that she’s seeking out adults and trying to do the right thing. And to me, I’m crediting the program for that.” - School Administrator*

# Helping Kids Succeed in School (cont'd)

BY Mary Lynn Merriman



## CONTINUED FROM PAGE 3

The program is currently seeking adult volunteers for the 2022-23 school year, when the program expands to 11 schools.

“We are seeking adults who are willing to commit to being at the school once a week,” said Paul. “That commitment is very important. Many of these students have been let down by an adult in their lives. They have experienced lack of consistency. We want to make sure our volunteers offer that level of care for the student that they need. They are not there to solve all their problems, but be willing to listen, to be consistent and be willing to stick it out, because working with middle schoolers can be tough at times.”

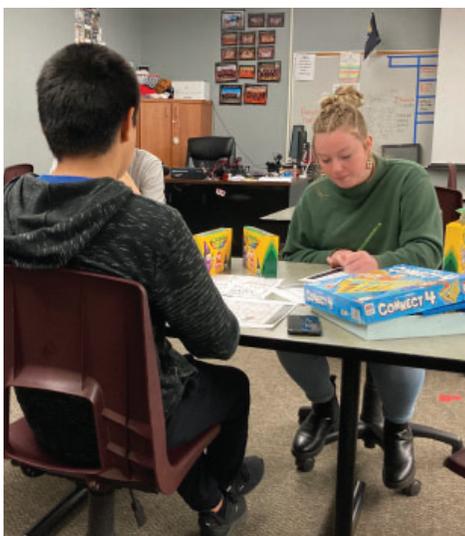
“But, with both the AmeriCorps member and the adult mentor, the life of a child can be changed,” he said. “We are seeing it.”

An AmeriCorps member recently said, “One of my participants used to hate school and was always mad at everyone but since being in the program it has

completely changed their perspective. They have learned to enjoy school and have been a lot happier. Their attitude has completely changed in a positive way.” ■

## PARTICIPATING SCHOOLS 2022/2023

- CARMICHAEL (RICHLAND)
- CHINOOK (KENNEWICK)
- ENTERPRISE (WEST RICHLAND)
- FINLEY
- HOUSEL (PROSSER)
- KIONA-BENTON CITY (BENTON CITY)
- MCLOUGHLIN (PASCO)
- OCHOA (PASCO)
- PARK (KENNEWICK)
- REYNOLDS (PASCO)
- STEVENS (PASCO)



## HOW TO VOLUNTEER AS A LUNCHTIME MENTOR

Want to learn more about volunteer mentor opportunities and how you can make a difference in a student's life?

Visit United Way of Benton and Franklin Counties, at <https://www.uwbfc.org/mentors>

What you will do as a mentor:

- Listen and be a reliable, positive adult role model.
- Support student success by helping your mentee feel good about themselves.
- Demonstrate appreciation for learning and respect for the school.

# Prevent Falls and Fractures BY National Institute of Health

A simple thing can change your life—like tripping on a rug or slipping on a wet floor. If you fall, you could break a bone, like thousands of older men and women do each year. For older people, a break can be the start of more serious problems, such as a trip to the hospital, injury, or even disability.

If you or an older person you know has fallen, you're not alone. More than one in three people age 65 years or older falls each year. The risk of falling—and fall-related problems—rises with age.

## Many Older Adults Fear Falling

The fear of falling becomes more common as people age, even among those who haven't fallen. It may lead older people to avoid activities such as walking, shopping, or taking part in social activities.

But don't let a fear of falling keep you from being active. Overcoming this fear can help you stay active, maintain your physical health, and prevent future falls. Doing things like getting together with friends, gardening, walking, or going to the local senior center helps you stay healthy. The good news is, there are simple ways to prevent most falls.

## Causes and Risk Factors for Falls

Many things can cause a fall. Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger. Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance. Some medicines can cause you to feel dizzy or sleepy, making you more likely to fall.

Scientists have linked several personal risk factors to falling, including muscle weakness, problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension). Foot problems that cause pain and unsafe footwear, like backless shoes or high heels, can also increase your risk of falling.

Confusion can sometimes lead to falls. For example, if you wake up in an unfamiliar environment, you might feel unsure of where you are. If you feel confused, wait for your mind to clear or until someone comes to help you before trying to get up and walk around.

Some medications can increase a person's risk of falling because they cause side effects like dizziness or confusion.

The more medications you take, the more likely you are to fall.

## Take the Right Steps to Prevent Falls

Here are a few tips to help you avoid falls and broken bones:

**Stay physically active.** Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible.

**Have your eyes and hearing tested.** Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses, contact lenses or hearing aids, take time to get used to them.

**Find out about the side effects of any medicine you take.** If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.

**Get enough sleep.** If you are sleepy, you are more likely to fall.

**Limit the amount of alcohol you drink.** Even a small amount of alcohol can affect your balance and reflexes. Studies show that the rate of hip fractures in older adults increases with alcohol use.

**Stand up slowly.** Getting up too quickly can cause your blood pressure to drop. Get your blood pressure checked when lying and standing.

**Use an assistive device if you need help feeling steady when you walk.** Appropriate use of canes and walkers can prevent falls. If your doctor tells you to use a cane or walker, make sure it is the right size for you and the wheels roll smoothly.

**Be very careful when walking on wet or icy surfaces.** Try to have sand or salt spread on icy areas by your front or back door.

**Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet.**

**Always tell your doctor if you have fallen since your last checkup, even if you aren't hurt when you fall.** A fall can alert your doctor to a new medical problem or problems with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls. ■



# COMMUNITY HEALTH PROGRAMS

Register online at

<https://bit.ly/COMMUNITYHEALTH> (link is case sensitive).

Programs subject to change as we follow Benton Franklin Health District guidelines.

# ATTEND & LEARN

## VIRTUAL ALZHEIMER'S EDUCATION

**Dementia Conversations | July 12, 1:00-2:00pm**

**10 Warning Signs of Alzheimer's | August 16, 1:00-2:00pm**

**Dementia Conversations:** This program will offer tips on how to have honest and caring conversations with family members about going to the doctor, when to stop driving and making legal and financial plans.

**10 Warning Signs:** Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Join this program to learn the 10 Signs.



## VIRTUAL UNDERSTANDING GRIEF AND COMPASSION FATIGUE

**Part One: Understanding Grief**

**July 13, 2:00-4:00pm or August 18, 4:00-6:00pm**

**Part Two: Compassion Fatigue**

**July 20, 2:00-4:00pm or August 25, 4:00-6:00pm**

**Understanding Grief** raises awareness of issues related to loss, grief and mourning at different development stages. Also presented are a variety of barriers to helping grieving people and the necessary tools to overcome those barriers.

**Compassion Fatigue** provides effective communication techniques helpful for facilitating the expressions of grief. This session also explores the definition and impact of compassion fatigue along with the necessity of restorative self-care.

**VIRTUAL QPR | July 20, 4:00-5:30pm**

### QPR (Question, Persuade, Refer) Suicide Prevention Training

You can help prevent suicide! QPR teaches you how to recognize the warning signs of suicide, how to respond, and how to connect someone to professional help. This training will help take the fear and hesitation out of talking about mental health and assisting someone who is struggling.

### HAVE YOU BEEN TRAINED YET?

QUESTION



PERSUADE



REFER



LEARN 3 SIMPLE STEPS TO HELP SAVE A LIFE FROM SUICIDE.

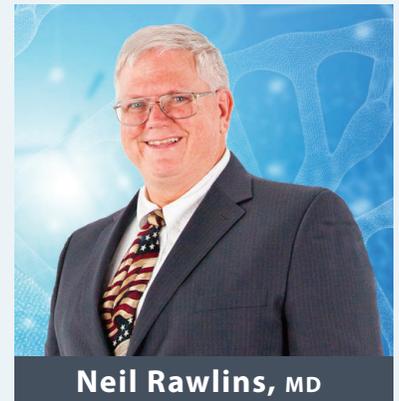
# ATTEND & LEARN

## VIRTUAL MTHFR | July 27, 5:00-6:30pm

Learn more about folate, methylfolate and MTHFR gene in Neil Rawlins' presentation on July 27.

Folate is a B-vitamin naturally found in some foods and our bodies need it to form healthy cells. As much as 70% (in the US) inherit a defective or partially defective gene that lacks the enzyme needed to convert folate. This is the methylenetetrahydrofolate reductase (MTHFR) gene.

If you have one of the MTHFR variants, you might be experiencing depression, anxiety, memory loss, diabetic neuropathy (nerve pain), or high-risk pregnancies early heart disease, stroke risk, blood clots, fibromyalgia, chronic fatigue, and more.

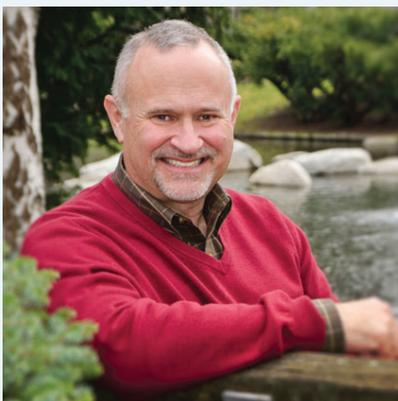


## ADVANCED CARE PLANNING (ACP)

One-on-one virtual appointments are available with Kate Buffington. An advance directive spells out your medical wishes and names a person to speak on your behalf. Learn more about advance directives at one of our information sessions. We can help patients and family members prepare an advance directive.



**Call Kate Buffington at (509) 942-2990 ext. 5593 to schedule your one-on-one virtual ACP appointment.**



**David Troxel, MPH**  
Caregiving Expert

## COMING IN OCTOBER!

*Sponsorships available*

## 11TH ANNUAL CAREGIVER CONFERENCE | October 14, 9:00am-4:00pm

**Richland Community Center  
500 Amon Park Drive  
Richland, WA**

David Troxel is an internationally known expert in Alzheimer's disease and memory care. An informative and engaging speaker, David holds a Masters Degree in Public Health from Rutgers Medical School.

David has co-authored six influential books (most notably, The Best Friends™ Approach to Dementia Care) relating to dementia care as well as staff development and training.



This is a **FREE** event. Pre-registration required. To register for this event, visit <https://bit.ly/CAREGIVERS2022> (link is case sensitive)



**DSHS CEUs available for long-term care workers, up to 5.5 credits.**



**Lunch and refreshments are included.**

# HEALTHY AGES PROGRAMS

Register online at

<https://bit.ly/COMMUNITYHEALTH> (link is case sensitive).

Programs subject to change as we follow Benton Franklin Health District guidelines.



**Healthy Ages**

Funded by Kadlec Auxiliary

Healthy Ages programs are made possible through generous donations by Kadlec Auxiliary.

# ATTEND & LEARN



## VIRTUAL HEALTHY AGES WELLNESS PROGRAM

**JULY: Fall Prevention | July 21, 1:00-2:00PM**

**AUGUST: Medicare | August 11, 1:00-2:00PM**

### July - Fall Prevention

*Andy Sabin, City of Richland, will discuss how to promote behaviors that reduce the risk of falls.*

### August - Medicare

*Learn up-to-date information about Medicare.*

**Register online at**

**<https://bit.ly/COMMUNITYHEALTH>**

*(link is case sensitive)*

**or call Cathy Manderbach at**

**(509) 942-2700**



## CATHY CAN HELP!

Healthy Ages offers FREE Medicare classes, which include information on Medicare, Medigap Plans, Medicare Part D Drug Plans and Medicare Advantage Plans. The class information will help you make well-informed choices on a complicated topic.

Healthy Ages is a FREE membership program expressing Kadlec's commitment to the health care needs, safety and concerns of the older adult. To join Healthy Ages, visit our website at [www.kadlec.org/healthyages](http://www.kadlec.org/healthyages) or call Cathy Manderbach at (509) 942-2700. Cathy can also register you for Healthy Ages Wellness Programs, Medicare classes or review your prescription drug plan.

## Tips for Exercising in Hot Weather

Many people enjoy warm-weather outdoor activities like walking, gardening, or playing tennis. Make sure to play it safe in hot weather. Too much heat can be risky for older adults and people with health problems. Being hot for too long can cause hyperthermia—a heat-related illness that includes heat stroke and heat exhaustion.

### If you want to be active when it's hot outside:

- Check the weather forecast. If it's very hot or humid, exercise inside with videos online, or walk in an air-conditioned building like a shopping mall.
- Drink plenty of liquids. Water and fruit juices are good options. Avoid caffeine and alcohol. If your doctor has told you to limit liquids, ask what to do when it is very hot outside.
- Wear light-colored, loose-fitting clothes in natural fabrics.
- Dress in layers so you can remove clothing as your body warms up from activity.
- Know the signs of heat-related illnesses and get medical help right away if you think someone has one.

### If feeling overheated:

- Shower, bathe, or sponge off with cool water.
- Lie down and rest in a cool place.
- Visit your doctor or go to an emergency room if you don't cool down quickly.

# CALENDAR: JULY / AUGUST 2022

## JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 CLOSED FOR HOLIDAY	5 MS Support Group 2:00 PM	6 TBI Support Group 3:00 PM	7 Pulmonary Support Group 10:00 AM	8 Chronic Pain Support Group 1:00 PM
11 FTD Support Group 1:00 PM	12 Alzheimer's Education SEE PAGE 6	13 Grief & Compassion Part 1 SEE PAGE 6	14	15
18 Parkinson's Support Group 1:30 PM	19 Caregivers Support Group 1:00 PM  Living while Immunocompromised Support Group 7:00 PM	20 Stroke Support Group 2:00 PM  Grief & Compassion Part 2 SEE PAGE 6 QPR Education SEE PAGE 6	21 Healthy Ages Wellness Program SEE PAGE 8	22
25 Caregivers (Men's Only) Support Group 12:30 PM	26 Caregivers (ALZ/DEM) Support Group* 5:30 PM	27 MTHFR SEE PAGE 7	28	29

## AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 MS Support Group 2:00 PM	3 TBI Support Group 3:00 PM  Downsizing Education SEE PAGE 11	4 Pulmonary Support Group 10:00 AM	5
8 FTD Support Group 1:00 PM	9	10	11 Healthy Ages Wellness Program SEE PAGE 8	12 Chronic Pain Support Group 1:00 PM
15 Parkinson's Support Group 1:30 PM	16 Caregivers Support Group 1:00 PM  Alzheimer's Education SEE PAGE 6  Living while Immunocompromised Support Group 7:00 PM	17 Stroke Support Group 2:00 PM	18 Grief & Compassion Part 1 SEE PAGE 6	19
22 Caregivers (Men's Only) Support Group 12:30 PM	23 Caregivers (ALZ/DEM) Support Group 5:30 PM	24	25 Grief & Compassion Part 2 SEE PAGE 6	26
29	30	31		

### CALENDAR ABBREVIATIONS:

#### ALZ/DEM

Alzheimer's & Dementia

#### FTD

FrontoTemporal Dementia

#### MS

Multiple Sclerosis

#### MTHFR

Methyl/Tetra/Hydro/Folate/Reductase

#### QPR

Question, Persuade, Refer

#### TBI

Traumatic Brain Injury

#### \*PLEASE NOTE:

During COVID, the Thursday night ALZ/DEM support group and the Tuesday ALZ/DEM will meet together on the 4th Tuesday of the month.



Please call (509) 943-8455 if you would like to participate in a virtual/call-in support group. Regular in-person support groups will resume when allowed.



You can also reach us by email at [knrc@kadlec.org](mailto:knrc@kadlec.org)



Register for programs at <https://bit.ly/COMMUNITYHEALTH> (link is case sensitive)

# OFFICE & LIBRARY HOURS

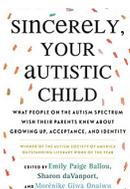
**MON - FRI**  
9:00AM-2:00PM

Visit the library at  
1268 Lee Blvd., Richland, WA  
Please call to reserve your items  
at (509) 943-8455.

See calendar for occasional  
KNRC and Library closures.



**Pictured:**  
Jay Hungerford, Resource Specialist



## AUTISM

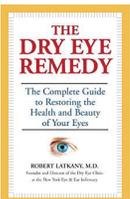
*Sincerely, Your Autistic Child: What People on The Autism Spectrum Wish Their Parents Knew About Growing Up, Acceptance, And Identity*, *Emily Paige Ballou*

Knowing Why: Adult-Diagnosed Autistic People on Life and Autism, *Elizabeth Bartmess*

Vaccines Did Not Cause Rachel's Autism: My Journey as a Vaccine Scientist, Pediatrician, and Autism Dad  
*Peter J. Hotez*

Loud Hands: Autistic People, Speaking  
*Autistic Self Advocacy Network*

Approaching Autistic Adulthood: The Road Less Travelled  
*Grace Liu*



## AUTOMIMMUNE

*The Dry Eye Remedy: The Complete Guide to Restoring the Health and Beauty of Your Eyes*, *Robert Latkany, MD*

*The Lupus Book: A Guide for Patients and Their Families*, *Daniel J. Wallace, MD*

## CHRONIC PAIN

*The Pain Survival Guide: How to Become Resilient and Reclaim Your Life*, *Dennis C. Turk*

*Pain Management for Older Adults: A Self-Help Guide*  
*Thomas and Heather Hadjistavropoulos*

*Living a Healthy Life with Chronic Pain: Getting Your Life Back*, *Sandra LeFort, PhD, et al.*

## DIABETES

*What Do I Eat Now?: A Guide to Eating Well with Diabetes or Prediabetes*, *Tami A. Ross, RDN*



Browse library catalog online for other topics:  
<http://bit.ly/kadleclibrary> (link is case sensitive)



## GENERAL HEALTH

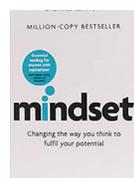
*Buzzed: The Straight Facts About the Most Used and Abused Drugs from Alcohol to Ecstasy*, *Cynthia Kuhn, PhD*

## MENTAL HEALTH

*Bipolar Disorder: A Guide for You and Your Loved Ones*  
*Francis Mark Mondimore, MD*

## MINDFULNESS

*The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive*  
*Kristin Neff, PhD, and Christopher Germer, PhD*



*Mindset: The New Psychology of Success*  
*Carol S. Dweck, PhD*

*Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*, *Jon Kabat-Zinn, PhD*

## PARENTING

*Caring For Your Baby and Young Child: Birth to Age 5*  
*American Academy of Pediatrics*

*1-2-3 Magic: The New 3-Step Discipline for Calm, Effective, and Happy Parenting*, *Thomas W. Phelan, PhD*



## SAFETY

*How to Prevent Falls: Better Balance, Independence and Energy in 6 Simple Steps*  
*Betty Perkins-Carpenter*

## STROKE

*Stroke: The Facts*, *Richard Iain Lindley*

*Stroke Book: The Diary of a Blindspot*, *Jonathan Alexander*

*Health-related materials are added to the library throughout the year, and we welcome your recommendations.*

# Learn to Declutter & Downsize

BY Mary Lynn Merriman



Downsizing is often seen as moving into a smaller place that better suits your current needs, and this is true for many.

Downsizing can also mean reducing, eliminating, and decluttering while you stay in place for a safer, healthier and more livable environment. This also makes it easier if you do need to physically relocate in the future. But downsizing can be overwhelming. Where do you start? What do you keep, and what do you do with what you want to eliminate?

An upcoming Kadlec Community Health program is designed to help answer these questions and more. Presented by Jackie Valentino and Karen Buchanan, owners of Changing Places, LLC, the program will focus on tips to declutter your home and the importance of starting now. Jackie and Karen have 8 years of experience helping seniors transitioning to homes more suitable for their current lifestyle as well as helping with downsizing in place, decluttering, estate sales and clean out.

"We encourage people to get started downsizing right away," said Jackie. "It is never too early to start. Not only is it important to declutter your current environment, but you also never know what is ahead, and suddenly, someone may have to do it if you can't."

During the presentation, Jackie and Karen will give tangible tips to help. For instance, answering the "Where do I start" question with ideas such as focusing on

one area at a time and starting small: one desk, one closet, one bookshelf, one room.

"We encourage people to start in an area that shows," said Jackie. "By doing this, you can see the results easily and feel good about it. If you start with that closet in the back hall, it is not as visible and not quite as much encouragement to continue. Be realistic with your goals." They also encourage people on how to handle those sentimental items.

"The first thing is, don't start them," she said. "Start in other areas that you can easily get rid of. But also remember, when you finally get to those items, family members aren't likely to be as sentimental as you are, so you may need to have discussions with family about what items are important to them, too. Most of us don't want to burden our kids with our stuff."

At the end of the program, they want those attending to feel ready to get started, have some good information on how to do it, and even have ideas about where to take the things you no longer want.

"It is not always easy, we know that," said Jackie, "but people often feel so much relief once they have downsized their belongings."

Are you feeling the need for downsizing, whether or not you are planning to move anytime soon? Be sure to attend "Learn to Declutter and Downsize" presentation on Wednesday, August 3, from 6:00 – 7:30PM at the Richland Public Library, Doris Roberts Gallery.

Space is limited, and pre-registration is required. Visit <https://bit.ly/DOWNSIZINGAUG3>



**Learn to Declutter & Downsize | Wednesday, August 3, 6:00-7:30PM**  
Richland Public Library, Doris Roberts Gallery

Jackie Valentino and Karen Buchanan, of Changing Places, LLC, will share tips to declutter your home and the importance of starting now.

*Watch newsletter for a presentation on hoarding in Sept/Oct issue.*

**Register online at**  
<https://bit.ly/DOWNSIZINGAUG3>  
*(link is case sensitive)*  
**or call (509) 943-8455**

# CONNECT WITH US

## CONTACT INFORMATION

- 📍 1268 Lee Blvd. Richland, WA 99352
- 🕒 Monday-Friday, 9:00AM-2:00PM
- 📞 (509) 943-8455
- ✉️ knrc@kadlec.org
- 🌐 kadlec.org/knrc

## REGISTRATION FOR CLASSES

<https://bit.ly/COMMUNITYHEALTH>  
(link is case sensitive)

## HEALTHY AGES

- 📞 (509) 942-2700
- @ catherine.manderbach@kadlec.org

## PHOTO CREDITS:

Kim Fetrow Photography, Page 6, 8  
Megan Fullmer, Pages 10, 12  
Paul Klein, Cover, Pages 2, 3, 4

## KADLEC FOUNDATION

Support Community Health programs by donating to Kadlec Foundation online at [kadlec.org/foundation](https://kadlec.org/foundation) or mail your gift to:

Kadlec Foundation  
888 Swift Blvd. Richland, WA 99352

Kadlec Foundation is a 501(c)3 not-for-profit organization.

# KADLEC

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Please call (509) 943-8455 or email [knrc@kadlec.org](mailto:knrc@kadlec.org) if you have any corrections to your name or address, or if you would like to receive this newsletter by email.

## STAFF HIGHLIGHT

### Hazel Kwak, BHSC, NCMA Program Coordinator, PSJH

#### Hazel's focus with Kadlec Community Health:

*Coordinates tracking and evaluation of community benefit for Kadlec and Providence St. Mary Medical Center.*

#### Background:

*Hazel was born in Hillsboro, OR and has lived all over the West Coast until moving to the Tri-Cities in 2003. She holds a Bachelor's degree in Health Science and is expected to complete her Master's of Public Health in Epidemiology from Benedictine University later this year.*

#### Hobbies:

*Performing in community theatre, fishing and camping with her son Jack and husband Travis.*

#### Fun Fact:

*Maybe Hazel was your Medical Assistant at one of our Clinics? She was a Medical Assistant for 8 Years and she misses her patients so much!*



## COMMUNITY CONNECTIONS

### Alzheimer's Association Online Classes

To register for July or August virtual trainings, please visit [https://www.alz.org/alzwa/helping\\_you/education](https://www.alz.org/alzwa/helping_you/education)

### Blue Mountain Action Council Urgent Need for Community Volunteers

Crisis level staffing shortages in long term care facilities is exacerbating the need for trained advocates who can identify and address potential neglect, abuse, improper eviction or retaliation that residents may be experiencing, and ensure their right to quality care and visitation is protected.

A certified Ombuds is a volunteer, observer, listener, detective, communicator, and problem-solver who advocates for residents in long-term care facilities. Each volunteer receives extensive free training and support.

#### Learn how you can help:

Elizabeth (Betsy) Claridge at [elizabethc@bmacww.org](mailto:elizabethc@bmacww.org) or at (509) 520-5162 to request a volunteer application.

### Northwest Parkinson's Foundation Upcoming virtual classes

To register for any of the classes below or see additional programs, please visit <https://www.parkinson.org/get-involved/events#>

**Mindfulness Mondays with Dr. Katalina McInerney**  
Monday, July 11, 2022

**Social Engagement: Singing with Parkinson's - Part 1**  
Wednesday, July 13, 2022

**Parkinson's 101: What You and Your Family Should Know**  
Wednesday, July 20, 2022

### Tri-Cities Diversity & Inclusion Council's 2nd Annual Celebration of Community Diversity & Culture

TCD&IC is a community organization dedicated to fostering a unified community, embracing cultures, and celebrating diversity through education, advocacy, and the promotion of cultural competence and compassion.  
August 6, 2022 | 12:00PM – 8:00PM  
Columbia Park, Kennewick, WA