

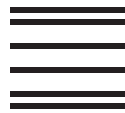


discounts for people age 50 and older. Best of all, it costs nothing to join. Our benefits are designed to provide you with resources to maintain a healthy and active lifestyle, and resource support in the event you need health care services.

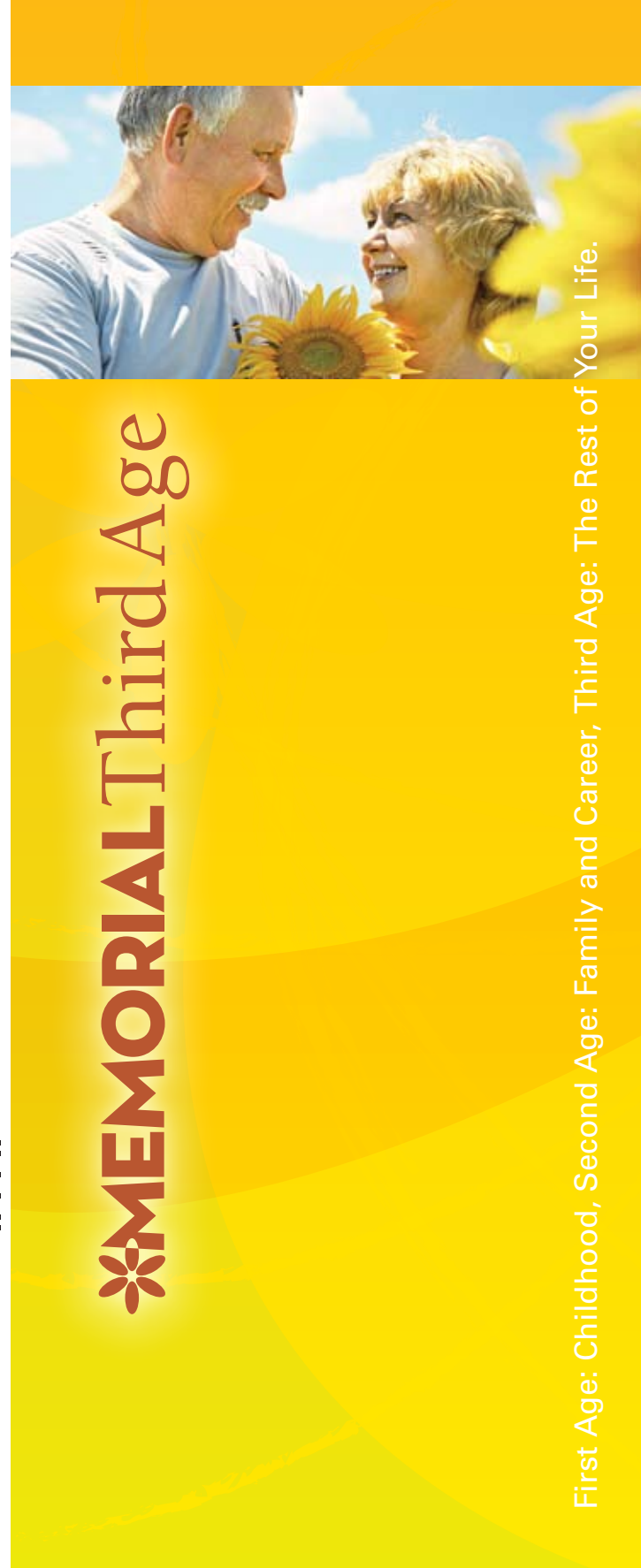
There are no fees or dues for membership. We offer it to you as a community service. It's part of our commitment to serve the health and wellness needs of this region.

**MEMORIAL THIRD AGE**  
 YAKIMA VALLEY MEMORIAL HOSPITAL  
 2811 TIETON DR  
 YAKIMA WA 98902-9944

**BUSINESS REPLY MAIL**  
 FIRST-CLASS MAIL PERMIT NO. 100 YAKIMA, WA  
 POSTAGE WILL BE PAID BY ADDRESSEE



NO POSTAGE  
 NECESSARY  
 IF MAILED  
 IN THE  
 UNITED STATES



First you were learning who you wanted to be. Then you focused on raising a family, building a career, and creating a home and circle of friends. Now you're in the Third Age of life - after 50, where wisdom blossoms and worldly pursuits become more personal. Welcome to the rest of your life.

Memorial Third Age is a comprehensive program of health related services including educational programs, newsletters and

## Program Benefits

### Third Age Alive Newsletter

Health care is changing. To keep you up to date, we will send you a complimentary Third Age Alive newsletter every few months. It includes articles on health, Memorial Third Age features, information on seminars, events and screenings, and much more.

### Memorial Café Discount

A 10% discount at the Memorial Café.

### The Gift Shop at Memorial Discount

A 10% discount at the gift shops located at the main hospital, and 'Ohana, Memorial's Mammography Center.

### Message Discount

Message with a licensed Memorial massage therapist at reduced rates. Call 509-577-5015 for details.

### Third Age Educational Programs

Educational programs to learn more about the latest health topics include:

#### Getting There Safely

Third Age offers a mature driving refresher course for drivers age 55 and older. Graduates may qualify for a reduction in automobile insurance premiums.

#### Health Insurance Counseling for Seniors

Get answers to your questions about supplemental health insurance during a personal session with a Statewide Health Insurance Benefits Advisor (SHIBA).

#### Medication Education Designed for Seniors (MEDS)

MEDS is your personal consultation with a licensed pharmacist to get information on your medications.

### Advance Directives

Advance directives will assist your family in knowing what your wishes are during an illness if you are unable to speak for yourself. Free advance directive forms are available by calling 509-577-5015.

### Notary Public

A Notary Public is available. Call 509-577-5015.

### Telecare

If you live alone, you can receive a daily phone call from a Memorial volunteer to see how you are doing. Please call (509) 577-5015 to sign up for this Monday through Saturday service.

### Guest Meals

To make it convenient for your spouse or a friend to spend time with you during your hospital stay, we provide two free guest meal tickets, valued at \$6 each, for a visiting family member or a friend to use during your stay. Following your inpatient admission, please call (509) 577-5015, Monday through Friday.

### Complimentary Newspaper

Complimentary local newspapers are available during your hospital stay, Monday through Friday. Please call Volunteer Services at (509) 575-8333.

**For an up-to-date list of benefits please visit [memorialthirdage.org/membership](http://memorialthirdage.org/membership)**

## It Costs You Nothing to Become a Memorial Third Age Member.

You may not need everything Memorial Third Age offers, but isn't it nice to know your membership card is in your wallet or purse if you need it?

You must be 50 years old or older to join. Yakima Valley Memorial Hospital reserves the right to change program services, or discontinue the program at any time. The Memorial Third Age membership card is not a credit card; it is for purposes of identification and membership verification only. Memorial Third Age cards are nontransferable. Some restrictions may apply to specific program benefits.

If at any time you no longer wish to receive information from Memorial Third Age or participate in the program, please call (509) 249-5219 to have your name removed from the membership list.

## Ready to Join?

Simply complete the postage paid application and mail to us. We will send you a membership card, which entitles you to services available to Memorial Third Age members.



## \*MEMORIAL Third Age

(membership application)

Name	Sex	M	F	Birthdate	/	Age
Mailing Address	City	State	Zip			
Day Telephone ( )						
E-Mail						
Marital Status	<input type="checkbox"/> Married	Spouse Name				
	<input type="checkbox"/> Single	<input type="checkbox"/> Widowed	<input type="checkbox"/> Divorced	<input type="checkbox"/> Separated		
Have you ever been hospitalized at Yakima Valley Memorial Hospital?	<input type="checkbox"/> Yes	<input type="checkbox"/> No				

## \*MEMORIAL Third Age

(spouse or other in household membership application)

Name	Sex	M	F	Birthdate	/	Age
Mailing Address	City	State	Zip			
Day Telephone ( )						
E-Mail						
Marital Status	<input type="checkbox"/> Married	Spouse Name				
	<input type="checkbox"/> Single	<input type="checkbox"/> Widowed	<input type="checkbox"/> Divorced	<input type="checkbox"/> Separated		
Have you ever been hospitalized at Yakima Valley Memorial Hospital?	<input type="checkbox"/> Yes	<input type="checkbox"/> No				