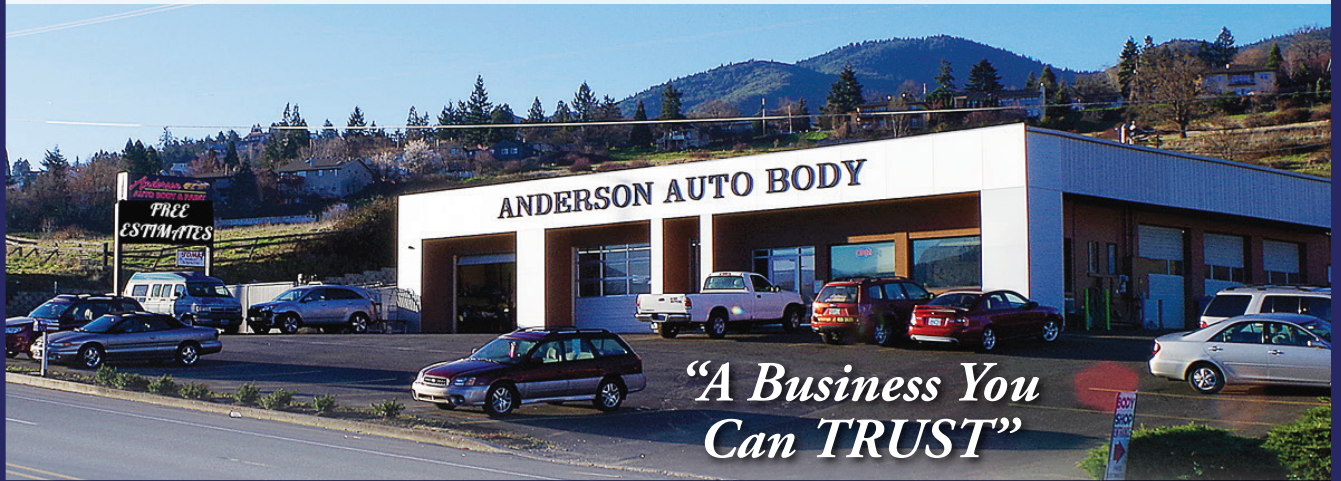




# Goods & Services

# 2016 Best Auto Body & Repair Shop in Ashland



FRIENDLY • HONEST • PROFESSIONAL  
[www.andersonautobody.com](http://www.andersonautobody.com) 541-488-3635



*Family Owned & Locally Operated*

*Serving the Rogue Valley Since 1995 • All Insurance Accepted*

**We Guarantee All of Our Paint and Body Work**

**Your Complete Collision Repair Experts**

- Shuttle Service
- Loaner Cars
- Rental Cars
- Towing
- Auto Detailing Exterior/Interior
- Eco-friendly
- Green Business
- Next Day Service for Minor Repair



1383 Hwy 99 North

Open Mon - Fri  
 8:00 - 5:00



GOODS & SERVICES



**COMPLETE  
BODY REPAIR  
& PAINTING**

**FOREIGN &  
DOMESTIC  
CARS & TRUCKS**

**MOBILE ESTIMATING  
ON LATE MODEL AUTOS**

- Expert Unibody Straightening
- Computerized Frame Measuring
- Quality Workmanship
- Loaner Cars Available
- Insurance Work Welcome
- Auto Detailing Available



**BODY WORKS**

[www.starcollisioncenters.net](http://www.starcollisioncenters.net)

**ASHLAND**  
**541-535-9003**  
FAX 541-535-5886  
1119 S. Pacific Hwy.

**MEDFORD**  
**541-779-5621**  
FAX 541-779-4685  
1024 Summit Ave.

**ROGUE RIVER**  
**541-582-0754**  
FAX 541-582-2574  
210 Gilmore St.

**GRANTS PASS**  
**541-479-1191**  
FAX 541-479-1197  
715 Union Ave.

**1-800-STAR TOW (800-782-7869) "FOR LOCAL AND LONG DISTANCE"**

**DIRECT BILLING TO MOST INSURANCE COMPANIES**

**FAST, DAMAGE FREE TOWING**

**MAJOR AUTO CLUB CARDS ACCEPTED**

**541-482-7827 ASHLAND 541-772-3908 MEDFORD**



The **SILVER PAGES**  
OF JACKSON AND JOSEPHINE COUNTY



Articles • Things to do • Dining Guide & More

Available In Over 200 Locations In 12 Cities  
In Jackson & Josephine Counties

A SENIOR  
INFORMATION  
PUBLICATION

**541-482-2542**

**Automobile Body Repair**

**Anderson Auto Body & Paint** 541-488-3635  
1383 Hwy 99 N  
Ashland, OR 97520  
[www.andersonautobody.com](http://www.andersonautobody.com)

*Please See Advertisement Page 120*

**Star Body Works** 541-535-9003  
1119 S. Pacific Hwy.  
Ashland, OR 97520

1024 Summit Ave. 541-779-5621  
Medford, OR 97501

210 Gilmore St. 541-582-0754  
Rogue River, OR 97537

715 Union Ave. 541-479-1191  
Grants Pass, OR 97527  
[www.starbodyworks.com](http://www.starbodyworks.com)

*Please See Advertisement This Page*

# Funeral Homes

## What Role do they Play?

*Submitted by Rogue Valley Funeral Alternatives*

A funeral home and its staff play a critical role in planning and carrying out a meaningful celebration of life. Funeral professionals have the knowledge and experience to help you understand the different burial and cremation options available.

Behind the scenes, the funeral home adds value in numerous ways before and after the service – arranging to bring a loved one into their care, obtaining required legal documents, preparing a loved one for viewing, planning services, arranging for final disposition, providing facilities for visitations and services, as well as discussing death benefits such as social security or Veteran's benefits. The funeral home is trained to assist families cope with death and some even sponsor grief related counseling as part of their service.

Many funeral homes also offer prearrangement options for anyone wanting to make their own arrangements. Counselors are available to meet with you, to answer any questions you may have with appointments available during evening hours as well as during the day.

No one wants to think about their death any sooner than they must, but preplanning is a responsible, caring act that can reduce stress for your grieving loved ones. It's easy to understand

how making decisions now about your final arrangements can help assure those left behind that your wishes are being honored.

“I'm glad I prearranged my funeral and cemetery services because after losing my wife a couple of months ago, I don't want my family to have any worries or go through what I had to go through both emotionally and financially.”

- Jerome M., 62

So what sets one funeral home apart from another? The service descriptions sound similar; caskets, urns and vaults look similar. Even the funeral facilities can appear similar. But all of these features can be misleading. In fact it can be very difficult for a consumer to see the difference! What makes it all the more confusing is when a low cost service assures you they will give you the same attention as a full-service funeral home. What are you to believe?

Service can only be measured by the quality of the professional staff employed at a funeral home and the number of staff available to assist you and your family in a dignified manner during the funeral process. Quality funeral homes invest in training in every area of the arrangement process and recognize the goal is your ultimate satisfaction.

*For more information call 541-770-6505 or visit [www.dignitymemorial.com](http://www.dignitymemorial.com).*

**Coins & Precious Metals**

**Burton's Rare Coins** 541-479-1204  
 235 SE 8th Street  
 Grants Pass, OR 97526  
 Buying & Selling Coins, Estate Jewelry, Watches & Currency. Buying all Gold Scrap & Dental Gold. Qualified Appraiser. Same Location since 1984

**Rogue Valley Coin & Jewelry Inc.** 541-772-2766  
 41 South Grape Street **closed Sun & Mon**  
 Medford, OR 97501  
[www.roguevalleycoinandjewelry.com](http://www.roguevalleycoinandjewelry.com)  
 Buying & Selling Coins, Currency, Tokens, Metals, Gold, Silver & Platinum Coins & Bars. Picture Postcards. GSA Carson City Dollars Since 1962. Buying Scrap Gold & Silver. Old Broken & Unwanted Jewelry. Paying Top Prices Since 1970. Well worth the drive to Medford!

**Funeral Services**

**Abbey Funeral Home** 541-773-7117  
 550 Business Park Drive  
 Medford, OR 97504  
[www.dignitymemorial.com/abbey-funeral](http://www.dignitymemorial.com/abbey-funeral)

**Hull & Hull Funeral Directors** 541-476-4453  
 612 NW "A" Street  
 PO Box 67  
 Grants Pass, OR 97528  
[www.since1928hull.com](http://www.since1928hull.com)  
 The Hull Family serving Southern Oregon since 1928.

**Litwiller Simonsen Funeral Home** 541-482-2816  
 1811 Ashland Street  
 Ashland, OR 97520  
[www.litwillersimonsen.com](http://www.litwillersimonsen.com)  
 Crematory, Memorial Services, Since 1935.

*Please See Advertisement This Page*

**Rogue Valley Funeral Alternatives** 541-770-6505  
 558 Park Drive  
 Medford, OR 97504  
[www.dignitymemorial.com/rogue-valley-fnrl-alternatives](http://www.dignitymemorial.com/rogue-valley-fnrl-alternatives)  
*Please See Advertisement This Page*

**A Life Well Celebrated**

Every life is unique! We can help you plan a final tribute as special as the person it represents.

**A Full Service Funeral Home**

- 100% Service Guarantee
- National Transferability Coverage
- Free Personal Planning Guide.
- Free Compassion Helpline Counseling
- Affordable and flexible plans
- Cremation, Burial and Veterans packages available

**Local Pre-need Counselor On-site**



558 Business Park Drive, Medford OR 97504

Traditional Burial - Green Burial - Cremation

**Natural Burial Caskets**

- Seagrass
- Woven Willow
- Oregon Pine



**Litwiller - Simonsen Funeral Home**  
 Southern Oregon's Alternative Funeral Provider  
 1811 Ashland St., Ashland, OR 97520 541-482-2816

**Funeral Services Cont.**

**Southern Oregon Cremation Services** 541-476-4223  
 612 NW "A" Street  
 Grants Pass, OR 97528  
[www.southernoregoncremation.com](http://www.southernoregoncremation.com)  
 Cremation at an affordable price.  
 Serving all of Southern Oregon.



## Helping you is energy well spent.

**When budgeting for energy needs becomes challenging, Avista has options.**

- **Bill Payment Options** such as Comfort Level Billing to even out your energy bill's seasonal highs and lows;
- **Senior Outreach** educational workshops to learn how to conserve and use energy efficiently;
- **Referrals** to local agencies for assistance;
- **Dedicated** customer service representatives to help with medical or family crisis situations;
- **Online Tools** to help you with your home energy management.

For more information, please call **1-800-227-9187**  
or visit [avistautilities.com/senior](http://avistautilities.com/senior).

The Avista logo, featuring a stylized 'A' icon followed by the word 'AVISTA' in a bold, sans-serif font. The logo is set against a dark blue background with a light blue and yellow horizontal bar below it.

**Don't let aging get you down!**



Who says you have to leave your home just because you've gotten older? *Ashland At Home* can help you stay in the home you love.

Call 541-613-6985  
or online at [www.ashlandathome.org](http://www.ashlandathome.org)

**■ Furniture**

**Gates Home Furnishings** 541-476-4627  
700 SW Sixth Street  
Grants Pass, OR 97526  
[www.gatesfurniture.com](http://www.gatesfurniture.com)  
"Specializing in Power Chairs, Sofas & Sleep Systems"

**■ Garage Doors**

**Overhead Door Co. of Rogue Valley** 541-858-1637  
2110 Stewart Avenue  
Medford, OR 97501  
[www.odcrv.com](http://www.odcrv.com)  
*Please See Advertisement This Page*

**■ Gas Companies**

**Avista** 1-800-227-9187  
[www.AvistaUtilities.com](http://www.AvistaUtilities.com)  
*Please See Advertisement Page 124*

**■ Gift Shops**

**Shady Cove Health Mart Pharmacy** 541-878-3151  
21195 Highway 62  
Shady Cove, OR 97539  
[www.shadycovepharmacy.com](http://www.shadycovepharmacy.com)  
*Please See Ad Back Cover*

*"Whenever you find yourself on the side of the majority, it is time to pause and reflect."*

Mark Twain

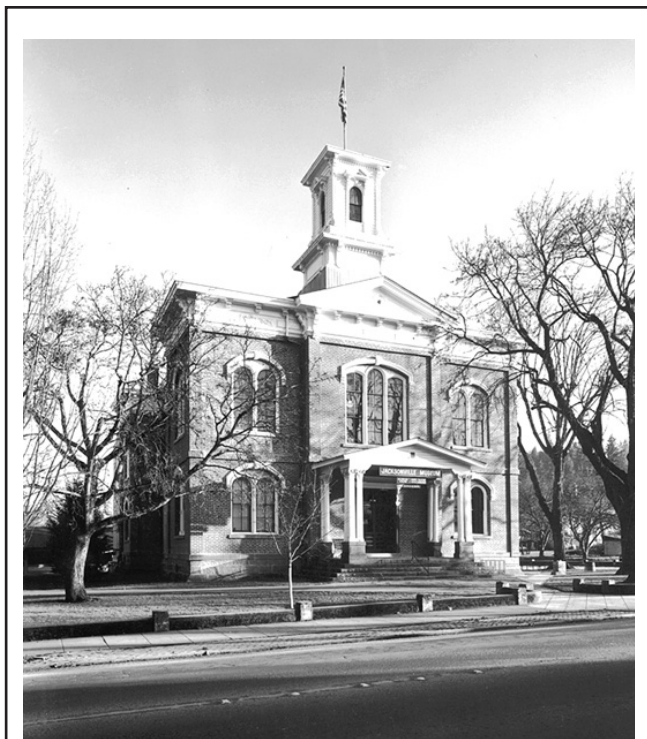
*the original since 1921* ccb# 52579

**Service & Repair of Garage Doors & Openers  
Replacement Parts & Remote Controllers  
Free Estimates • Senior Discounts**

Overhead Door Co. of Rogue Valley  
2110 Stewart Avenue, Medford  
**541-858-1637**

**■ Independent Living Assistance**

**Ashland at Home** 541-613-6985  
P.O. Box 1349  
Ashland, OR 97520  
[www.ashlandathome.org](http://www.ashlandathome.org)  
*Please See Advertisement This Page*



*Jacksonville Museum, circa 1984.*

# Anti-Aging Benefits of Superficial Peels

By Erin Daniels L.E., Owner/Esthetician, *Balanced Skin Care & Beauty*

Peels are one of my absolute favorite skin care secrets to share with my clients. They enable you to see and feel an immediate difference in your skin. Superficial peeling brings fresh new skin to the surface for a glowing complexion that has a more even tone and refined texture. Peeling also helps to minimize fine lines, wrinkles and age spots. However many people are still unfamiliar with the various benefits of regular peels. What can peeling do for my skin? How do I choose which one is right for my skin type? Won't my skin be red and peeling for days after? What products do I use after a peel? These are a few of the questions clients generally have.

A superficial enzyme or chemical peel involves the removal of the excess accumulation of dead skin cells and microbial build up from the stratum corneum, the outermost layer of the skin. These lighter types of peels are administered by a licensed esthetician, while deeper peels designed to penetrate the epidermis are usually performed under the direction of a doctor.

Peels have been used since ancient times to smooth and rejuvenate the skin. Lactic acid from milk and other fruit acids have been used throughout history for their excellent exfoliating properties. Today we have many different degrees and types of peels. The most commonly used are Enzyme, Glycolic, Lactic and Salicylic acid peels.

Enzyme peels are the mildest of the peels. Natural enzymes and antioxidants are used to gently remove cellular and microbial debris from the surface and normalize skin function. Enzyme peels are beneficial for sensitive, mature, acneic and normal skin types. Generally there is no redness with this type of peel. Just fresh, glowing and deeply cleaned skin.

Glycolic acid, derived from cane sugar, is the strongest of the alpha hydroxyl acids. It has the smallest molecular size of all the AHAs, which

allows more effective penetration of the stratum corneum. The bonds between cells are loosened, allowing them to slough off. This process works to stimulate collagen and the growth of new skin cells. Glycolic acid also helps reduce surface oils, which lead to blackheads and other impurities. This type of peel is used for mature, aging, and hyper-pigmented skin. Also very beneficial for large pores and acne. Some mild redness may occur, but usually subsides by the end of the treatment or later the same day.

Lactic acid, another AHA, is derived from sour milk. It works in much the same way as Glycolic acid but is milder on the skin. This makes it a great choice for those with sensitive or dry skin and conditions such as rosacea. Lactic acid smoothes the complexion, reduces fine lines and lifts pigmentation while eliminating toxins and build up.

Salicylic acid is a beta hydroxyl acid derived from willow bark, sweet birch and wintergreen. This peel is highly effective at deeply cleansing pores, while also lessening the appearance of fine lines and wrinkles. Salicylic acid has an anti inflammatory benefit as well as helping to balance oil production in the skin. Most often used for acne, sun damage, blackheads, large pores and age spots. Salicylic acid can cause some mild peeling of the skin up to 3 days after treatment.

Peels are best done in a series of 3-6 treatments, about every or every other week. After care is extremely important when it comes to peels. Sunscreen is an absolute must! It is imperative to protect your skin after receiving a peel, you've just stripped your outer layer of protection. Avoiding SPF will only cause further damage to the skin. I also recommend clients use an organic moisturizer or serum with anti inflammatory ingredients to speed healing.

*If you have questions or would like to know more about how peels can improve your skin, please call 541-821-2802 for a skin care consultation or visit [www.balancedskinbeauty.com](http://www.balancedskinbeauty.com).*



**■ Jewelry -New & Estate**

**Rogue Valley Coin & Jewelry Inc.** 541-772-2766  
 41 South Grape Street closed Sun & Mon  
 Medford, OR 97501  
[www.roguevalleycoinandjewelry.com](http://www.roguevalleycoinandjewelry.com)  
 Antique & Estate Jewelry, Diamonds, Quality  
 Custom Design & Repair by our Goldsmiths.  
 Buying Scrap Gold & Silver. Old Broken & Unwanted  
 Jewelry. Paying Top Prices Since 1970.

**■ Moving Consultant**

**Southern Oregon Relocation** 541-622-4818  
**Specialists**  
[www.assistyourmove.com](http://www.assistyourmove.com)  
*Please See Advertisement Page 85*

**■ Resale Shop**

**Hospice Unique Boutique** 541-488-7805  
 1618 Ashland St  
 Ashland, OR 97520  
[www.hospiceuniqueboutique.com](http://www.hospiceuniqueboutique.com)  
*Please See Advertisement This Page*

**■ Skin Care**

**Balanced Skin Care & Beauty** 541-821-2802  
 450 Siskiyou Blvd, Ste 1  
 Ashland, OR 97520  
[www.balancedskinbeauty.com](http://www.balancedskinbeauty.com)  
*Please See Advertisement This Page*

**■ Transportation**

**DoubleD Shuttle** 541-476-7773  
 24 Hour Service • Airport Shuttle  
*Please See Advertisement Page 54*

*You can get over those big  
 mountains of difficulties  
 by thinking over them.*



**THE HUB**  
 HOSPICE UNIQUE BOUTIQUE

A Resale Shop, think of us for donations,  
 shopping, and volunteering.  
 1618 Ashland St., Ashland • 541-488-7805  
[www.hospiceuniqueboutique.org](http://www.hospiceuniqueboutique.org)

BALANCED SKIN CARE & BEAUTY



*Erin Daniels L.E.*  
 Mention this ad for 10% off your first service  
**541-821-2802**  
[www.balancedskinbeauty.com](http://www.balancedskinbeauty.com)  
 balancedskinbeauty@gmail.com  
 450 Siskiyou Blvd Ste 1 Ashland, Oregon

Transforming Homes for Over 30 Years!

**DRAPERIES & THINGS  
 MINIBLINDS & MORE**

HunterDouglas Gallery • Blinds & Shades  
 Limited Lifetime Warranty • Repairs • Ultrasonic Cleaning • Custom Draperies  
 205 N. Phoenix Rd. • Phoenix, OR 97535 • (541) 535-2790 • [www.draperiesnthings.net](http://www.draperiesnthings.net)

**■ Wheelchair Vans**

**R&J Mobility Services Inc.** 541-245-4846  
 4938 Crater Lake Avenue  
 Medford, OR 97504  
[www.rj-ms.com](http://www.rj-ms.com)  
*Please See Advertisement Page 74*

**■ Window Coverings**

**Draperies N' Things** 541-535-2790  
**Mini Blinds & More**  
 205 North Phoenix Road  
 Phoenix, OR 97535  
[www.draperiesnthings.net](http://www.draperiesnthings.net)  
*Please See Advertisement This Page*

GOODS & SERVICES

# Stay in your own home as you age!

*Submitted by Ashland At Home, serving Ashland and Talent*

## What do you need help with?

Staying in our homes can be a challenge as we age or when we experience a temporary illness or injury. We may need help with . . .

- light housekeeping
- someone to walk the dog
- transportation to medical and other appointments & shopping
- paying bills or organizing papers
- daily check-in calls
- occasional caregiver respite
- assistance with electronic devices or software programs

*Ashland At Home* offers these services to our members, based on a national model known as the “Village Movement.” ([vtvnetwork.org](http://vtvnetwork.org))

Members needing more extensive services are referred to providers known for good service at reasonable rates.

## Be part of a community

A village implies connection to others like us. *Ashland At Home’s* members and volunteers build relationships: taking someone to the store is not only about going to the store. A sense of community and trust emerges from neighbors helping neighbors.

*Ashland At Home* also offers programs such as social gatherings, birding trips, game times at our office and more. We seek community engagement, independence, and support as we grow older – the very qualities provided by *Ashland At Home*.

*Ashland At Home* is a nonprofit, membership organization serving members since July 2012. There are more than 200 Villages serving their members.

*For more information call 541-613-6985 or visit [www.ashlandathome.org](http://www.ashlandathome.org)*

# Auto Body 101

*Submitted by Melissa Shreeve, Star Body Works, Business Development Manager*

According to the State of Oregon, you have the right to select the motor vehicle repair shop of your choice. Not all body shops are the same. While there are many shops that provide excellent service and quality repairs, there are important aspects to consider when choosing a repair center:

- **Training** – Certified training is crucial to ensure proper repairs. As vehicles advance with technology, it is imperative that technicians stay current with the changes. I-CAR training is a designation to look for along with Original Equipment Manufacturer (OEM) certifications. I-CAR is conducted by a certified trainer and the requirements include documented hours plus testing on specific topics and annual continued education is necessary to stay current. OEM certification is where a collision repair facility has completed recommended collision industry training and/or has exhibited excellence in the collision repair process and procedures through verification of a particular manufacturer. For instance, if you own a Honda, look for a shop that is Honda ProFirst certified. Just a note, not all manufacturers have certifications.
- **Customer Service** – Everybody wants to be treated with respect and feel important. From the manner that the phone is answered to the delivery process, this dictates the level of customer service. How friendly and helpful is the staff? Does the body shop give updates on the repair process? Is there a survey to complete to give feedback with your experience? If you pose a question, do they answer it to the best of their ability? Are the employees competent? Do you feel like you are able to express concerns? Are your needs being heard? These are important questions that can create a pleasurable experience with an unpleasurable circumstance.
- **Loaner Cars** – Often times when a collision repair is needed, customers do not have other transportation. Some body shops provide FREE loaner cars for the customer. A loaner car is an option when rental reimbursement is not on the insurance policy or if the customer is paying out-of-pocket. There are usually general guidelines to using a loaner car: The customer must be over 18 years of age; they must have full-coverage insurance; a \$50 hold on a major debit or credit card, refundable as long as there is no damage upon the return; the customer agrees to stay within a 50 mile radius each day of the store and no smoking/pets. A rental agreement is signed and the customer accepts responsibility. Over a period of time, this can save the customer hundreds of dollars.
- **Equipment** – State-of-the-art equipment is important when repairing highly advanced vehicles of today. This includes the measurement and frame straightening of the unibody, to the welding and replacement of body panels, to the refinishing. Does the shop have the ability to measure and straighten your vehicle to bring it back to original manufacturer specifications? Does the shop have resistant spot welders, silicone bronze or aluminum welders? The shop should have the ability to use environmentally friendly waterborne paint and be able to “bake” the clear coat. Nowadays, all of this is absolutely necessary.

The key to a successful repair is being educated and empowered. Choosing the right body shop is as challenging as finding the right doctor, dentist or lawyer.

*For more information call 541-779-5621 or email [melissa@starbodyworks.com](mailto:melissa@starbodyworks.com),*

# Specialized Residential Care for Hospice Patients in Southern Oregon

*By Susan Hearn, Executive Director for Southern Oregon Friends of Hospice*

We agree with Dr. John Prescott, chief academic officer at the Association of American Medical Colleges, who says “Healing is an art, medicine is a profession, health care is a business.” Hospice care may be one of the rare times when all three align.

Hospice is an art, sensitively responding to patient cues for comfort and healing. Healing happens and bonds are strengthened when opportunities for forgiveness, closeness and dignity is encouraged. Healing for patients and loved ones happens as positive memories are created in a beautiful setting with comforting aesthetics with sensory experiences from pleasant sights, smells, sounds, taste and touch.

Hospice requires professional medical expertise balancing pain and symptom management with desired lucidity for important last days. Professional palliative and hospice care doctors and nurses help find the balance while the body is shutting down. Professional social workers and chaplains help with emotional and spiritual pain while facilitating the best quality of life possible.

Hospice is good business too, while providing what 80% of what Americans say they want--to die at home surrounded by loved ones—and avoiding the astronomical expenses of intensive care units, hospitalization and other institutional care.

## When Staying at Home on Hospice is Not Possible

### **The Problem**

The problem is providing care for a loved one dying at home can be scary, difficult, and exhausting. Many don't realize the Medicare covered hospice nurse, social worker and chaplain visit a few times a week and delegate the majority of the caregiving to the spouse, child, parent or paid caregiver, often at great expense. Further, for dying people without able-bodied, willing and

capable family or friends to provide end-of-life support, dying at home on hospice care is not an option.

### **A Residential Care Facility Specializing in Hospice**

A dedicated hospice RCF provides patients and families with a peaceful home-like environment while providing physical and emotional care by compassionate and knowledgeable hospice-trained providers. Certified nurse assistants, hospice trained volunteers and a registered nurse, administrator, volunteer and activities director provide the care.

### **Benefits of Residential Care for Hospice:**

#### **Patient Benefits**

Patients will be safe, comfortable and cared for so their last weeks or days are peaceful and dignified. The hospice RCF focuses on the quality of the end-of-life experience, recognizing the individual's need for comfort, human touch, freedom from pain and fear, allowing for quality time for sharing stories with loved ones. This setting and care will strive to enable patients to pass with dignity and respect while respecting individuality and traditions.

#### **Family Benefits**

Loved ones benefit from a hospice RCF, as well. A hospice-supported passing provides lasting benefits for the patients' loved ones by allowing them to spend precious time together to deal with unfinished business, reflect, meet their own needs, and perhaps reconnect with the patients or others close to the patient. While our staff provides physical care, following the plan of care managed by the visiting Medicare hospice providers, loved ones are free to focus on what's most important.

*For more information call 541-488-7805 or visit [www.sofriendsofhospice.org](http://www.sofriendsofhospice.org).*