



# Health & Medical

# LIVING WITH DENTURES

*Submitted by Rogue River Denture*

Whether you have worn Dentures for years or you are new to wearing dentures. Living with dentures is always going to be apart of you daily life, Cleaning your dentures and gums should be in your daily routine. Just as it was when you had your natural teeth. It is important to clean your dentures using a soft bristled toothbrush and non abrasive soap. Brushing your gums, tongue and palate every day is very important in your oral health as well,

It is not unusual to experience minor irritation or soreness from time to time. Don't be tempted to adjust them yourself, this can damage them beyond repair. Dentures break, chip, crack or become loose as well from time to time. Again, don't try to repair them yourself take them to your local denturist to be repaired.

You may find that your dentures occasionally slip when you laugh, cough or smile. If this becomes more bothersome you may need to have your dentures refitted or relined to tighten them back up to your gums. This is not unusual as your gums are always changing making your dentures loose.

Implant supported dentures offer a high level of security. Implants are surgically inserted into the jawbone to hold the denture tightly to the gum. Regular lower dentures usually are not as secure as a upper denture. This is due to having less gum ridge in the lower mouth and the

tongue is present hitting the lower making it slip. Ask you local denturist for more details.

If you are new to wearing dentures keep in mind that it will take some time to adjust to your new teeth. New dentures may feel awkward for a few weeks until you become accustomed to them. The dentures may feel loose while the muscles of your cheek and tongue learn to keep them in place. These problems will diminish as you get use to your new teeth. It is very common to have several follow up appointments with your denturist to adjust area's of discomfort. Dentures are custom made for each person. Every person's mouth is different, kinda like your finger print is unique to you. To help with getting use to your new dentures read out loud or sing with the radio. Also, your first couple of meals should be at home, avoid eating out in public at first. Eating will take some practice. Start with soft foods, chewing slowly using both sides of your mouth at the same time. Be cautious with hot or hard foods and sharp edged bones or shells. All these things apply to those who have worn dentures for years but, have replaced worn out dentures with new ones.

Tooth loss can happen at any age, but it doesn't have to mean living without an attractive smile. And with a few small changes in your oral care routine and diet, you can be confident about living with dentures.

*For more information call 541-476-0254.*

**Rogue River Denture Service***Fast Friendly Service*Partials • Flippers • Dentures • Relines  
Repairs • Dentures for Implants

rogueriverdenture@gmail.com

541-476-0254

1850 Williams Hwy, Grants Pass

**■ Dementia Care Education****Home Instead Senior Care**

541-734-2700

1575 East McAndrews Road  
Medford, OR 97504

310 NW "A" Street

541- 479-2828

Grants Pass, OR 97526

*Please See Advertisement Page 41***Marya Kain, MS, CMC**

541-601-5341

**Power of the Heart***Please See Advertisement This Page***Unique Minds**

541-237-4540

www.thedementiatrainer.com

Kim Kasiah, PAC Certified Dementia Trainer, Coach &  
Companion Teacher**■ Dentists****Siskiyou Community  
Health Center Dental**

541-592-4111

25647 Redwood Hwy  
Cave Junction , OR 97523

1701 NW Hawthorne Ave

541-479-6393

Grants Pass, OR 97526

*Please See Advertisements Page 62***■ Denturist****Rogue River Denture Service**

541-476-0254

1850 Williams Hwy

Grants Pass, OR 97527

*Please See Advertisement This Page**Are you or a loved one  
experiencing memory loss?**We are here to help!**Contact us today for a  
complimentary consultation.*

541-601-5341 Marya Kain, MS, CMC

**■ Diabetes - Counseling & Education****Diabetes - Counseling & Education**

541-864-9611

Living Well with Diabetes

Senior &amp; Disability Services RVCOG

www.SoHealthyOregon.org

A 6 week workshop series developed by Stanford  
University to help people with Diabetes find new ways  
to reach personal goals toward a better quality of life.**Siskiyou Community Health Center**

541-471-3455

1701 NW Hawthorne Ave

Grants Pass, OR 97526

*Please See Advertisement Page 62**Aging is an issue of mind  
over matter. If you don't  
mind, it doesn't matter.**- Mark Twain*

# Helpful Tips for the Long-Distance Caregiver

*By Brooke Fredericks, BS, CMC Owner, Right at Home Southern Oregon*

Is living far away from the person you care for causing you guilt? It's normal to have feelings of guilt when you don't live close to the person you're caring for.

"As caregivers, guilt is our constant companion," says Amy Goyer, author of the book *Juggling Life, Work, and Caregiving*. "When you're a long-distance caregiver, it's even more so." But there are things you can do to make sure you're providing the best possible care from a distance. Research, planning and in-community resources are key.

## Here are some tips for making it work:

**Get Informed and Stay Up To Date.** Learn as much as you can about your loved one's health and daily routine. It's important to maintain an accurate and current picture of their health and abilities.

- If your loved one has any ongoing health conditions, learn how they affect your loved one's daily life, what medications and doctor visits are required, etc. If you are their health care power of attorney (or proxy), you will have access to detailed information from their health care providers. If not, you will need to rely on updates from your loved one or whomever is the health care power of attorney.
- Make a list of names and contact information that includes family members, friends, neighbors and anyone else who sees your loved one regularly and stay in contact with them.
- You may hear from them about sudden changes in your loved one's appearance, for example, which might be a cause of concern. Or a neighbor might let you know that your loved one's home needs maintenance.

**Make a Plan.** Once you've assessed your loved one's situation and needs, it's time to determine

what your role—and the role of others—can and should be.

- If someone else is taking the caregiving lead, find ways you can help. You might be able to manage finances online or research helpful resources.
- Find out if any relatives, neighbors or friends are willing and able to help.
- Research organizations that might offer support. Look into local in-home care providers and care homes, so you have information on those options handy if and when it's needed.

**Hire Professional Help.** Now that you've got your plan and research in place, you're well prepared.

- You can hire in-home caregivers who will do things like laundry and light housekeeping, get your loved one to their doctor appointments, cook meals, or a variety of other tasks.
- Geriatric care managers can help by coordinating the work of financial and legal advisers, elder law attorneys, community services and more. Go to [aginglifecare.org](http://aginglifecare.org).

## Decide How Technology Can Help

- For personal safety, look into fall detection and medical alert devices.
- Security cameras set up outside the home can give you peace of mind about visitors.
- Electronic medication managers provide alerts and dispense pills.

**Assure Your Loved One That They Are the Decision-Maker.** In whatever decisions you make about caring for your loved one from a distance, always remember they still have self-agency. Decisions about how and where they live are theirs to make, unless, of course, they are incapacitated.

*For more information call 541.414.0800 or [em.ail.brooke@rahsouthernoregon.net](mailto:em.ail.brooke@rahsouthernoregon.net).*

# Importance of Mental Health in Seniors

*Submitted by New Horizon In-Home Care*

While taking care of your mental health is important at any age, it becomes increasingly important as we age. As many as 1 in 5 seniors are affected by mental health issues, including anxiety and depression. Taking care of your mental health helps to support your physical health as well—studies show that having a positive psychological wellbeing leads to a decreased risk in heart attack and stroke. There are many ways to boost mental health in seniors and we'd like to share our favorite tips.

## **Meditation**

Meditation in seniors has proven to decrease stress and anxiety and leads to improved sleep and increased calmness. Meditation can look different for every person—take 5-10 minutes to find a quiet, comfortable space and concentrate on your breathing. If you're intimidated to start meditation on your own, try an app such as Headspace or Calm. Test out different techniques to find what makes you feel the most relaxed and connected with yourself.

## **Social Interaction**

A strong social life has been linked to many benefits including a decreased risk of depression and a longer life expectancy. Seeking out daily social interaction is a great way to boost your mental health—whether that be in-person with a friend, family member, or your in-home caregiver or virtually by talking over the phone, video, or writing a letter.

## **Make Time for Things You Love**

Taking time each day to do something for yourself, whether it be big or small, has been

shown to increase mental wellbeing. Whether that means getting outside for a walk, reading a book, or watching your favorite show—try to carve out time for yourself each day.

## **Healthy Diet**

A healthy diet supports a healthy mind. Ensuring that you are eating well-balanced meals can help support brain, eye, and gut health, as well as helps to manage chronic conditions such as hypertension and high cholesterol.

## **Seek Help**

As we age it can be hard to accept that we may need help in our daily routines. It might be needing someone to assist in cleaning around the house, preparing meals, or helping with personal care tasks. Trying to do it all can lead to a build up of anxiety and stress—know that it is okay to ask for help. Whether it's from a loved one or a caregiver, letting help into your life can massively affect your mental health. Alleviating the burden of the physical task itself, as well as the mental stress that often accompanies it.

Supporting your mental health can come in many different forms and we hope that you are able to incorporate our tips into your daily lives. If you find yourself needing care or support, New Horizons In-Home Care can meet you where you are, providing personalized care to meet your specific needs. If you'd like to learn more, please call our office at 1-877-NH-CARES or visit [NHcares.com](http://NHcares.com) to arrange for a free consultation.

# The Joys of Caregiving

*Submitted by Advantage Home Care*

There are many great reasons to pursue a career in caregiving. Whether you are in NEED of a caregiver or have a desire to BE a caregiver, it is a mutually beneficial relationship.

If you find yourself in NEED of having a caregiver assist you with tasks such as housekeeping, meal preparation, companionship, shopping, personal care such as showering, dressing, ambulation and medication assistance, etc. you are not alone. Having a caregiver can improve the quality of life for many aging and/or people with disabilities. Clients have unique stories and life experiences that have shaped their lives and who they are. Often, clients enjoy sharing these experiences creating a deeper understanding and connection that provides an emotionally rewarding situation for both. Sharing in meaningful conversation and life stories has proven to decrease loneliness while concurrently providing insight and fulfillment for both client and caregiver.

One of the best aspects of choosing to BE a caregiver is the satisfaction that you gain from improving others quality of life. Often, the satisfaction caregivers receive from assisting

clients creates feelings of joy and appreciation for both parties. Clients are grateful to have the assistance and caregivers are there helping them feel safe and comfortable.

Back in the “good old days” our elderly or disabled were mostly tended to by immediate family. Nowadays, families and individuals have many obligations and busy schedules that often times do not allow them the time to care for their loved ones with their everyday and minute needs. Having caregivers to provide this assistance for a loved one allows family members to focus on the relationship rather than the care needs. Many families struggle with wanting to provide care but lack the time or they do not feel comfortable being the person helping with personal care needs. With the assistance of a hired caregiver, the family can focus on being family which can alleviate the weight of being the caregiving family member.

“Caregivers are the unsung heroes of the healthcare system, they are the glue and the heart of care” ~Dr. Ronald Adelman.

*For more information call 541-479-0993.*

# Home Care's Role in the Health-Care Continuum

*Submitted by Home Instead Senior Care*

Home care is a service that has often been overlooked by the health-care system, yet it is among the fastest-growing health-care industries in the United States, according to a report by IBISWorld (2019). A relatively young industry, home care is providing an innovative solution to the growing needs of a rapidly aging population. The home care industry was once seen as non-skilled or non-medical care such as companionship, transportation, or light housekeeping. Now agencies are expanding their offerings to include additional clinical services such as medication administration and diabetic testing. As a result, home care is helping to keep aging adults at home longer while making a significant economic impact. Home care services play an important role in the health-care continuum, including reducing hospital readmissions and achieving improved outcomes.

## What is Home Care?

The growth of home care is the result of a need to fill the gaps that exist in traditional models of care. The desire of older adults to age in place, coupled with the limited availability of family members to help them achieve that goal, has also contributed to alternative options for care at home. Home care is provided by trained professionals who assist with a range of services including personal care, activities of daily living (ADLs), medication management and administration, home helper activities, transportation, and memory care support. These services are customizable based on each individual's needs. Traditionally, home care has been primarily private pay but now may be covered by other funding sources such as long-term care insurance or some Medicare Advantage policies.

Confusion happens when home care is grouped with home health care. It is important to consider that while the two services are complementary, they are different. Home health care is prescribed by a doctor as a medically necessary service. It may be covered by traditional Medicare or insurance for a limited amount of time (AARP, 2018). Home health care can be provided by a combination of medical professionals depending on the individual need. Medical professionals can include physical therapists, occupational therapists, social workers, registered nurses, or home health aides. These medical professionals are limited to the task at hand, making home care a nice option for additional support. For example, a physical therapist (home health care) may

come in to assist with mobility exercises but cannot stay to help the individual cook a meal or assist with grooming. Home care does not require a doctor's order and covers a broad spectrum of services. Home care professionals can take extra time with the individual to help with nutrition, daily routines, and personal care. These home care services are tailored to meet the older adult's needs, assisting a few hours a day or up to 24/7 care.

The flexibility of home care allows for services to be provided in a variety of settings. Home care is a type of service that can span the entire senior care spectrum, from helping to preserve independence with light support to providing higher levels of care and supervision. It is important to keep in mind that there are various types of home care providers including home care agencies, home care registries, and independent home care workers. Below is a brief description of each type.

- **Agencies.** Most home care agencies hire caregivers who are screened, trained, bonded, and insured, and the caregivers are employees. The agency takes care of all employment issues such as taxes, workers' compensation, performance issues, and continuing education. The agency also provides a replacement caregiver if the regular one is sick.
- **Registries.** A registry will recruit independent home care contractors, screen them, and refer them to the consumer, who is typically an older adult. The older adult becomes the employer and is responsible for all employment responsibilities such as taxes, scheduling, and performance issues. The independent contractor most often does not have a backup if he or she is sick and cannot work, nor is the independent contractor likely to have training or continuing education.
- **Independent home care workers.** Independent home care workers market themselves and find their own clients. Their criminal background and reference checks can come at the expense of the consumer, who is the older adult. All employment issues, including taxes, bond insurance, workers' compensation, and performance problems, are the responsibility of the older adult. There generally is no replacement if the independent caregiver is sick.

*For more information call 541-734-2700.*

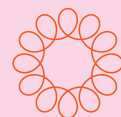


# Every Care. For *Everyone*.

We care for older adults beginning to need some help around the house, seniors who want to continue living at home, adults with disabilities, and medically fragile children. We know every person and every caregiver is unique, which is why caregivers are hand-picked for each client to ensure the best in-home care possible.

Schedule a free in-home care assessment.  
1-877-NH-CARES | [NHcares.com](https://www.nhcares.com)

**NewHorizons**  
In-Home Care





### Put Your Mind at Ease with the Right Care, Right at Home.

We care for our clients with the same commitment and compassion you do. Rest assured you're doing the right thing when you choose the Right Care, Right at Home.

Right at Home of Southern Oregon  
749 Golf View Dr., Suite B  
Medford, OR 97504  
541.414.0800  
[www.rahsouthernoregon.net](http://www.rahsouthernoregon.net)



In Home Care & Assistance

The Right Care, Right at Home®



## WE KNOW YOU CARE, AND SO DO WE.

- Personal Care
- Companionship
- Medication Administration
- Meal Prep
- Transportation
- Hospice Support
- Memory Care
- Arthritis Care
- Diabetes Care
- Chronic Conditions Support

Call for a **FREE**, no-obligation appointment  
**(541) 734-2700**

for more information visit [HomeInstead.com/476](http://HomeInstead.com/476)



Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company.



*To us, it's personal*



**Providence Home and Community Care brings compassionate care to your home**

- Home Health
- Home Health Palliative Care
- Hospice
- Home Medical Equipment: CPAP/BiPAP, diabetic supplies, oxygen, mobility devices

**541-732-6500**

**Providence.org/oregon/homeservices**  
**Serving Jackson and Josephine Counties**



*Celebrating  
25 years in  
business!*

**for the Very Best In-Home Supportive Services**

- |                      |                      |                           |
|----------------------|----------------------|---------------------------|
| • Companionship      | • Meal Preparation   | • Medication Services     |
| • Errands & Shopping | • Light Housekeeping | • Respite Care for Family |
| • Personal Care      | • Bathing            | • Care After Surgery      |
|                      | • Dressing           | • 1 to 24 Hour Service    |

**We accept Medicaid,  
VA programs,  
LTC insurance,  
private pay,  
Allcare/PACE**

**(541) 479-0993**

1320 NE 7th St.  
Grants Pass, OR 97526  
[www.AdvantageHomeCareGP.com](http://www.AdvantageHomeCareGP.com)

**Comprehensive State License**

**Locally Owned & Operated Since 1998**



**YOUR HOME, OUR CARE**

**CARETEAM** assists aging adults with non-medical activities of daily living. Our high quality in-home care is available 24 hours a day, 7 days a week, including holidays.

- We Not Only Care for You, We Care About You
- VA Approved Agency for Veterans in Southern Oregon
- Family Caregiver Support

**541-816-4400**

[careteamsenior.com](http://careteamsenior.com)



## ■ Diabetic Supplies

**Black Oak Health Mart Pharmacy** 541-773-5356  
2924 Siskiyou Blvd 1-800-423-6674  
Medford, OR 97504

*Please See Advertisement Page 48*

**Black Oak Home Medical** 541-690-1130  
4800 Crater Lake Avenue 1-866-951-6524  
Medford, OR 97504

*Please See Advertisement Page 48*

**Shady Cove Health Mart Pharmacy** 541-878-3151  
21195 Highway 62  
Shady Cove, OR 97539

*Please See Advertisement Page 48*

## ■ Fitness Center

**905 Central** 541-326-1190  
905 Skylark Place  
Ashland, OR 97520  
A large, private & dedicated space for specialty training.  
Specializing in Parkinson's specific exercises.

## ■ Home Care Agencies

**Advantage Home Care** 541-479-0993  
1320 NE Seventh Street  
Grants Pass, OR 97526  
*Please See Advertisement Page 42*

**CARETEAM** 541-816-4400  
558 Business Park Dr  
Medford, OR 97504  
*Please See Advertisement Page 42*

**Home Instead Senior Care** 541-734-2700  
1575 East McAndrews Road  
Medford, OR 97504

310 NW "A" Street 541- 479-2828  
Grants Pass, OR 97526  
*Please See Advertisement Page 41*

**New Horizons In-Home Care** 1-877-NH-CARES  
255 West Stewart Avenue, Ste 101 1-877-642-2737  
Medford, OR 97501  
*Please See Advertisement Page 40*



You know and believe that your family deserves the best.

Over 20 Years of  
Caregiving Experience



**Trinity Home Care LLC.**  
In-Home Supportive Services

**Companionship - Respite Care  
Hospice Care - Personal Care**

*Don't compromise the quality of care  
received in your home.*

*Trinity Home Care, LLC will ensure that  
your expectations will be met when it  
comes to home care services. We have  
caregivers and homemakers who are  
ready to serve you at home.*

**Call to speak to a  
Care Coordinator today.**



**219 NW "E" Street  
Grants Pass, OR 97527**

**541-479-0874**



IN HOLMES PARK

## Nonprofit Residential Hospice Care Home

Celia's House offers sensitive, round-the-clock comfort care for individuals on hospice. Peaceful gardens surround our historic home's 12 resident rooms. As Southern Oregon's only licensed nonprofit, dedicated to hospice care, our mindful caregiving focus keeps kindness at the center of everything we do. *Financial assistance is available so that no one is turned away by lack of funds.*

**To learn more, call: 541-613-0230,  
e-mail [info@sofriendsofhospice.org](mailto:info@sofriendsofhospice.org)  
or go to [www.sofriendsofhospice.org](http://www.sofriendsofhospice.org)**



217 S. Modoc Avenue, Medford, Oregon 97504



## Providing Family Centered & Local Hospice Care

— THE PLACE OF THE BRIDGE® —

**Bristol Hospice Rogue Valley**

**TEL: (458) 212-3422 | FAX: (541) 291-9806**

**[www.bristolhospice-roguevalley.com](http://www.bristolhospice-roguevalley.com)**

## The SILVER PAGES

OF JACKSON AND JOSEPHINE COUNTIES



A SENIOR  
INFORMATION  
PUBLICATION

**541-779-4839**

## ■ Home Care Agencies Cont.

**Providence Home & Community Care** 541-732-6500  
2033 Commerce Drive  
Medford, OR 97504

*Please See Advertisement Page 42*

**Right at Home** 541-414-0800  
749 Golf View Drive Suite B  
Medford, OR 97504

*Please See Advertisement Page 1 & Page 41*

**Trinity Home Care LLC** 541-479-0874  
219 NW "E" Street  
Grants Pass, OR 97527

*Please See Advertisement Page 43*

## ■ Home Health Care Supplies

**Black Oak Health Mart Pharmacy** 541-773-5356  
2924 Siskiyou Blvd 1-800-423-6674  
Medford, OR 97504

*Please See Advertisement Page 48*

**Black Oak Home Medical** 541-690-1130  
4800 Crater Lake Avenue 1-866-951-6524  
Medford, OR 97504

*Please See Advertisement Page 48*

**Shady Cove Health Mart Pharmacy** 541-878-3151  
21195 Highway 62  
Shady Cove, OR 97539

*Please See Advertisement Page 48*

## ■ Hospice

**Bristol Hospice Rogue Valley, LLC** 458-212-3422  
848 NE Seventh Street  
Grants Pass, OR 97526

*Please See Advertisement Page 44*

**Celia's House In Holmes Park** 541-613-0230  
217 South Modoc Avenue  
Medford, OR 97504

*Please See Advertisement This Page 44*

# Celia's House

*By Dwight Wilson, Executive Director of Southern Oregon Friends of Hospice & Celia House*

These last several years have and continue to evoke complicated emotions. There is one gift we can give to others that often brings a sense of connection and peace during difficult times. It begins with an engaged conversation with your loved ones about your wishes and hopes for how you would like to be treated in your last months. It helps those close to you make the right decisions.

As I watch the care we give to those who come to us, individuals who shared their wishes helped them live their final time in a peaceful and serene way, and helped provide relief from anxiety for their loved ones. Often this conversation doesn't begin because people might be fearful. It doesn't matter what you say, it is more important to open the dialog.

Here 's how it started in my family. Years ago, after I had a significant bike accident, one of my adult children asked what treatment I would want if I were tragically hurt. This question began a discussion with my spouse and our closest family members. The result was a clear understanding of my desires and a document that empowers my family to make these decisions. It was freeing and enabling for all of us to speak openly about our thoughts on care and end-of-life options.

Try starting with, "I'd like to share my hopes and dreams for my last months." You don't need a goal, it's an evolution of many conversations. As we age and go through health issues, our sense of what would like evolves.

During 2023 Celia's House will remain the home to come if you or someone you know needs residential hospice care. We serve the entire Valley, regardless of your ability to pay and we work closely with all the major healthcare providers. Please reach out to us at 541-613-0230 or 650-743-7997.

# High Quality Imaging at a price you can afford.

*Mid Rogue Imaging Center is helping to keep our Southern Oregon community healthy with affordable MRIs, CTs, X-rays and more.*

Certified imaging technologists  
dedicated to your comfort and health.

- You are treated with care and respect
- Your exams are performed to the same or better quality standards of other local facilities

*Save money over hospital imaging—often 50-70%.*

*We at Mid Rogue Imaging have recently installed a new state of the art CT scanner, the GE Revolution Maxima. The Maxima uses cutting edge technologies to improve your experience while providing excellent image quality.*



*Ask your doctor - It's your choice where you want to have your medical exams performed.*



**MID ROGUE  
IMAGING CENTER**

*Your Community | Your Health | Your Choice*

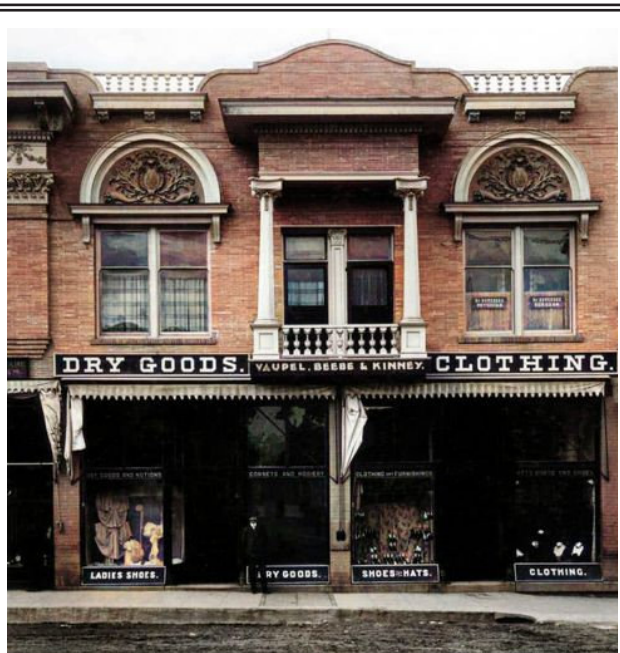
**Grants Pass:**

1619 NW Hawthorn Ave • Suite 102

**541.472.5154**

[www.midrogueimaging.com](http://www.midrogueimaging.com)

Mid Rogue Imaging Center is an independent diagnostic testing facility and is an Intersocietal Accreditation Commission Accredited Facility for MRI and CT, ensuring the highest level of patient care. For your safety, our technologists routinely consult with our radiologist partners in order to reduce radiation exposure wherever possible and still maintain excellent image quality.



Vaupel Store at 68 Main St was built in 1910. The first floor was commercial space with large C. H. Vaupel. The Oregon Hotel occupied the second floor. OSF occupies the building today.

### ■ Imaging - Diagnostic

**Mid Rogue Imaging Center** 541-472-5154

1619 NW Hawthorne Ave, Suite 102

Grants Pass, OR 97526

*Please See Advertisement Page 46*

### ■ Incontinence

**Black Oak Health Mart Pharmacy** 541-773-5356

2924 Siskiyou Blvd

1-800-423-6674

Medford, OR 97504

*Please See Advertisement Page 48*

**Black Oak Home Medical** 541-690-1130

4800 Crater Lake Avenue

1-866-951-6524

Medford, OR 97504

*Please See Advertisement Page 48*

**Shady Cove Health Mart Pharmacy** 541-878-3151

21195 Highway 62

Shady Cove, OR 97539

*Please See Advertisement Page 48*

### ■ Medicaid Counseling

**Aging and Disability Resource** 541-618-7572

**Connection (ADRC)**

1-855-673-2372

2860 State St.

Medford, OR 97504

**Grants Pass:**

541-474-3110

2166 NW Vine St. Ste J

Grants Pass, OR 97526

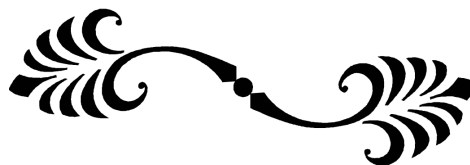
**Financial Aid Center for Long** 541-479-2415

**Term Care**

531 NE "E" Street, Ste B

Grants Pass, OR 97526

Qualify for medicaid and save assets.



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

A SENIOR  
INFORMATION  
PUBLICATION

**541-779-4839**

## A family of stores for all your Pharmaceutical & Home Health Care needs

### PHARMACY SERVICES & STORE

#### Specializing in Compounding

with therapies including:

- Bio-Identical Hormone Replacement
- Pain Management
- Veterinary Medications for your Pets
- Specialty Flavorings & Drug Strengths

#### Vitamins & Nutritional Supplements

Herbs & Oils • CBD Oil • Greeting Cards

### HOME HEALTH CARE

#### Ostomy, Urologicals & Orthotics

#### Incontinence & Peri-Care Products

#### Diabetic Supplies

#### Daily Living Aids & Rentals

- Hospital Beds
- Scooters & Wheelchairs
- Lift Chairs
- Knee Scooters
- Bath Safety
- Iceman Machines

#### Wound Care, First-Aid & Spill Kits

### BLACK OAK HEALTH MART PHARMACY

2924 Siskiyou Blvd., Medford  
(800) 423-6674 • (541) 773-5356



### SHADY COVE HEALTH MART PHARMACY

21195 Highway 62, Shady Cove  
(541) 878-3151

### BLACK OAK HOME MEDICAL

4800 Crater Lake Ave., Medford • (866) 951-6524 • (541) 690-1130

[blackoakpharmacy.com](http://blackoakpharmacy.com)

[hme2go.com](http://hme2go.com)

[shadycovepharmacy.com](http://shadycovepharmacy.com)



## Home Accessibility • Mobility Equipment • Medical Supplies

**Expert Mobility** of Southern Oregon serves the disabled community and offers a variety of products and services to help our customers regain their independence and quality of life.

We take pride in our outstanding customer service and our expert employees.

1600 East Barnett Road, Medford **541-773-5994**





Interior View, Sulphur Baths, Ashland, Ore.

Early 1900's

This interior view of the Ashland Mineral Springs Natatorium and Sulphur Baths between 1st., A St., and Pioneer where Ashland Food Cooperative and Umpqua bank stand today.

*Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.*

Sir Winston Churchill. (1874 - 1965)

### Medical Equipment & Supplies

**Black Oak Health Mart Pharmacy** 541-773-5356  
2924 Siskiyou Blvd 1-800-423-6674  
Medford, OR 97504

*Please See Advertisement Page 48*

**Black Oak Home Medical** 541-690-1130  
4800 Crater Lake Avenue 1-866-951-6524  
Medford, OR 97504

*Please See Advertisement Page 48*

**Expert Mobility** 541-773-5994  
1600 East Barnett Road  
Medford, OR 97504

*Please See Advertisement Page 48*

**Northwest Mobility** 541-930-6120  
4938 Crater Lake Avenue 1-800-391-0058  
Medford, OR 97504

*Please See Advertisement Page 64*

**Shady Cove Health Mart Pharmacy** 541-878-3151  
21195 Highway 62  
Shady Cove, OR 97539

*Please See Advertisement Page 48*

### Medical Transportation - Office Visits

**Errands by Angel** 541-326-6978  
Non-emergency, Shopping & Companion Care

**Town & Country Taxi** 541-476-7773  
*Please See Advertisement This Page*



Grants Pass Area & Round Trips to Medford & Ashland  
24 Hour Service Airport Shuttle

Debit & Credit Cards accepted (541) **476-7773**



# Keeping Yourself Heart Healthy

*Submitted by Black Oak Health Mart Pharmacy*

Did you know that 80% of cardiovascular disease (CVD) can be prevented? You can reduce your likelihood of heart disease, heart attack, stroke, and heart failure.

Are you doing everything you can to avoid heart disease? Controlling high blood pressure and high cholesterol through healthy habits is the key to ensuring long-term heart health.<sup>1</sup>

## 7 steps to a happy heart

1. **Don't smoke.** Improved heart health begins within a day of quitting.<sup>2</sup> Make 2020 the year you become a non-smoker. Talk to your local pharmacist for recommendations on over the counter or prescription remedies that can help.
2. **Exercise.** Regular exercise can help reduce your chances of developing high blood pressure and high cholesterol. It can also help you maintain a healthy weight and reduce your chance of developing diabetes.<sup>1,2</sup>
3. **Eat healthfully.** Limit salt, sugar, alcohol, saturated and trans fats, and processed carbohydrates for a heart-healthy diet.
4. **Stay fit.** Did you know that waist circumference can be an indicator of heart disease risk? Your risk is higher if your waist measurement exceeds 40" if you are male or 35" if you are female. A BMI of 25+ is considered overweight and could be associated with higher blood pressure or cholesterol.<sup>2</sup>
5. **Catch some Z's.** Are you getting at least seven hours of sleep each night? Studies have indicated that not enough sleep is associated with higher stress, increased inflammation, high blood pressure, and weight gain – all heart disease risk factors.<sup>1</sup>
6. **Don't stress.** Find healthy ways to manage your stress such as physical activity, relaxation exercises, or meditation.<sup>2</sup>
7. **Know your numbers.** Monitor your blood pressure and cholesterol levels regularly and get screened for diabetes if you're over the age of 45 or have risk factors for the disease. Did you know that many independent pharmacies offer screenings?<sup>2</sup>

## Know the signs of a heart disease

Symptoms may vary from person-to-person – some people may show no symptoms at all until they experience a sudden complication such as a heart attack. Signs of chronic heart disease might include:

- Angina (pressure, squeezing, burning, or tightness, typically felt behind the breastbone, but it can also occur in the arms, shoulders, jaw, throat, or back)
- Indigestion
- Anxiety
- Fatigue
- Neck pain<sup>3</sup>

Did you know that men and women can experience heart attacks much differently? Symptoms could include:

- Heavy pressure on the chest
- Sharp upper body pain in the neck, back, and jaw
- Severe shortness of breath
- Cold sweats
- Unusual fatigue
- Dizziness/ light-headedness
- Nausea or vomiting<sup>4</sup>

Men are more likely to report classic symptoms of a heart attack such as pain that starts in their chest and radiates to their jaw and arm. Women are more likely to experience symptoms such as nausea, dizziness, shortness of breath and fatigue, even stomach pain. Because these symptoms can be associated with other, less threatening illnesses, women are more likely to delay treatment, often with devastating consequences. Prompt treatment offers your best chance for surviving a heart attack.<sup>5</sup>

*For more information call 541-773-5356.*

## Sources

1. Harvard Medical School: Four keys to prevent cardiovascular disease <https://www.health.harvard.edu/heart-health/four-keys-to-prevent-cardiovascular-disease> Last accessed: January 7, 2020
2. Mayo Clinic: Strategies to prevent heart disease <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-prevention/art-20046502> Last accessed: January 7, 2020
3. UChicagoMedicine: Why women often don't recognize heart attack symptoms <https://www.uchicagomedicine.org/forefront/heart-and-vascular-articles/why-women-often-dont-recognize-heart-attack-symptoms> Last accessed: January 7, 2020
4. CDC: Women and Heart Disease Prevention <https://www.cdc.gov/women/heart/index.htm> Last accessed: January 7, 2020
5. NIH: Ischemic Heart Disease <https://www.nhlbi.nih.gov/health-topics/ischemic-heart-disease> Last accessed: January 7, 2020

# Mobility Solutions, Home Accessibility, and Medical Supplies

*Submitted by Expert Mobility*

Living life with a disability can be very difficult with a wide range of challenges. From having a hard time getting in and out of bed, to losing the ability to walk or even sit up. It's important to know about the options that exist for people to help regain some or all of the independence they once had. While the three options above don't represent improvement through medical care options, they are important terms to know as they can serve as the umbrella terms for an entire industry that is ready to serve whatever needs you may have.

The term "Mobility Solutions" encompasses multiple products that can help with a variety of issues you may be facing. When you are in a wheelchair it can be especially difficult to travel. You may need a wheelchair van. These vans are specially designed for wheelchair users to drive from the wheelchair, or to be a passenger in the vehicle while remaining in the wheelchair during travel. There are a many other products that make this possible and are suited to the individuals' specific needs. A few examples are hand controls, docking devices, or even EMC equipment. Solutions also exist for vehicles that are not equipped with a wheelchair accessible conversion. These include the Link Seat, a Scooter or Powerchair Lift, and the Asento Seat.

"Home Accessibility" is exactly what it sounds like. These are products that help you regain your ability to access your home. Home Access ramps are a great start. These are ramps designed to get a wheelchair user, or even just

someone that has a hard time with stairs, the ability to get back into the front door. Once inside, a whole other host of products exist. Stair Lifts for a two-story house, Ceiling Lifts to get in and out of bed or around the house or a full ADA bathroom remodel with a no threshold shower.

"Medical Supplies" are another line of products that can help make daily life easier. These range from larger items such as Lift Chair Recliners, Powerchairs, and Mobility Scooters, to smaller items, like a shower seat, commode, toilet seat riser, rolling walker, or bed rail. Medical Supplies have such a large range of product options you can find a solution to almost any issue you may be facing.

While online distributors are becoming more popular, these items are best purchased locally. This provides the ability to make sure what you are buying actually works for you. It's difficult to assess whether something will work correctly for a specific need from a picture and/or measurement. Along with that, the local repair support is a huge benefit. People that need these products depend on them heavily and having someone to call is invaluable. Whatever issue you are facing, it's important to know there is a product that can help you overcome whatever difficulty you are facing.

*For these products and many others, call your local Expert's at 541-773-5994.*

# Coordinated Care Organizations

*Submitted by Allcare Health*

In addition to offering excellent and affordable healthcare coverage, AllCare Health also coordinates care across all the providers and specialists that Medicaid-eligible patients may need. This optimizes health and minimizes cost. AllCare Health is one of a unique set of businesses called Coordinated Care Organizations.

Oregon residents now obtain improved, integrated, and measurably better healthcare because of a pioneering 2012 state program establishing the Coordinated Care model. Coordinated Care focuses on primary care and prevention, oral health, behavioral health, and chronic diseases, allowing better management of health conditions. This results in a healthier population with fewer emergency department visits. This concept, which has now been adopted by 8 other states, is sometimes called an accountable care model. It has two important outcomes, better health and lower costs.

A Coordinated Care Organization (CCO) is a specific network of health care providers (including physical health, behavioral health, and addiction recovery) who agree to work together in their local communities, providing services under the Oregon Health Plan (OHP). AllCare Health is one of now 16 CCOs in communities in Oregon. Each CCO is guided by these key principles:

- Best practices to manage and coordinate care
- Shared responsibility for health
- Performance measurement
- Paying for outcomes and health
- Transparency and clear information
- Maintain and control costs at sustainable rates

Most people eligible for the OHP get their benefits through a local CCO. The CCO is your healthcare partner and helps you get the care you need and are entitled to. CCOs coordinate with various local providers, including doctors, nurses, dentists, counselors, and pharmacies on your behalf. CCOs provide you with answers to your coverage

and eligibility questions, take care of any bills from providers, act as your advocate to resolve any health care issues, and monitor your health progress. In addition, you may be eligible for other CCO benefits on a case-by-case basis. Typically, as an OHP member, there is never any cost for these services.

Every CCO is a local organization with a fixed per-member budget that grows at a fixed rate for all healthcare services. Each CCO is accountable for health outcomes in its community population, and is governed by a partnership of health care providers, community members, and stakeholders in the health system, who each have financial responsibility and risk. Boards of governors, community advisory councils, as well as corporate officers have input and decision-making responsibility.

CCOs have more flexibility than traditional care-delivery models, allowing for innovation, community-specific efficiencies, and more rapid adaptations to changing community needs. This flexibility permits expenditures for services benefitting communities that are outside of traditional medical expenses, such as patient transportation, home-safety improvements, food security programs, and emergency housing for at-risk persons, to name a few. This creative approach improves the opportunity to meet the Triple Aim of better care, better health and lower costs for the communities they serve.

CCOs are grouped by county and even ZIP code, to deliver the maximum benefit to local communities. You can view a map of CCO coverage areas [here:](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le8116.pdf)  
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le8116.pdf>

Contact AllCare Health, or the CCO(s) in your area for a list of services, and how you can access them. [Learn how here:](https://www.oregon.gov/oha/hsd/ohp/pages/coordinated-care-organizations.aspx)  
<https://www.oregon.gov/oha/hsd/ohp/pages/coordinated-care-organizations.aspx>

*For more information call 541-471-4106.*

# Natural Aging and Sensory Changes

*By Sheri Curtright Providence Home & Community Care*

Aging bodies are not for the faint of heart. Every decade seems to bring a new discovery in how to adjust to life. Below are some of the senses that can change with age. Changes to these senses can be misinterpreted as dementia, depression or general decline.

1. Hearing
2. Vision
3. Olfactory/ sense of smell
4. Taste
5. Balance

- Gradual hearing loss comes with age. Earlier onset hearing loss can be caused by exposure to loud noise on a regular basis damaging the hearing nerve. With the loss of hearing other problems develop especially for folks with advanced age. It affects balance increasing the risk of falls. Hearing loss causes folks to retreat internally because they can't hear conversations around them thereby preventing them from participating socially.

- Vision changes are probably one of the first signs of aging that folks notice. We start struggling with smaller print and find ourselves extending the page to an arm's length to try and focus. In addition our eyes can develop cataracts clouding the vision, especially at night with driving. Other eye diseases such as glaucoma, macular degeneration and diabetic retinopathy further complicates the ability to see clearly. Like hearing, our vision helps with awareness of our surroundings helping to avoid accidents. When vision is impaired folks can't see obstacles in front of them, soil on their clothes, or read caution warnings on labels.

- Olfactory, or sense of smell is something else that can dull with age. Statistics show over

75% of people over the age of 80 have evidence of major olfactory impairment. It directly affects our ability to taste food flavors and causes lack of interest in the food we have normally enjoyed. At that point the attraction to food becomes more about texture than taste. In addition, our emotional wellbeing can be tied to our ability to smell. We've all had the experience where we aren't necessarily hungry, but we smell something cooking and our stomachs respond. The smell of a flower, perfume, campfire, or sea salt air can trigger memories from our childhood and experiences in our adult life.

Not having a sense of smell affects our quality of life. Often folks will isolate and generally retreat socially from this.

- Lack of coordination or balance disturbance is very maddening and also quite dangerous. In addition to normal aging, causes of balance instability can be from medication side effects or inner ear problems. The ability to catch ourselves when we trip or attempt to navigate a change in terrain decreases with age. The consequence of falling and breaking a bone is much higher with advanced age. Some medications can cause lightheadedness with a drop in blood pressure while standing from a sitting position. Positional vertigo is something else that can come on suddenly causing instability. When you add other infirmities such as neuropathy, stroke, and neurological diseases to the mix the likelihood of falling increases greatly. Keeping paths of walking clear in the home environment, removal of throw rugs and using assistive devices, such as walker or cane, can help prevent a nasty fall.

*For more information on scheduling an in-home evaluation call 541-732-6500*

## AllCare PACE

AllCare PACE (Program of All-inclusive Care for the Elderly) is a Medicare and Medicaid program that provides clinical and social care services in order to assist seniors so they can remain safe & independent in their own homes, or in the community.

AllCare PACE is a comprehensive, fully-integrated, provider-based, health plan for the most frail seniors in our community—those who'd qualify for nursing home level of care. The PACE model is centered around the belief that it is better for frail individuals and their families to be served in the communities they reside whenever possible. Although all PACE participants are eligible for nursing home level of care, 95% will continue to live at home.

AllCare PACE provides all Medicare-and Medicaid-covered care and services, and all other services the PACE team of health care professionals deem necessary to improve and maintain your health. This includes medications, as well as any other medically necessary care, such as doctor or healthcare provider visits, transportation, home care, social services, hospital visits, PT & OT, and coordinated social activities. All under the guidance of the PACE interdisciplinary team of professionals who provide comprehensive, coordinated medical services to help seniors age in place and improve the quality of life for them and their families.

To qualify for AllCare PACE, you must be 55 years or older, live within the service area (Josephine & Jackson County), need nursing home level of care as certified by the state, and be able to live safely in the community with the help of AllCare PACE. If a participant is dual-eligible (Medicare & Medicaid), there are no deductibles, co-pays, or other cost for their total care. If you don't have Medicare or Medicaid you can pay privately for PACE services (fees vary, please contact AllCare PACE for more information)

Those seniors who especially benefit from AllCare PACE:

- ✓ Want to live at home, but need additional support
- ✓ Have difficulty getting to their doctor appointments
- ✓ Have absent, limited or stressed family support
- ✓ Are increasingly frail
- ✓ Need more coordinated medical care
- ✓ Need more social interaction

To see if you qualify for AllCare PACE, or for more information on how to enroll, call or visit us online at (541) 474-8000 or [AllCareHealth.com/PACE](http://AllCareHealth.com/PACE).

# Medicare Plans: Do you need a review?

*Submitted by Kevin Campbell with Jones and Associates Premier Insurance Solutions*

If you are feeling the squeeze in your pocketbook, wondering if your Medicare insurance will cover cost of health care in your golden years or wanting to increase your benefits - then the answer is YES!

Original Medicare doesn't cover all health care expenses. In a recent survey conducted by the Department of Health and Human Services healthcare cost are over \$11,000 per year when you're over 65 years of age. The good news is that most of this cost can be covered, but everyone's situation is different and needs a tailored plan.

Here are some reasons or signs you need to meet with an Independent Insurance Agent:

1. You're moving – Medicare Advantage Plans, typically have specific coverage areas. If you move, your plan may not be available and it could be harder to find participating providers and if you choose to see out-of-network providers it may significantly raise your out of pocket expenses.
2. Your plans network is changing – Medicare Advantage Plans operate as either a HealthMaintenance Organization (HMO) or Preferred Provider Organization (PPO), with a list of participating providers that comprise the network. Provider networks do not remain the same year-to-year. Before you renew your plan, confirm your preferred provider and health care facility remains in network as well as reviewing prescription drug formularies.
3. Out of pocket expense are increasing – Insurance carriers might change premiums. In fact, this happens regularly and could be a sign to find a new carrier or discuss other coverage options. People often tend to focus on premium payments, signing up for a plan either because

of no or low monthly premiums. It is important to also check co-payment requirements and maximum out of pocket allowances. Sometimes it is better to pay a higher premium for a plan that covers more of your costs.

4. Want more benefits – Historically, Medicare beneficiaries have chosen to receive benefits through traditional Medicare with a Medigap/Medicare Supplement Plan, but enrollments in Medicare Advantage Plans have grown. Today forty-five percent of Medicare beneficiaries are enrolled in a Medicare Advantage Plan. The Common Wealth Fund asked people age 65 and older why they chose Medicare Advantage over traditional Medicare. Extended benefits, such as vision, dental or gym membership was the most common reason cited by those who chose a Medicare Advantage Plan.
5. Would like a Medigap/Medicare Supplement Plan – These plans “fill the gap” that original Medicare doesn't cover and allows beneficiaries to go to any health care provider, doctor, hospital or inpatient facility that accepts Medicare without the need for prior approval. In fact, greater choice was the most frequent reason given for choosing traditional Medicare with a Medigap/Medicare Supplement plan. Medical Advantage Plans, typically need a referral and plan approval.

When it comes to Medicare there are a number of information sources and options! Every Medicare beneficiary has an opportunity to review and change plans, these review windows are dependent on your coverage type and if have a special enrollment period created by a life event. Seek out an expert today to help answer your questions.

*For more information call 541-778-2228.*

## American SENIOR BENEFITS

Taking care of your retirement needs

- ★ Medicare Supplements
- ★ Advantage Plans
- ★ Annuities
- ★ Long Term Care
- ★ Health Insurance
- ★ Other Retirement Solutions

*Let our experts lower your insurance costs.  
Call today for a free no obligation consultation.*

**Office: 541-500-1050**

*Local independant insurance agency offering  
multiple companies with the lowest premiums.*



  
allcare health®

*Resilient*  
Healthcare

**AllCareHealth.com/Advantage**

Toll free (888) 460-0185 • TTY 711

Language access (888) 260-4297

**Jones**  
& associates  
PREMIER  
INSURANCE  
SOLUTIONS



**Kevin Campbell**  
Independent Insurance Agent

**WHEN IT COMES TO MEDICARE,  
YOU HAVE CHOICES**

I can help you find the best plan to meet your needs,  
call my office today to schedule a free consultation.

**541-773-9567**

2436 West Main Street, Medford, OR 97501  
www.jones-associates.net

Jones and Associates Premier Insurance Solutions is not affiliated with or endorsed by  
the Social Security Administration or any government agency.



Serving the behavioral health needs of  
Southern Oregon for more than 40 years.

Reach all offices at:  
(541) 476-2373

For more information visit our website  
at [www.optionsonline.org](http://www.optionsonline.org)

## ■ Medicare Insurance

**AllCare Health** 541-471-4106  
1701 NE Seventh Street 1-888-460-0185  
Grants Pass, OR 97526

*Please See Advertisement Page 56*

**AllCare PACE** 541-474-8000  
*Please See Advertisement This Page*

**American Senior Benefits** 541-500-1050  
945 Town Center Drive Ste B  
Medford, OR 97504  
*Please See Advertisement Page 56*

**Health Insurance Plans** 541-482-0503  
**Terry Clement, Medicare Specialist**  
Ashland, OR 97520

**Kevin Campbell-Independent** c 541-778-2228  
**Insurance Agent, Jones & Associates** o 541-773-9567  
2436 West Main Street  
Medford, OR 97501

*Please See Advertisement Page 56*

**Reinholdt & O'Harra - Ron Morris** 541-482-1921  
1756 Ashland Street  
Ashland, OR 97520  
*Please See Advertisement This Page*

**Shreeve Insurance** 541-601-5305  
107 East Main Street, Suite 7  
Medford, OR 97501  
Focusing Primarily on Medicare Health Planning

## ■ Mental Health

**Options for Southern Oregon** 541-476-2373  
www.optionsonline.org  
*Please See Advertisement Page 56*

*Avoid argument, but whenever  
a negative attitude is expressed,  
counter with a positive and  
optimistic opinion.*



allcare pace

Program of All-inclusive  
Care for the Elderly

**CARE designed for YOU.**

**AllCareHealth.com/PACE**  
**(541) 474-8000**

PACE is a registered trademark of the National PACE Association and is used with permission.



**REINHOLDT  
& O'HARRA**  
INSURANCE



**Over 120 years of combined insurance experience!**

**Medicare Specialists**

Ron Morris & Lindsay Gerken

rmorris@reinholdtins.com lgerken@reinholdtins.com

*Proudly locally owned and operated for 80 years*

1756 Ashland Street, Ashland, OR **541-482-1921**

www.reinholdtins.com

*Early to bed and early to rise  
makes a man healthy, wealthy,  
and wise.*

Benjamin Franklin (1706 - 1790)

## Expert Eye Care With Compassion



Bringing Experience &  
Innovation to Eye Care  
State of the Art Technology  
Advanced Specialized Therapies  
Macular Degeneration  
Diabetes Eye Care



Oregon Retina Center  
Retina Research Institute

MEDFORD • GRANTS PASS • ROSEBURG • [WWW.OREGONRETINA.COM](http://WWW.OREGONRETINA.COM) • (541) 770-2020

## Experience matters.



We provide exceptional care and state-of-the-art treatment of diseases of the retina, macula and vitreous.

Adam AufderHeide MD PhD  
Rocio Diaz MD  
Physicians & Surgeons  
Medford, Grants Pass & Mt. Shasta

541 842 2020

[retinacarecenter.org](http://retinacarecenter.org)



## ■ Nutritional Supplements

**Black Oak Health Mart Pharmacy** 541-773-5356  
2924 Siskiyou Blvd 1-800-423-6674  
Medford, OR 97504

*Please See Advertisement Page 48*

**Healthway Nutrition Center** 541-772-8659  
845 Medford Center  
Medford, OR 97504

*Please See Advertisement This Page*

**Shady Cove Health Mart Pharmacy** 541-878-3151  
21195 Highway 62  
Shady Cove, OR 97539

*Please See Advertisement Page 48*

## ■ Ophthalmology

**Oregon Retina Center** 541-770-2020  
1518 Barnett Road  
Medford, OR 97504

1867 Williams Highway, Ste 107 541-244-2200  
Grants Pass, OR 97527

*Please See Advertisement Inside Front Cover & Page 58*

**Retina Care Center** 541-842-2020  
748 State Street 1-800-770-1092  
Medford, OR 97504

1236 NE Seventh Street 541-842-2020  
Grants Pass, OR 97526 1-800-770-1092

*Please See Advertisement Page 1 & Page 58*

## ■ Optometry

**Lassman's Fine Eyewear** 541-774-3937  
530 Crater Lake Ave  
Medford, OR 97504

*Please See Advertisement This Page*



**High Quality  
Natural Supplements**  
with  
"Old Fashioned Service"

Mon-Fri: 9am-6:15pm • Sat: 9:30am-6pm

Specializing in Pain Relief • Cognitive Support  
• Digestive Wellness • Vitamins • CBD

Save 20% on Tuesdays!  
(On Top Selected Brands)

**(541) 772-8659**

www.healthwaynutrition.live 845 Medford Center

**Lassman's**



FINE EYEWEAR INC.

Eye Exams • Contact Lenses  
Glasses • Sunglasses  
Designer Frames • Oakley  
Rayban • Kate Spade  
Silhouette • OVVO  
Maui Jim's and more....

We Accept All Doctors Prescriptions & Most Insurance

**541-774-3937**

530 Crater Lake Ave. Medford, OR

www.lassmans.com

Dr. Garry Kappel, OD, FCOVD, Independent Optometric Physician



Early days of Black Swan Lake &  
Playground in Lithia Park, Ashland

# Emerging Treatments for Dry Macular Degeneration

*By Adam AufderHeide, MD/PhD, Retina Care Center*

Age-Related Macular Degeneration (AMD) is an eye disease found in people over the age of 50. Patients describe blurring or loss of central vision. This is due to the disease affecting the macula which is the central part of the retina. The retina is the light sensitive portion of eye. In people with macular degeneration, one of the earliest signs is the formation of drusen. Drusen form underneath the retina and are composed of debris made of proteins and fats that the body does not adequately clear. As macular degeneration progresses, there are two primary forms of vision loss. In nonexudative Macular Degeneration (also known as dry macular degeneration), geographic atrophy of the retina can occur. Geographic atrophy is an advanced form of degeneration caused by dry AMD that can lead to profound vision loss. In exudative macular degeneration (also known as wet macular degeneration), new blood vessels begin to grow and replace healthy retina with scar tissue. For many years, we've had medications, known as antiVEGFs, to treat wet macular degeneration by making the new blood vessels regress. Unfortunately, the treatment for dry macular degeneration, specifically the geographic atrophy that causes such profound vision loss has been untreatable, and even in wet AMD, geographic atrophy can still occur.

There are numerous risk factors development of geographic atrophy of macular degeneration. These include age (60+), family history (genetics is estimated to contribute approximately 70% of the role in GA development), diet high in fatty foods and cholesterol, high blood pressure, history of smoking, low physical activity, and obesity. Symptoms that patients typically notice

is hazy or blurred vision, straight lines appear wavy or crooked, increased difficulty seeing in low light, a growing blurry spot in the center of their vision and colors seem dull or washed out.

The lack of therapy to treat progression of dry AMD represents a significant unmet need considering its effect on vision and the number of people affected. Estimates have suggested that there are approximately 1 million people in the US with geographic atrophy causing vision loss and approximately 5 million people worldwide.

Luckily, with such a need, a great deal of research has gone into strategies for reducing vision loss due to dry AMD. These include neuroprotection, reducing oxidative stress and reducing the accumulation of toxic byproducts of vision, use of stem cell therapy, and perhaps most exciting, suppressing inflammation. Ongoing research has suggested that GA may be caused by an overaction of part of the immune system. This leads to inflammation which contributes to the body destroying healthy cells in the retina. While this damage may start small, the cells continue to die off and form larger patches that can spread across the retina. Two new treatments are currently undergoing advanced clinical trials and may be available commercially soon. These target the complement system, binding to components of the system and inactivating them. The results seem to be promising in slowing or halting the progression of geographic atrophy.

If you have macular degeneration, you should talk to your retina specialist about these new medications and if they might be appropriate for you.

*For more information call 541-842-2020.*

# Eye and Vision Difficulties

*By Garry D. Kappel, OD, FCOVD-E, Lassmans Fine Eyewear*

As we approach what some refer to as our “golden years”, our bodies appear to adapt differently. We can accept this, or we can make changes to prevent unwanted symptoms from creeping in. Many “aging” processes can be slowed or even alleviated. Often conditions considered normal for one’s age...are not truly normal and/or due only to aging. The eyes and the visual system are a case in point. The visual system is not disconnected from the rest of the body; it comprises brain, vascular, nerve, muscle, and bone components. A holistic approach is often necessary to correct or alleviate symptoms. In over 50 years of practice, I have found our bodies are quite amenable to adjustments in nutrition, exercise, stress reduction and life style.

Symptoms which display in the visual system may include: Dry eyes, blurred vision, watery eyes, macular degeneration, headaches, cataracts, dizziness, vertigo, difficulty reading, slow learning, cognitive insufficiency, as well as allergy symptoms such as redness, itchiness, excessive tearing, and refractive errors.

Some causes of eye issues include: Inheritance may be a factor, compounded by emotional and physical stress factors, as well as life style choices; even prescription drug use may be a culprit. Other issues may be due to birth abnormalities, while still other vision symptoms result from disease and injury. Many eye and vision difficulties can be relieved by modifying the way one eats, sleeps, and changing life style choices.

Treatments I may suggest for improvement: After a thorough eye exam; I may suggest not only a corrective lens, but one which reduces eye stress, based on how a person uniquely uses

their eyes. Life style changes...diet modification and/or supplementation with vitamins, an increase in exercise; as simple as walking daily and a form of relaxation to reduce stress. Modifications are encouraged, to reduce inflammation, build tissue and increase circulation which may include vision therapy, craniosacral or physical therapies to relieve traumatized tissue. Keeping active, not just physically, but socially and mentally is usually advised. Eating organically is ideal, while eliminating foods and beverages one is sensitive to. Reducing excess sugar, alcohol, coffee, refined carbohydrates... “Quality over quantity” is emphasized.

Some additional considerations will likely include:

1. Heart support....we need a strong healthy heart pumping blood throughout the body.
2. Vascular support...the eyes are highly vascular; support arteries and veins.
3. Eye nutrients...a comprehensive eye formula including vitamins, minerals, herbs, amino acids, plus essential fatty acids.
4. Brain support...the optic nerve is part of the brain.
5. Dehydration...causes many health issues especially in the eyes...excess coffee, tea, sugar, salt, white flour, polyunsaturated fats, carbohydrates and alcohol tend to contribute to dehydration. Drink good quality water (small amounts several times per day).
6. Ask your prescribing doctor what Rx's may effect vision negatively. "Know your drugs and their side-effects,"

*For more information call 541-774-3937.*



MEDICAL | DENTAL | PHARMACY | WALK-IN CLINIC | HEALTHY FAMILIES

1701 NW Hawthorne Avenue • Grants Pass  
 25647 Redwood Highway • Cave Junction  
 1380 Biddle Road, Suite D • Medford  
[www.siskiyouhealthcenter.com](http://www.siskiyouhealthcenter.com)

**(541) 472-4777**



**Siskiyou Community  
Health Center**

This health center receives Health and Human Services funding and has Federal Public Health Service deemed status concerning certain health or health-related claims, including malpractice claims, for itself and its covered individuals. Siskiyou Community Health Center is an equal opportunity provider and employer.

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

A SENIOR  
INFORMATION  
PUBLICATION

**541-779-4839**



*Peter Britt and friends on his estate*

## ■ Ostomy Supplies

**Black Oak Health Mart Pharmacy** 541-773-5356  
2924 Siskiyou Blvd 1-800-423-6674  
Medford, OR 97504

*Please See Advertisement Page 48*

**Black Oak Home Medical** 541-690-1130  
4800 Crater Lake Avenue 1-866-951-6524  
Medford, OR 97504

*Please See Advertisement Page 48*

**Shady Cove Health Mart Pharmacy** 541-878-3151  
21195 Highway 62  
Shady Cove, OR 97539

*Please See Advertisement Page 48*

## ■ Pharmacy

**Black Oak Health Mart Pharmacy** 541-773-5356  
2924 Siskiyou Blvd **Compounding:** 541-494-2610  
Medford, OR 97504

Specializing in compounding for your individual needs.

*Please See Advertisement Page 48*

**Cascade Pharmacy** 541-826-4414  
7591 Crater Lake Hwy  
White City, OR 97503

**Medicap Pharmacy** 541-535-5843  
205 North Pacific Hwy  
Talent, OR 97540

*Please See Advertisement This Page*

**Shady Cove Health Mart Pharmacy** 541-878-3151  
21195 Highway 62  
Shady Cove, OR 97539


*Please See Advertisement Page 48*

**Siskiyou Community Health Center** 541-472-4777  
1701 Hawthorne Ave  
Grants Pass, OR 97526

*Please See Advertisement Page 62*

**Siskiyou Community Health Center** 541-592-4111  
25647 Redwood Hwy  
Cave Junction, OR 97523

*Please See Advertisement Page 62*



**MEDICAP  
PHARMACY®**

**EAST MEETS WEST**

- Prescriptions filled fast and accurately by friendly staff.
- Personalized treatment for all your health needs.
- Expert advice and referrals for both conventional and alternative healing resources.

**SHOP YOUR LOCALLY OWNED,  
SMALL-BOX PHARMACY**

Mon – Fri: 9am – 6pm • Sat: 9am – 1:30pm  
541-535-5843 • [talent.medicap.com](http://talent.medicap.com)  
205 North Pacific Hwy • Talent, OR 97504

## ■ Physicians

**Medford Women's Clinic** 541-864-8900  
3170 State Street  
Medford, OR 97504

**Siskiyou Community Health Center** 541-500-8407  
1380 Biddle Road, Suite D  
Medford, OR 97504

*Please See Advertisement Page 62*

**Siskiyou Community Health Center** 541-472-4777  
1701 Hawthorne Ave  
Grants Pass, OR 97526

*Please See Advertisement Page 62*

**Siskiyou Community Health Center** 541-592-4111  
25647 Redwood Hwy  
Cave Junction, OR 97523

*Please See Advertisement Page 62*





**NORTHWEST**  
MOBILITY

## MOBILITY FOR EVERYONE VEHICLE ACCESSIBILITY EXPERTS



### LEASE A BRAND-NEW TOYOTA SIENNA LE

\$699 per month\*

Braunability Toyota Sienna Power Foldout Conversion  
with Rubber Flooring



### PURCHASE A BRAND-NEW SCOOTER

starting at just \$39 a month\*\*

### Finance & Leasing On All Products & Services

New & Pre-owned Vehicles • Wheelchair/Scooter Lifts for Your Vehicle  
Adaptive Driving Equipment • Power Chairs, Scooters, and Manual Chairs Mobility Aids

### Two Locations to Serve You:

#### MEDFORD

4938 Crater Lake Ave  
Medford, OR 97504  
Local: (541) 930-6120

#### SALEM

200 Hawthorne Ave SE Suite F650  
Salem, OR 97301  
Local: (503) 385-8693

**NorthwestMobility.com**

\* 39-month lease, 5,000 miles per year, 20% down payment plus \$1295 bank fee, and all motor vehicle fees due at signing. See dealer for details.

\*\* \$39 per month for 48 months at 9.9% on a Pride Go Go Elite Traveler scooter

## ■ Wheelchairs Vehicle Accessibility

**Northwest Mobility** 541-930-6120  
4938 Crater Lake Avenue 1-800-391-0058  
Medford, OR 97504

*Please See Advertisement Page 64*

## ■ Wheelchairs & Scooters

**AJ Mobility Specialist Inc** 541-601-1862  
**AJ Electric Scooter & Wheelchair Repair**  
844 South Riverside Avenue  
Medford, OR 97501  
anjmobility.com  
Sales, Service, Repair & Rental

**Expert Mobility** 541-773-5994  
1600 East Barnett Road  
Medford, OR 97504

*Please See Advertisement Page 48*

**Northwest Mobility** 541-930-6120  
4938 Crater Lake Avenue 1-800-391-0058  
Medford, OR 97504

*Please See Advertisement Page 64*



*Jacksonville Museum, circa 1984.*

# Wheelchair Accessible Vehicles and Leasing

*By Murray Schwartz, Northwest Mobility*

As many retirees are finding out, one of their loved ones can no longer get around without the assistance of a wheelchair. The situation is exaggerated when you have the need to get out on the town or just to doctors appointments. So many turn to Wheelchair accessible vans for transportation. There are typically 3 ways to pay for these vans. You can pay cash, finance it, or lease it. All 3 are options to consider, but leasing may be the best option for most of us that have retired and may not need this van for 7-10 years. Leasing gives us the advantage of having a van for a shorter term, typically 2-3 years without the expense of paying in full or having to worry about having a van you may not need 4 years down the road and still must pay for it. Many people think leasing is just like renting a vehicle but it far from that. Leasing gives you the same benefits as owning or financing it. The only difference is that you are paying for part of the van, and at the end of the term you can make the decision to purchase it, sell it, or just turn it in. The bank sets the residual based on what they feel the van will be worth at the end of the term and based on how many miles per year you will use it. A typical wheelchair accessible van starts at 5,000 miles per year and goes up to a maximum of 15,000 miles per year. The average usage for most people that lease a van is under 7,500 miles per year which is why this is a cost-effective way to have the least money invested into one. Plus, at the end of the term if the cost to purchase it is more than market value, you can just turn it in and let the bank take the loss. If you pay cash or finance the van, and a tragedy occurs where the one you loved that needed the van passes away you are stuck trying to sell it on your own or worst, have a repo back to the bank. In a lease you or your family can typically drop it back off at the selling dealer for a nominal fee, typically around \$995. And if there is no damage, and you haven't gone over the miles, no other fees will be charged, and your family can walk away from the van. As someone that has leased vehicles for over 30 years, it also gives us the opportunity to always have a vehicle that is covered by the factory warranty.

*For more information call 541-930-6120.*

# How to Identify Elder Fraud Schemes

*Submitted by Mid Rogue Imaging Center*

Fraudsters are inventive but unethical individuals, so they're willing to use all sorts of methods to exploit others. The first step to avoiding elder fraud abuse is to recognize the common types of financial schemes that target older adults.

**Romance scams.** These types of scams typically take place online. A con artist will assume a fake identity and reach out to you through a dating app or social media. Then, the trickster begins to build rapport with you, sharing fictional details about their situation and asking questions about your life. They'll pretend to share common interests with you to further build trust. If you suggest meeting in person, the con artist will likely offer an excuse, such as being out of town. At some point during your interactions, they will find a way to ask for financial aid. They might say they're experiencing a health emergency or some other type of crisis.

**Tech support fraud.** Tech support scammers try to pull in people with deceptive phone calls, emails, text messages, or online pop-up windows. They'll tell you there's a security flaw or some sort of problem with your computer and offer to help you fix it. Then, they'll ask you to send them personal information, payments, or grant them remote access to your computer.

**Grandparent scams.** Some swindlers take a more personal approach and pose as your grandchildren or other family members. They often call their targets and ask for financial assistance to get out of dire situations such as legal trouble. These scammers research their targets, so they're able to use family names and personal information to earn your trust.

**Government impersonation schemes.** Some fraudsters pretend to represent government

agencies such as Medicare, the IRS, or the Social Security Administration (SSA). They reach out via phone calls, emails, or text messages that claim you owe the government money or need to offer personal information. These con artists might use threats of fines or jail time to compel you to take immediate action.

**Fake prize scams.** Scammers may contact you and claim that you've won a prize in a contest or lottery. They'll say you need to provide personal information or send money to cover the cost of "shipping." Sometimes these scammers even send you a fake check and request that you send funds back to them.

**Home repair fraud.** These swindlers come to your home or call to offer repair services, such as new window installation or a bathroom renovation. In some cases, they ask for upfront payment or try to lure you into signing a loan that's part of the scheme. Once they've secured payment, they leave without actually doing any work.

**Investment scams.** Some fraudsters offer to help you make money through real estate investment seminars and coaching programs. Their typical pitch is that you can make a fortune by using their "proven" and "risk-free" strategies. They might even use fake testimonials and reviews to earn your trust. Of course, their phony offers will require you to make some kind of investment.

**Caregiver financial elder fraud.** Not all swindlers are strangers. Sometimes trusted family members or caregivers find ways to financially exploit older individuals. These might involve anything from taking cash directly from your purse to asking you for money to cover fictional expenses.

*For more information call 541-472-5154.*

# Do You Need More Protein?

By Tyler Giles, Healthway Nutrition Center

While many of us think protein is just for muscles, it's easy to forget protein is the main component of our skin, bones, organs and even our hair! Protein is also involved in hormones, neurotransmitters, and cholesterol. So, when you think of protein, think brain function, cardiovascular health, bone strength and more!

## What exactly is protein?

Protein is composed of amino acids, which link together to form the ribbon-like structure we call protein. Often referred to as the building blocks of protein, there are hundreds of amino acids found in nature. However, only about 21 are known to be important for human health, including nine essential amino acids that we must get from our diet. Protein sources that supply all nine essential amino acids are considered "complete proteins"; most animal proteins are complete, as are soy, buckwheat and quinoa.

## How much protein do we need daily?

While our bodies can store carbohydrates and fat, we do not store extra protein. This puts a unique demand on ensuring we get adequate protein daily. The average American adult is recommended to get at least 45-60 grams of protein, and most would do well to regard this as the minimum. As we age, our need for protein can increase, largely because we utilize it less efficiently.

General recommendations for individuals often begin by multiplying your weight in pounds by 0.36 to get a base number, and 0.8 to better protect against muscle loss. For example, a 140 lb individual would be recommended to consume about 50g daily ( $140 \times .36 = 50.4$ ), or up to 112g of protein daily ( $140 \times 0.8 = 112$ ). Note that these are rough examples, trying to determine a precise protein intake is best done by consulting with a doctor or dietician.

## How can we meet our protein goals?

Start by looking at your main meals throughout the day. If you're eating three meals per day, are they each supplying about 1/3 of your protein goal? Protein-rich snacks between meals may be necessary and help spread intake throughout the day.

Many people enjoy using a protein shake either as a meal replacement or as a between-meal protein boost. When using a shake as a meal replacement, ensure your shake provides a balanced range of protein, fats, and carbs (including fiber). Alternatively, you can incorporate protein powders into your regular meals, such as stirring some whey protein into your morning oatmeal.

## Final Thoughts

Ensuring you're getting enough protein can make a big difference at any point in your life. If you're considering adjusting your protein intake, good goals are to start with small adjustments and keep the rest of your diet balanced. Protein requires strong digestive function, and some individuals may benefit from digestive enzymes or other aides to make the most of their protein. Individuals using medications that reduce stomach acid are already hampering their protein digestion, as well as the absorption of other nutrients including minerals, folate and B12. It can be a challenge to juggle medication needs while encouraging strong digestion, so discuss how to best support your overall health with your doctor.

Your body demands protein to fuel all aspects of health, from your brain to your bones. Getting the right amount of protein is a cornerstone to aging gracefully, so take a moment to ensure you're getting enough.

*For more information call 541-772-8659.*

# Mental Health Support Improves Lives of Older Adults

*By Angela Franklin, Older Adult Behavioral Health Specialist  
Options for Southern Oregon*

HEALTH AND MEDICAL

As our lives have shifted over the last three years; now, more than ever, we see the need to repair social connection and promote health and wellness across all strata of society, and maybe most importantly, our aging community members. Cultivating good mental health is important to physical health and often they go hand in hand. When one works towards positive mental states (social connections, mindfulness, positive attitude), our bodies respond with reduced inflammation, strengthened immunity, and better sleep. This is great news, because we know how to decrease loneliness and isolation, two major causes of depression, anxiety, and stress, and the answer is not far away at all. The answer is community!

All across the country, and the world, people are coming to understand that community is one of the most vital and plentifully available resources we have. Getting involved with support groups or shared interest groups is a wonderful avenue to explore making new friends and even finding new hobbies or passion projects. The over-all health of a person is more likely to be greater the more the person has supportive relationships. There are groups specific to many different needs as well. From veterans to community volunteering; gardening to art, there are many wonderful opportunities right here in southern Oregon.

Did you know that many local fitness centers offer senior and ability specific group classes? It's true! Whether it is chair yoga to increase movement, flexibility, and balance, or aqua aerobics to move your body in a supportive and safe environment, these physical activities have strong mental health benefits of connection and

community built in. In the same way that physical health groups exist, as do mental health community supports. And, just as the physical health groups increase mental health; mental health groups can improve your physical health. Finding a mental health support group, therapist, or program can increase your overall health, sometimes greatly.

Loneliness and isolation are far more common than you might think, meaning you are not alone in your lonely thoughts or feelings. One in four older adults have experienced anxiety and depression since the start of Covid 19, and those numbers may be even higher, when we consider how many of us do not report feelings of poor mental health whether because of the stigma surrounding these feelings, or the ill-wrought idea that isolation and loneliness are "just a natural part of aging". As the senior population is ever on the rise, reaching nearly one million adults 65 or older in Oregon by the year 2030, it is very important that we understand that aging does not have to mean suffering. Growing into elders of the community can be a rewarding and honored experience, but this requires keeping up with our new and changing needs. You may be experiencing low energy, feelings of sadness or grieving, or irritability for the first time in your life; this is okay. You are not broken, you just have new needs that are asking to be met. Meeting these needs with shared experiences and licensed professionals can be easy and even enjoyable. Taking agency in your health is empowering and benefits the whole community, as we need you now more than ever, to be healthy, present, and engaged with our shared future.

*For more information call 541-244-4138.*