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- ► Fall Prevention
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- Meal Preparation
- Light Housekeeping
- Light Exercise



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Right at Home is a global network where most offices are independently owned and operated under a franchise agreement with Right at Home, LLC.



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Medford & Grants Pass

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INFORMATION & REFERRAL

| ACCESS Community Action Agency 3630 Aviation Way, Medford, OR 97504 | 541-779-6691 |
|--|--|
| Aging and Disability Resource Connection (ADRC) | 541-618-7572 |
| 2860 State Street, Medford, OR 97504 | 541-776-6222 |
| 2101 NW Hawthorne Avenue, Grants Pass, OR | 541-474-3110 |
| Ashland Senior Service Division | 541-488-5342 |
| Columbia Care Veterans Resource Center | 541-779-8564 |
| HASL Independent Abilities Center541-479-HASL 305 NE "E" Street, Grants Pass, OR 97526 | (541-479-4275) |
| HELPLINE Jackson & Josephine County541-779-HELP | (541-779-4357) |
| | |
| Josephine County Senior Resource Center | 541-660-2591 |
| Josephine County Senior Resource Center Medford Senior Center 510 East Main Street, Medford, OR 97504 | |
| Medford Senior Center | 541-772-2273 |
| Medford Senior Center | 541-772-2273 |
| Medford Senior Center 510 East Main Street, Medford, OR 97504 Providence Home Services 2033 Commerce Drive, Medford, OR 97504. Rogue River Community Center | 541-772-2273 541-732-6500 541-582-0609 |
| Medford Senior Center 510 East Main Street, Medford, OR 97504 Providence Home Services 2033 Commerce Drive, Medford, OR 97504. Rogue River Community Center 132 Broadway, Rogue River, OR 97537 Salvation Army, The | 541-772-2273 541-732-6500 541-582-0609 541-955-1017 |

For a complete list of Social Service for Seniors see page 109

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Performing Arts



Chamber Music Concerts........541-552-6154

Concerts in the Park, Medford.....541-774-2400

Concerts in the Park, Grants Pass.541-476-7717

Craterian Ginger Rogers Theater..541-779-3000

Historic Rogue Theatre.......541-471-1316

Holly Theatre.......541-772-3797

Medford Civic Ballet...........541-772-1362



Oregon Cabaret Theatre541-488-2902

Oregon Center for the Arts at Southern Oregon University541-552-6348



Southern Oregon Repertory Singers..541-552-0900



Travel, Leisure & Dining



3rd Annual RIDE FOR A CAUSE

RIDE FOR A CAUSE





Mark Your Calendar Saturday October 12, 2024 North Apple & 3rd * Downtown Medford, OR

Our purpose is to oversee the rejuvenation of Medford's Downtown Core - the heart of our community. **Proceeds Benefit Local Community Non-Profit Organizations** (2023 Benefiting Organizations Below)















Produced in association with Travel **HEARTS** Medford's 3rd Annual Heart of the Rogue Festival. Friday & Saturday October 11 & 12, 2024.



!!! CHECK OUT THE NEW REVISED ROUTES !!!

The Root Beer Cruiser Family Ride 7 Miles

The Pilsner Ride



20 Miles (2022 & 2023 Sponsor)

The Amber Ride 30 Miles

The I.P.A. Ride 43 Miles (2022 & 2023 Sponsor)



The Stout Ride

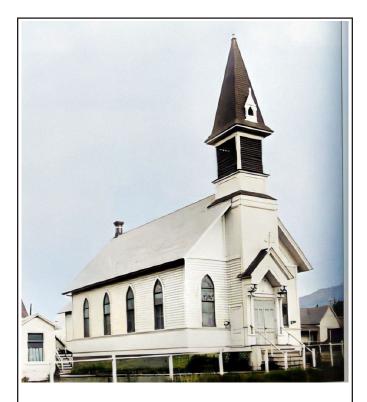
63 Miles (2022 & 2023 Sponsor)



REGISTRATION OPENS IN EARLY 2024!

For More Information visit:

DOWNTOWNMEDFORD.ORG/BIKES-N-BREWS



Catholic Church on Sixth Street built in 1889 costing \$2,200. The church was formally dedicated the 17th of September, 1890.
Originally called St. Mary's Church, its formal name became Our Lady of the Most Holy Rosary.

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us

Helen Kellor (1880-1968)

■ Adult Daycare

Northridge Adult Daycare Center 5

541-295-8052

1150 NE 9th Street Grants Pass, OR 97526

Northridge Senior Living

541-779-6943

2979 East Barnett Road Medford, OR 97504

Please See Advertisement Page 67

■ Airlines

| Alaska Airlines | 1-800-252-7522 |
|-------------------|----------------|
| Allegieant | 1-702-505-8888 |
| American Airlines | 1-800-433-7300 |
| Delta Connection | 1-800-221-1212 |
| United Express | 1-800-241-6522 |

■ Charity

Bikes N Brews

https://downtownmedford.org/events/bikes-n-brews

Please See Advertisement Page 6

Science Works Hands-On Museum

541-482-6767

1500 East Main Street Ashland, OR 97520

Please See Advertisement Page 30

■ Dance Clubs

Grants Pass Dance Club

541-499-1405

Josephine County Fairgrounds
Grants Pass, OR 97526
GrantsPassDanceClub.com & Facebook
Hosts for our Monday & Friday afternoons.
All styles, always live music, dance lessons & more.

BRITT FESTIVAL ORCHESTRA

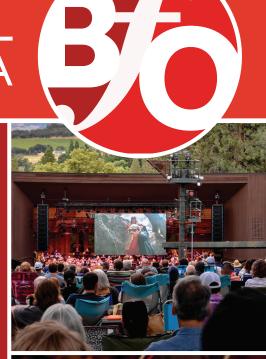
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JUNE 13-29 2024

WATCH FOR OUR SEASON ANNOUNCEMENT FEBRUARY 22, 2024

JACKSONVILLE | OREGON







1-800-882-7488 | BRITTFEST.ORG

■ Elderhostel

Oregon Elderhostel

Southern Oregon University
Ashland, OR 97520

541-552-6378 Ext 3 1-800-257-0577

■ Entertainment

Ashland Independent Film Festival

541-488-3823

P.O. Box 218

Ashland, OR 97520

Boatnik

www.boatnik.com

P.O. Box 961

Grants Pass, OR 97526

Britt Festivals

541-773-6077

P.O. Box 1124

1-800-882-7488

Medford, OR 97501

Please See Advertisement Page 8

Camelot Theatre Co

541-535-5250

101 Talent Avenue

Talent, OR 97540

Please See Advertisement This Page

Craterian Performances

Box Office 541-779-3000 Admin. 541-779-8195

23 South Central Avenue

Medford, OR 97501

Please See Advertisement Page 27

Oregon Shakespeare Festival Box Office 541-482-4331

P.O. Box 158

Ashland, OR 97520

Please See Advertisement Page 26

■ Glass Studio

The Glass Forge Gallery & Studio

541-955-0815

501 SW "G" Street

Medford, OR 97526

Please See Advertisement This Page







Where there is love there is life

Mahatma Gandhi (1869-1948)

Racing on the Rogue is back in 2024 at Oregon's premier racetrack, Grants Pass Downs!

by Charlotte L. Angin for Grants Pass Downs

The Southern Oregon Horse Racing Association (SOHRA) will play host to the annual summer race meet in June and July 2024, a popular, decades-old tradition in historic Grants Pass, Oregon.

The history of Southern Oregon is steeped in the heritage of horse-human relationships. From pioneers who carved a new life in the wilderness alongside their horses, to the proud heritage of racing horses on a dirt oval, Grants Pass has had a lasting love affair with horses. Boasting a superb mountain backdrop, the region is known for its lush valleys, a perfect landscape for nurturing, raising and training horses. The "Wild and Scenic" Rogue River pleasingly segments the town and surrounding community, making the region a magnet for tourists, outdoorsmen and equestrians alike.

The Grants Pass Downs story began in 1934, when we held our first race meet during the annual county fair. In the 1950's, visionary Don Jackson formed the Southern Oregon Horse Racing Association. Hosting pari-mutuel racing since 1968, Grants Pass Downs ("The Don Jackson Racing Facility") is located at the Josephine County Fairgrounds on Redwood Interstate Highway 199.

In 1969, Jackson acquired a colt named Flying Lark, who would become his prized horse and the inspiration for improvements to the half-mile track and its surrounding land. In the 1980s, the talented Flying Lark piqued the curiosity of the horse racing world, leading the nation in wins for two years and putting Grants Pass Downs on the map.

After his racing days were over, Jackson brought Flying Lark to his ranch in Grants Pass. The horse ultimately would become one of Oregon's most famous stallions. Jackson's undying commitment to cultivating a racing legacy in Southern Oregon created the foundation for Grants Pass Downs' present and future success.

Inspired by the passion and generosity of Jackson, SOHRA members continue to be dedicated to the growth of horse racing in our region and throughout the state.

Following the permanent closure of Portland Meadows in 2019, Grants Pass Downs has become the epicenter of Oregon horse racing. We have played host to many of the top-ranked thoroughbreds and quarter horses in the Pacific Northwest. Our racetrack family includes generations of local horsemen and horsewomen who call Grants Pass Downs home, year after year.

Throughout the decades, Grants Pass Downs has served as a hub for our local community, as families, casual fans and tourists gather to take in the heart-pounding action on the half-mile oval each summer. Known for our welcoming atmosphere and unique up-close-and-personal fan experience, Grants Pass Downs continues to set itself apart as a prime family-friendly entertainment venue in Southern Oregon.

For more information about SOHRA and upcoming race dates, please visit http:racingontherogue.org.

■ Golf Courses

Oak Knoll Golf Course

541-482-4311

3070 Hwy 66 Ashland, OR 97520 www.oakknollgolf.org

Quail Point Golf Course

541-857-7000

1200 Mira Mar Medford, OR 97504

■ Horse Racing

Grants Pass Downs

541-476-1639

Josephine County Fairgrounds ~ Grants Pass Downs For more info: www.racingontherogue.org

Please See Advertisement This Page

■ Museums - Gallery

Grants Pass Museum of Art Gallery One at the Museum

541-479-3290

229 SW "G" Street

Grants Pass, OR 97526

Please See Advertisement This Page

Josephine County Historical Society 541-479-7827

508 SW 5th Street Grants Pass, OR 97526

Please See Advertisement This Page

■ Museums

ScienceWorks Hands-on Museum

541-482-6767

1500 East Main Street Ashland, OR 97520

Please See Advertisement Page 30







Josephine County Historical Society





Research Library

Schmidt House Museum

Scheduled Events for 2024

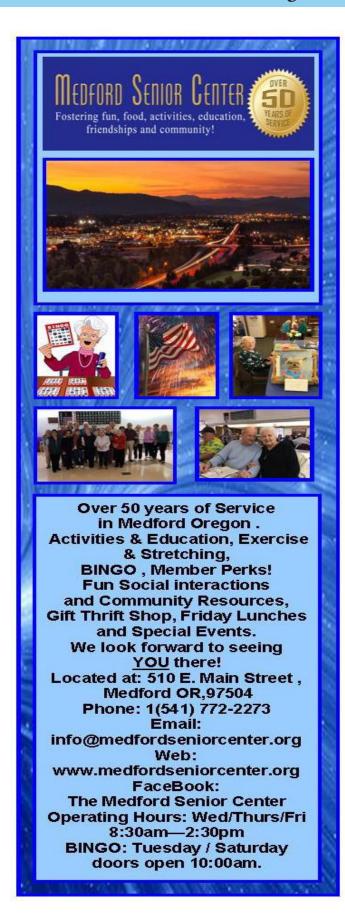
To Be Announced

Call for Dates & Time....541-479-7827

www.jocohistorical.org

Become a member Today!

512 SW 5th Street, Grants Pass, OR







Ashland Senior Services Division

The Senior Services Division of Ashland Parks and Recreation Commission enhances the lives of seniors by promoting healthy aging, well-being, dignity and independence. We empower older adults as valued, contributing members of the community and together advocate for the diverse needs of seniors and their families throughout Ashland. We provide:

- Information and Referral
- Assistance with Medicare and Public Benefits
- Senior Utility and Internet Discount
- Free Bus Passes/Valley Lift Vouchers
- Educational Speakers and Workshops
- Caregiver Support

Ashland Senior Center Activities

- Movement/Fitness Classes
- Game Groups
- Discussion Group
- Art Class
- Weekly Movie and Popcorn
- Special Events
- Lunch by RVCOG Food & Friends

1699 Homes Ave, Ashland, OR 97520

Mon–Thu, 8:30 a.m. to 3:30 p.m. 541.488.5342 | TTY 711 SeniorInfo@ashland.or.us

AshlandSeniorServices.org



■ Senior Centers

Ashland Senior Service Division

541-488-5342

1699 Homes Avenue Ashland, OR 97520

Please See Advertisement Page 12

Medford Senior Center

541 772-2273

510 East Main Street Medford, OR 97504

Please See Advertisement Page 12

■ Volunteer Opportunities

SMART Start Making a Reader Today 541-734-5628 670 Superior Court #108 Medford, OR 97504

Please See Advertisement This Page



Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship
- Buddha

If you would win a man to your cause, first convince him that you are his sincere friend. Therein is a drop of honey that catches his heart, which, say what you will, is the great high-road to his reason, and which, when once gained, you will find but little trouble in convincing his judgment of the justice of your cause.

Abraham Lincoln (1809-1865)



SMART

Reading Calls For Community Volunteers

"I love that SMART Readers are modeling the love of reading and the value of sharing the reading experience with others. Especially with a large class size, students have really enjoyed the personal attention and focus on their interests." - Teacher, Phoenix Elementary

Reading is a critical skill for kids, unlocking opportunities in school and beyond. Right now, only 40% of Oregon third-graders are reading on grade level, which is a huge concern for our entire community. A study by the Annie E. Casey Foundation found that children who aren't reading on benchmark by third grade are four times as likely to leave school without a diploma than proficient readers.

For 32 years, children's literacy nonprofit SMART Reading has been focused on one thing: helping Oregon kids become strong, confident readers. Its research-backed model supports classroom instruction by providing two key ingredients for literacy success: shared reading time and access to books that kids pick out and keep each month. And it works! 87% of students who participate in SMART improve in overall reading performance.

Volunteers are the backbone of SMART, providing vital one-on-one reading time that helps kids practice the skills they learn in the classroom, build confidence, and have fun with books in a low-pressure environment.

The organization needs volunteers in order to reach nearly 900 students and give away 9,600 books in the Rogue Valley. There are two primary volunteer roles:

- **Site Coordinators:** Site Coordinators act as SMART's on-the-ground leads at each site, overseeing and implementing weekly reading sessions. This leadership volunteer role is typically 2-8 hours per week, and needs to be filled in order for a SMART site to open.
- **Readers:** Volunteer Readers spend one hour a week reading one—on-one with PreK to third-grade students at a local elementary or preschool. Volunteers read with the same students each week, building a relationship and having fun with books.

To learn more, or sign up to volunteer, visit www.smartreading.org/donate or call 541-734-5628.

Ashland Senior Services Division

The Senior Services Division of Ashland Parks and Recreation operates Ashland Senior Center and works on senior issues throughout Ashland. Our mission is to enhance the lives of seniors by promoting healthy aging, well-being, dignity and independence. We empower older adults as valued, contributing members of the community and together advocate for the diverse needs of seniors and their families.

The Division offers support services and a variety of free or low-cost social, recreational, fitness, and educational opportunities at Ashland Senior Center and other locations.

Hours, services and activities are subject to change due to public health conditions. All activities require registration, and public health precautions such as masking and physical distancing may be required. For more information or to request a monthly newsletter, call 541-488-5342 or email seniorinfo@ashland.or.us.

Services

- Information and referrals to community services
- Free passes for the bus or Valley Lift
- Advance Directives assistance
- Tutoring for computers, phones and devices
- Senior utility and internet discounts
- Mike Hersh Memorial Food Pantry for seniors
- Free Library of books, DVDs, magazines and puzzles
- Ashland Senior Phone Buddy social call program
- Dementia Caregiver Support Group

Activities & Events

- Broadway dance
- Gentle yoga
- Line dance
- Stength & balance training
- Tai chi
- Walking group
- Game groups (spades, cribbage and American mah jongg)
- Discussion group
- Free weekly movie with popcorn
- Monthly Young at Art classes
- Musical, cultural & social events
- Holiday celebrations
- Educational presentations

Food & Friends

The RVCOG Food & Friends program serves lunch at the Ashland Senior Center for seniors age 60 and up, by donation. Hours are normally Monday - Friday, 11:30 a.m. - 12:30 p.m., but may vary due to public health conditions. Meals on Wheels home delivery is available for qualified seniors. For more information, please call 541.734.9505

Volunteer Opportunities:

Get involved! Ashland Parks and Recreation has volunteer opportunities for all ages and abilities, including remote roles. Please contact the Volunteer & Event Coordinator at 541.552.2264.

Ashland Senior Services Division & Ashland Senior Center

1699 Homes Avenue, Ashland, OR 97520 Monday – Thursday, 8:30 a.m. to 3:30 p.m. 541.488.5342 | SeniorInfo@ashland.or.us AshlandSeniorServices.org

The Glass Forge & Studio

The three men—Lee Wassink, Nathan Sheafor, and Maurice "Butch" Kreuzer--- met in the San Francisco Bay Area in early 1994 while working for the Nourot and Smyers Glass Studios. Wassink had tutored under John Vruwink and assisted Mike Nourot. Sheafor had studied under Vernon Brejcha and Dimitri Michaelides. Kreuzer had been a student of Marvin Lipofsky and John Elias. With a collective 50+ years in hot glass, Lee, Nathan, and Butch shared the dream of someday opening their own studio.

In 1998, dream became reality when the three renovated a large warehouse on Grants Pass's historic "G" Street and opened The Glass Forge Gallery and Studio. Next door stands the over 100-year-old Rogue River Brewing Company building now occupied by Climate City Brewing Company, and the newly opened Steam Distillery. The Glass Forge, along with neighboring shops The Laughing Clam, Circle J's, The Kitchen Company, Dutch Bros Coffee, an eleven Buildings listed in the National Register of Historic Places, is returning "G" Street to the lively destination it was in 1883---when the first train came roaring through town.

Come See one-of-a-kind art glass in the making. Colorful vases, bowls, goblets, decorative orbs, unique objects d'art and free-form sculpture fill the 5,000 square-foot gallery and studio. Four huge viewing windows look in on the work floor, so you can watch the creative process in motion or come closer to the action and make your own ornament. The Glass Forge offers the experience of making your won piece of molten glass. We will guide you through the

procedure and after a night of cooling, you are able to take your very own art home with you.

To create an object, we gather a small amount of molten glass to begin the process. The gather is taken to a bench and rotated in a wooden cup to chill and obtain a round shape. After this, colors may be added and patterns developed before more glass is gathered to obtain the amount of glass needed to accomplish any given piece. Once this has been achieved the gaffer will slightly chill and start the first bubble in the gather. As this bubble inflates, the molten mass is hand shaped and reheated many times in a glory hole.

Blocks, paddles, jacks and wet newspapers all take part in pushing the mass into a work of art. Bits and gathers may be added to form feet, handles, lip wraps and abstract forms. Depending on the piece, the process could take up to 2 hours and involve assistants.

Every completed piece is nestled away into a 950 degree annealing oven to prevent fractures at room temperature. The piece will be soaked to the required temperature then slowly cooled to room temperature. Not until the next morning will you be able to touch the brand new form. Only then will you be able to critique the material and craftsmanship of your efforts.

The Glass Forge is located in old town Grants Pass. Take exit 58 off of I-5, head down 6th Street until you see the "It's the Climate" sign, then take a right on "G" Street. You'll find us at the corner of "G" and 3rd Street.

For more information call 541-955-0815 or visit Glassforge.com.

Tap and Vine Churrasco Y Papas Bravas

For Steak:

- 1 ea Teres major or petite tender¼ C Olive Oil1 t Paprika
- 1 T Chopped Garlic
- 1 T Sugar
- 1 T Dried Oregano
- 2 T Red Wine Vinegar

Bravas Sauce:

- 1 1/4 t minced fresh Garlic1 Green Onion chopped
- 1 T chopped marinated Red Onions or unmarinated
- 1 t chopped fresh Parsley
- 1 t chopped fresh Basil

Roasted Garlic Aioli

- 2 C Mayo
- 1 Bulb Garlic (Roasted)
- 1 T Lemon Juice
- ½ t Salt 1 t Pepper

- Purple, Yellow, or Mix)
- Salt Water

Garnish:

2 T Chopped Green Onions

2 Lime Wedges

For Potatoes:

6 Baby Potatoes, (Red,

For the steak: Using a sharp knife remove any silver skin from the meat. Slide the tip of the knife just under the silver skin. With the knife slightly angled up, glide the knife the length of the silver skin to remove. Repeat until all silver skin is removed. Trim the end of the meat, cut the meat in half in two equal size pieces. (may vary on how the meat looks) Combine the ingredients to make a marinade, Pour over the meat and let marinade for 2-6 hours or ideally overnight.

Bravas Sauce: Chop onion, garlic, and chili, (if you want a milder sauce remove seeds). Heat oil and add onions, garlic and chilis, saute about 5 minutes. Don't allow color. Add sugar, let the sugar melt then deglaze with wine and vinegar. Let simmer for 5 minutes. Add tomatoes and bring to boil, stirring often. Once to a boil reduce heat and let simmer for 30 minutes. Puree sauce and season to taste. Reserve and keep warm if using right away. Otherwise cool and store in the refrigerator

Garlic Aioli: Remove the top of the garlic bulb and drizzle with oil. Wrap in foil and roast in a 400 degree oven until soft. About 30 min check if still firm check every 5-8 minutes until soft. Once soft, remove and let cool. When the garlic is cool enough to handle, turn it upside down and give it a squeeze. This will extract the roasted garlic cloves. Squeeze over a bowl. Once removed, mash the cloves with the back of a spoon. When the garlic is a nice puree, add the lemon juice and mayo and mix well. Season with salt and pepper. If you have a squeeze bottle, place aioli in the bottle. If not, we can use a spoon when it's time to plate.

Potatoes: Bring a pot of water to a boil and add enough salt to make it taste like the sea. When the water is boiling add the potatoes. Boil until they are easily pierced with a fork. Once this is achievable remove from water. Drain well and let cool. If used right away once they are ready to handle and not too hot. Gently smash them with the heel of your hand. Careful not to smash too hard. Place on a cookie sheet. Drizzle with oil and season with salt and pepper. Roast in a 400 degree oven until gold and crispy. About 20-30 minutes. Flip half way through.

Steak: Remove steak from marinade and let drain a little on a plate. Season generously with salt and pepper. Cook steak on a hot grill to your temperature liking. If you don't have a grill you can sear in a hot pan and finish in the oven. Let rest 8-10 minutes before slicing.

Assembly: Place potatoes in a mixing bowl and toss with bravas sauce to cover. Lay potatoes out in a line and top with enough bravas sauce to cover. Once the steak has rested, slice the steak against the grain. Shingle the steak along the top of the potatoes. Drizzle or dollop the garlic aioli atop the steak. Garnish with green onions and fresh lime. Serves 2

Jacksonville Inn Green Garlic Soup

6 hotel pan Green Garlic, chopped & washed10 Onions peeled & sliced1 C Butter 15 Yukon Gold Potatoes peeled & sliced5 C Chicken Stock½ Gallon CreamSalt & Pepper to taste

In a big pot sweat the green garlic & onions in the butter. When the green garlic is soft add the chicken stock & potatoes. Season with salt & pepper. Simmer the soup until the potatoes are cooked through. Add cream & bring to a simmer. Blend well with a stick mixer. Adjust seasoning & pass through a china cap. Serve as is or garnish with crayfish & créme fraiche.

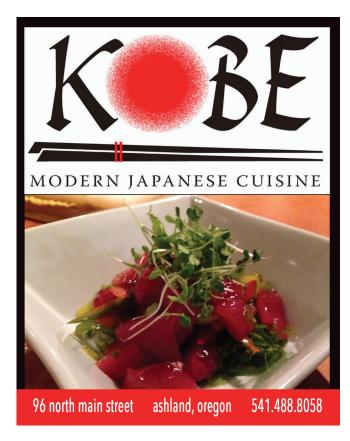
| Senior Dining (| Guide | Senior D | scount Hems ial Menu Kems ial Menu Special Handi | capped Accessible | red hard Roads |
|---|-------------------------------|--------------|---|-------------------|-----------------|
| | Cuisine | Sent Spe | Early L Handi | capped Accel | rit Shall Price |
| Bambu 541-608-7545 970 N Pacific Rd Ste 106, Medford Please See Advertisement This Page | Pan Asian | × | yes | L D | \$12.95-42.00 |
| Butterfly Club butterflyclub557.com 557 Medford Crt, Medford Please See Advertisement Page 22 | International Small Plates | × | yes | D | \$12.00-30.00 |
| Callahan's 541-482-1299 Mountain Lodge I-5 at Mt. Ashland Exit #6, Ashland Please See Advertisement Page 19 | Italian Steak & Seafood | ✓ × * | yes | LD | \$12.00-40.00 |
| Gogi's Restaurant 541-899-8699 235 West Main Street, Jacksonville Please See Advertisement Page 19 | International Fine Dining | × | yes | D | \$12.00-39.00 |
| Kobé Modern Japanese 541-488-8058 96 North Main St, Ashland Please See Advertisement This Page | Modern Japanese | | yes | D | \$8.00-35.00 |
| Omar's Restaurant 541-482-1281 1380 Siskiyou Blvd, Ashland Please See Advertisement Page 19 | Steak & Seafood | × | yes | L D | \$5.95-50.00 |

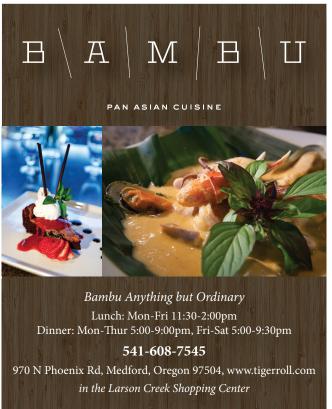
It does not matter how slowly you go so long as you do not stop.

Confucius (551 BC - 479 BC)

Most folks are about as happy as they make up their minds to be.

Abraham Lincoln (1809 - 1865)









Exquisite International Cuisine 541-899-8699

Open for Dinner Wed - Sat 5pm - Close 235 W. Main St., Jacksonville www.gogisrestaurant.com



| Senior Dining (| Guide | Senior I | iscount Items cial Menu Items cial Menu Items Handi | capped Accessible | Wed Junet January Brunch Med January St. Sunday Brunch Price |
|--|---|----------|--|-------------------|--|
| Over Easy & 458-226-2659 the Other Easy 21 N Bartlett St, Medford Please See Advertisement This Page | Eclectic | × | yes | Brunch D | \$15.00-20.00 |
| Partake Shop, 541-916-5888 Lounge & Dine 111 SE "G" Street, Grants Pass Please See Advertisement Page 21 | Seasonal Cuisine Fine Dining Wine/Cocktails | × | yes | LD | \$7.00-25.00 |
| Pie and Vine 541-488-5493 358 E Main St, Ashland Please See Advertisement This Page | Wood Fired Italian | × | yes | L D | \$7.95-19.95 |
| Punky's Diner and Pies 541-494-1957 953 Medford Center, Medford Please See Advertisement Page 21 | 50's Diner | × | yes | BL | \$5.50-16.25 |

The Wharf Prawn Fettuccini

1 package Fettuccini Pasta

1 C White Wine

1/2 C Heavy Cream

2 T fresh minced Garlic

4 T salted Butter

2 T Olive Oil

1/4 C sliced Mushrooms

1/2 C shredded Parmesan Cheese

12 large Prawns peeled and deveine

The Wharf Prawn Fettuccini Cont.

In a large saucepan over medium high heat, add butter and oil, once melted and heated well add minced garlic and mushrooms Once garlic starts to brown and mushrooms appear cooked add prawns and sauté until light pink. Add white wine and heavy cream. Continue to cook until the sauce starts to simmer. Once the sauce starts to bubble, slowly, add shredded Parmesan cheese to thicken. Add salt and pepper to taste. Serves 2-4 ppl.









| Senior Dining (| Guide Cuisine | Senior D | scount Hens ial Menu Hens ial Menu Special Handi | capped Accessible | ed hard Branch Laboratory Branch Price |
|--|------------------------|------------|---|-------------------|--|
| River Station 541-299-0315 510 E Main St, Ste 6, Rogue River Please See Advertisement This Page | Steak & Seafood | | yes | D | \$8.00-49.00 |
| River's Edge 541-244-1182 1936 Rogue River Hwy, Grants Pass Please See Advertisement Page 23 | Steak & Seafood | | yes | SB D | \$10.00-45.00 |
| Skout Taphouse & 541-482-0119 Provisions 21 Winburn Way, Ashland Please See Advertisement Page 20 | Pacific NW Pub Food | × | yes | LD | \$7.00-18.00 |
| Tap and Vine 541-500-1632 559 Medford Center, Medford Please See Advertisement This Page | Gastro Pub | x * | yes | L D | \$8.00-32.00 |

River's Edge Apple Cider Vinaigrette

34 C Apple Cider Vinegar

34 C Maple Syrup

2 T minced shallots

1 T minced garlic

2 Apples (preferably honey crisp)

peeled, cored and cubed

1/4 C fresh Thyme

1 T Dijon mustard

2 1/2 C Extra Virgin Olive Oil

Salt and pepper to taste

In a blender combine everything except the olive oil for 30 seconds. While blender is running on low, drizzle in the extra olive oil. Serves 2-4 ppl

The Beatrice Mediterranean Olive Salad

- 2 C pitted Castelvetrano Olives
- 1 C diced Celery
- ½ C roasted Almonds, coarsely chopped
- 2 oz good quality Parmesan Cheese, grated
- 1 Garlic clove, minced
- 2 T Olive Oil
- 1 T White Wine Vinegar
- Salt and Pepper

Coarsely chop or tear with your hands the olives. Toss with remaining ingredients. Season to taste with salt and pepper. Adjust oil and vinegar if desired. Served with crackers or over cream cheese. Also delicious with seafood.





PACIFIC NORTHWEST STEAK AND SEAFOOD OPEN MON — SAT 11AM — 8PM SUNDAY 10 — 8PM (BRUNCH FROM 10 — 2)

1936 Rogue River Hwy, Grants Pass, OR 97527 **(541) 244-1182**

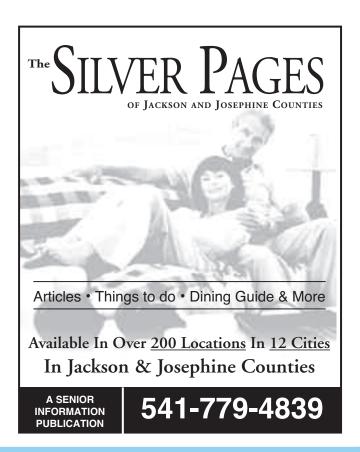








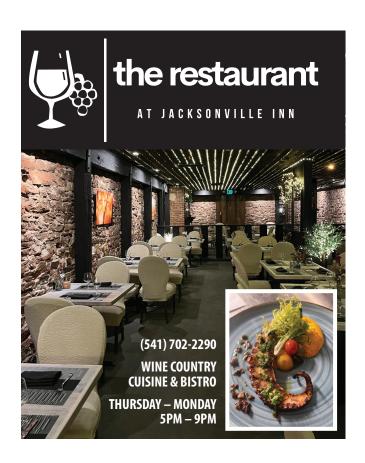




| Senior Dining (| Guide Cuisine | Serior P | iscount Items cial Menu Items cial Menu Items Hand | icapped Accessible | ed Lunch Branch 1. Lunch Price |
|---|---|--------------|---|--------------------|---------------------------------|
| The Beatrice 541-500-1063 Wine Bar & Kitchen 406 E Main St, Lower Level, Meford Please See Advertisement Page 25 | Elevated Comfort Food | | yes | LD | \$4.00-18.00 |
| The Point Pub and Grill 1045 Center Drive, Mdf 311 East Pine Street, CP Please See Advertisement Page 25 7 Please See Advertisement Page 25 | Upscale Pub Food with Full Service Bar | × | yes | LD | \$8.00-17.00 |
| The Restaurant 541-702-2290 at the Jacksonville Inn 175 E California St, Jacksonville Please See Advertisement This Page | Contemporary Wine Country Bisto Menu | × | yes seasonal | SB D | \$14.00-50.00 |
| The Wharf 541-858-0200 Fresh Seafood & Eatery 827 W Jackson Street, Medford Please See Advertisement Page 25 | Steak & Seafood | ✓ × * | yes | L D | \$6.99-59.99 |









Gogi's Smoked Cod Brandade

1 pound of fresh cod

1/4 C kosher salt

1/4 C white sugar

4 C water

2 bay leaves

1 pound yukon gold potatoes

1 qt whole milk

8 cloves of garlic

1/2 c extra virgin olive oil

6 sprigs of thyme

zest of one lemon

- 1. Combine sugar, salt, water, bay leaves. whisk until salt and sugar are dissolved. Add cod and let sit overnight in the refrigerator.
- 2. The next day, remove cod from brine and smoke until cooked through
- 3. Peel potatoes and cut into uniform pieces. cook in salted water with garlic cloves until tender. drain.

Gogi's Smoked Cod Brandade Cont.

- 4. Add milk, smoked cod, thyme in another pot and simmer gently for 10 minutes, add potatoes and garlic.
- 5. Mash all ingredients together with a whisk or potato masher.
- 6. Add extra virgin olive oil and whisk until the oil is emulsified. The mixture should be a little loose and light. Add lemon zest and adjust seasoning to taste.
- 7. Transfer to the oven safe vessel of your choice. Bake at 400F until bubbly and slightly browned on top.
- 8. Serve with sourdough crostini and lemon slices.







Buy your tickets now! 541-779-3000 BOX OFFICE: 23 S. CENTRAL, MEDFORD Craterian.org

Dams? What Dams?

By Joan Momsen, Josephine County Historical Society

Many people do not even think about the five dams that once existed on the Rogue River from Gold Hill to Grants Pass. Thanks to modern technology, dams for water or power are not as prized as they used to be. Water, however, is still a necessity for life in our valley. Starting in Grants Pass and going upstream to Gold Ray Dam, here are the brief tales of their existence.

There was a small dam build in 1889 just below where Caveman Bridge stands today. It was not much more than a short diversion across the river to funnel water into a primitive power plant. By 1911 Grants Pass was receiving power from Gold Ray Dam, so obviously the Grants Pass Dam did not produce power for very long. When you stand on Caveman Bridge and look down stream, you see two river channels. You also see a diagonal "bump" under the flowing river on the left side. That is the footprint of the old dam that channeled water into the right-hand channel and to the power plant. Power plant and dam are long gone and all that remains is the diagonal underwater "bump" that was the base of the dam and the narrow channel of the river that was dug to direct the water to the power plant.

The next one upstream was the Ament Dam, built in 1902-1904 as part of the operations of the Golden Drift Mining Company. The initial low dam was called the Golden Drift Dam but when it was raised higher to hold more water and provide more power, it became the Ament Dam. It was built by C. W. Ament and his son Marion about three miles upstream from Grants Pass. powerhouse was built so they could provide electricity to operate the mine and they eventually planned to install bigger electric generators and sell the excess electricity. They had grand plans but mother nature had a different agenda. Records seem to indicate they planned to make Ament Dam a source of electricity after the mining project became exhausted.

About 1910 it was decided to convert the crib dam to a concrete structure. This work was well underway in 1912 when a major storm occurred, washing out the section where the old and new



Savage Rapids Dam after main channel was opened.

structures joined. The pump and turbine water wheels were lost to the Rogue River and it was impossible to recover and salvage any of the items.

The Ament Dam went into receivership and the final dream never completed. If you play Frisbee (disk) golf at Tom Pierce Park, you have probably seen the remains of the dam. If not, take a walk and see the grafitti covered structure with "1911" preserved in concrete. Go to the park, turn left at the first parking lot after you enter. Drive to the restroom building, park and follow the path upstream for about a quarter mile and see the century old ruins. The dam was washed away by floods over the years, almost completely gone by 1922.

The next dam up river was the Savage Rapids Dam. Savage Rapids Dam is gone but some parts of it still stand, with little notation as to what those cement structures are. One can still see the site of the dam, at the county line of Josephine and Jackson county on old Hwy. 99. Some people may miss the dam, but others may not even know it existed. Savage Rapids Dam was completed and dedicated November 6, 1921. It was the pride of Grants Pass and Josephine County. The dam was in Josephine County and the lake was in Jackson County. The Grants Pass Irrigation District built the dam and brought water to many parched acres in our valley.

Before 1921 many local farmers could not grow as much as they wished, due to lack of a good and steady supply of water. Rain water simply was not enough and those who were too far from a steady flowing stream were out of luck. As the population grew, so did the need for a dependable supply of irrigation water.

About 1916 some men from Salem had come to the Grants Pass area to look at what might be done to provide a financially secure company to build and operate irrigation dams. They looked at the river, and proposed that the best site to build a dam upstream from Grants Pass would be at Savage Rapids and another good site downstream would be at Hellgate. A company was formed as the Rogue River Irrigation and Power Company and they were able to get both sites for future dams. The Hellgate Dam (or whatever its final name would be) was destined to create a deep reservoir at Hellgate Canyon and provide irrigation water for the Merlin area. Rapids Dam would have gravity flow ditches to provide for the Grants Pass area. Eventually they merged with a local group and it became the Grants Pass Irrigation Company. The Savage Rapids site went ahead and contracts were awarded. The Hellgate portion passed into history and for the most part was forgotten. Savage Rapids was built with a power plant to contribute electricity to the grid and the gravity ditches into Grants Pass were completed as the dam was dedicated in November 1921. Some of the old Ament Dam ditches were connected to the new Savage Rapid ditches to get water into Grants Pass. Savage Rapids, a short ripple of little rapids, was named after the Savage family and of course the dam was named after the There were no "savage rapids" behind the dam that were covered with water. When the dam was removed, many people were surprised the river behind the dam was so smooth. No canoe testing white water was there, but the dam was gone.

Above Savage Rapids, Gold Hill Dam was built in the mid-1900's as a diversion dam to a power house and to provide water for the city of Gold Hill and the operations of the Ideal Cement

You can still see the power house if Company. you turn off of Hwy 99 after crossing the south Gold Hill bridge and go under the railroad bridge. Go about a mile and look across the river to the grey power house with most of the windows broken out. The dam was removed in the summer of 2008, but since it was off the main road, many people did not even know it was still there, in a rather deteriorated state, unless they happened to be unlucky enough to get their canoe or raft caught at the dam site. The dam was 900 feet long, but only 8 feet high. Every fish that went up or down the Rogue River had to go over that 8 foot dam.

Continue on the same road to the site Gold Ray Dam. The dam was where the dirt road meets the paved road. It is a one-way narrow road and easy to travel until you meet someone coming downstream. You might want to go back to Hwy. 99 and go to Tolo and turn left and take the paved road to the site of Gold Ray Dam.

The first Gold Ray Dam was built in 1904 by two brothers, C.R. and Frank Ray. It was a wooden structure which raised the water high enough to pass thru a power house and create the first hydro-electric power to the valley. A primitive fish ladder was built on the south side of the dam. In 1921 the dam became part of the California Oregon Power Company (Copco) which eventually became Pacific Power. In 1941 the old timber dam was supposedly removed and replaced with the higher second dam and a better fish ladder and a fish counter was added. By 1972, after almost seven decades of use, the ropedriven turbines had become difficult to keep up, almost obsolete, so they were retired and Gold Ray ceased to produce power. When the 1941 Gold Ray Dam was removed, it was discovered that the old 1904 wooden dam was still there, so that had to also be removed.

With all five dams gone for over a decade, the Rogue River flows freely for 157 miles from Lost Creek Dam to the Pacific Ocean. Many see this as a wonderful event. Others have misgivings, but life goes on and the water will continue to flow.



Make a positive impact on the lives of today's youth.



Our community is shaped by the opportunities we give our children. Be part of their future.



ScienceWorks Hands-On Museum is a 501(c)(3) non-profit museum that inspires curiosity and wonder through scientific exploration and hands-on experiences.

Inspiring the Next Generation

Volunteering at ScienceWorks Hands-On Museum

At ScienceWorks, our goal is to give children the building blocks to make our collective future a brighter place – to serve as a launchpad for the next generations of creative thinkers and problem solvers. ScienceWorks was founded in 2002 as a 501(c)(3) to provide Southern Oregon families the opportunities to access science and technology learning opportunities usually associated with major urban city centers. Last year, the museum reached over 9,000 students through outreach and field trip programs, and brought another 15,000 visitors through its doors.

By giving children the chance to experience novel concepts through scientific exploration, technological investigation, hands-on learning, and access to mentorship, we help them forge new interests and hobbies that foster exploration of the world around them. With the right mentors, young generations begin to take part in their community at an earlier age. From science to business to the arts, no matter where their passions lead, we all benefit from an inspired youth demographic. The key to this is the mentorship children are given along the way.

There is a gap today in the intergenerational flow of experience. To put children and seniors together, both benefit. Children are exposed to brand new ideas and ways of thinking about their world, and their mentors get to be kids again, experiencing the world through the eyes of their mentees. Kids benefit greatly from the chance to interact with older adults. Making connections between generations has been shown to help children develop social and emotional skills that make them more engaged and empathetic adults. Participating in intergenerational activities has many perks for seniors too, including a happier and more active lifestyle that's invigorating, fulfilling, and rewarding.

Volunteering at ScienceWorks brings countless benefits and takes on many forms. Volunteers guide activities spanning from operating the microscopes and flight simulator, to cutting out paper planes for the wind tunnel tubes. Other volunteers take part in building or maintaining exhibits. Nineteen-year veteran volunteer Mike Hersh facilitated the beloved painting pendulum for over a decade! As a nonprofit science center built by the community, most of the exhibits on our 17,000 sq ft campus came to life through the vision and work of volunteers so that Southern Oregon would have a state-of-the-art science center rivaling those of big cities.

In summer, we host some of the highest quality summer camps in the west. Spanning topics including space, candy science, and the awesome ecosystems of the Siskiyou biozone, our educators enthrall attendees with hands-on exploration. But they can't do it alone. We need you!

Last but certainly not least, non-profit leadership plays an important role in guiding critical change today. If you have experience in the many facets that make up the world of non-profit businesses, we want you on our advising and governing boards.

Volunteers of all ages derive deep personal satisfaction from their connection to the museum and being part of educating the next generation gives us a stronger sense of purpose and helps expand our social networks.

Please consider volunteering at ScienceWorks. To learn more, you can email volunteers@scienceworksmuseum.org or call us at 541-482-6767 today.

Bikes n Brews RIDE FOR A CAUSE 2024

Many smiling faces were seen on Saturday October 14th as Bikes n Brews-RIDE FOR A CAUSE 2023 hit the roads and streets of Medford and Jackson County! Produced in association with Travel Medford's "Heart of the Rogue" Festival, Bikes n Brews-RIDE FOR A CAUSE drew over 130 participants in the five distances.

As part of Travel Medford's 2nd Annual "Heart of the Rogue" Festival, Downtown Medford Association's annual signature fundraising event drew 136 riders of all ages from all over Oregon and northern California to participate in this family fun event.

RIDE FOR A CAUSE

Along with providing much needed funding for the Downtown Medford Association's continuing efforts to revitalize Our Downtown, Bikes n Brews-RIDE FOR A CAUSE has a positive impact on our local economy through increased tourism and promotes great healthy outdoor activity for the whole family — in and around Downtown Medford!!!

Plus, 10% of the net proceeds are distributed to BnB-RFAC's local community non-profit partners for staffing the ride rest stops. Organizations receiving funding were The Family Nurturing Center, Compass House, ROC Recovery Center, Familia Unida Bike Builders and Family Solutions.

Net Total for 2023 = \$15,000.00+ MARK YOUR CALENDAR

RIDE FOR A CAUSE - Bikes n Brews 2024, scheduled for Sat. Oct. 12th features five (5) distances: (All Distance Start and End on North Apple St. in Downtown Medford)

- 7-Mile Family Ride goes to the NEW Rogue X Sports Park for a rest stop and back Downtown.
- The 20-miler (Pilsner) goes to the rest stop at historic Willow Springs School and returns on the Bear Creek Greenway from Dean Creek trailhead to Downtown Medford and the finish line.
- The 30-miler (Amber) after the rest stop at Willow Springs School takes Blackwell Rd.

and loops back over I-5 on Tolo Road to Old Stage Road and the Jacksonville rest stop. From Jacksonville the 30-miler goes back to downtown Medford using the roads and streets of west Medford to Downtown Medford, including the Main Street Bike Corridor, to the finish line.

- The 43-miler (I.P.A) after the Willow Spring School this ride takes Blackwell Rd. to the Gold Hill and Jacksonville rest stops, then through Medford's southwest farmlands crossing Hwy. 99 at So. Stage Rd. to the Bear Creek Greenway to Downtown Medford and the finish line.
- The 63-miler (Stout) follows the same route at the 43-miler to the Jacksonville rest stop. From Jacksonville the riders climb and loop through the hills of Medford's southwest farmlands, then cross I-5 near Talent joining the Bear Creek Greenway at Black Oak Dr. returning to Downtown Medford and the finish line at Travel Medford's "Heart of the Rogue" Festival.

Bikes n Brews-RIDE FOR A CAUSE thanks the 2023 Title Sponsor, Valley Immediate Care and Platinum Sponsors Northwest Community Credit Union and Grown Rogue, along with the Gold Level Ride sponsors, Coldwell Banker Pro West, Southern Oregon Subaru, and Travel Medford.

NEW FOR 2024

For 2024 Bikes n Brews-RIDE FOR A CAUSE will start and end on North Apple Street in downtown Medford near Travel Medford's "Heart of the Rogue" Festival which features music, food, wine & beer, local vendors, and more after the rides on Saturday and before the rides on Friday.

Travel Medford's "Heart of the Rogue" Festival Friday Oct. 11th 3p-9p & Saturday Oct. 12th 11a-5p.

There's a Bikes n Brews – RIDE FOR A CAUSE ride distance that's just right for you – hope you can join in the family fun.

Check the website for additional information and for registration:

downtownmedford.org/events/bikes-n-brews/