



Health & Medical

What can a Denturist do for You

Submitted by Rogue River Denture

Do you need dentures or know someone who does? If so, there is someone called denturists and they specialize in making dentures. As well as partials, flexible partials, immediate dentures, implant supported dentures, relining and repairs.

Denturists are trained especially for creating dentures. They take impressions of the gums and remaining teeth. These impressions help them design and customize dentures unique to you. Denturists only specialize in denture services. To keep your mouth healthy, its important to see a dentist regularly.

Denturist services are cost and time-effective. Most denturists have a lab on-site, which could be ideal if you're on a budget.

Did you know that your jaw and gumline can change shape over time? That means if you have dentures, they can become loose. If your dentures no longer fit as well as they did. Call you local denturist to have them relined. Relining refits your dentures to the new shape of your gumline. Alternatively, the denturist may decide that your dentures need to be remade altogether. Due to your dentures being worn down or your bite may be off.

Dentures and partials can break or become damaged for many reasons. If you find you have

broke a tooth or cracked your dentures or partials, do not try to fix yourself with over the counter repair kits or super glue. As this will damage your dentures. Most of the time beyond repair then you would need all new dentures. A denturist can fix your broken dentures for a reasonable price and most repairs in the same day.

Expectations to wearing dentures: It takes some time to get used to your dentures. Sometimes it takes a few weeks or months to adjust. This takes a lot of communication between you and the denturist. With several visits to allow denturist to adjust your dentures correctly. Even if you have worn dentures for years you will find a sore spot from time to time.

A lot of denture wearers think dentures will be just like your natural teeth when it comes to eating. This is a big mistake. Until you know how to eat with dentures you should not eat out in public. Start with eating softer foods and smaller bites at home. Most denture wearers will find their dentures will move some when eating. Also, you should avoid sticky, hard and chewy foods. These do not mix well with dentures.

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A photograph of an elderly couple walking on a sandy beach towards the ocean. The woman is wearing a white shirt and a wide-brimmed hat, and the man is wearing a white shirt and shorts. A large pink heart logo is overlaid on the image, with the text "POWER OF THE HEART" and "Dementia Care Education and Behavior Coaching" below it. At the bottom of the image, the email address "powerofthehearteducation@gmail.com" and "Marya Kain, MS, CMC" are listed.

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the sunshine - and shadows
will fall behind you.**Walt Whitman*

10 Daily Habits to keep your brain sharp as you age

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

Keeping our brain sharp as we age is important for managing overall health and cognitive function - the mental processes our brains use to think, learn, understand, remember and solve problems. These functions include attention, perception, memory, language, problem solving and decision making. In simpler terms, cognitive function is the way our brain helps make sense of the world.

So, the more often we do things that truly engage our mental abilities, the better off we are as we age. Here are ten daily habits that can help protect and promote brain health as you age.

Exercise. Engage in regular physical activity to improve blood flow, release endorphins and promote neuroplasticity – the brain’s natural way of reshaping itself to help us better navigate the world.

Eat a healthy diet. Consume a balanced diet rich in fruits, vegetables, whole grains, lean proteins and healthy fats with an increased emphasis on healthy eating as opposed to weight loss. Doing so has been linked to better brain health.

Get enough sleep. Aim for seven to nine hours per night to allow your brain to consolidate memories and repair itself.

Stay socially active. Engage in social activities and maintain strong relationships. Studies have proven both the negative effects of isolation and loneliness on our mental health and the positive impact of being social.

Challenge your brain. Participate in mentally stimulating activities including learning a new skill, teaching and volunteering. Enjoy problem solving puzzles like crosswords and sudoku. Seek out activities that incorporate learning, critical thinking and memory skills. Balancing your checkbook, making a budget or joining a discussion group often involve connecting and talking to others which, in itself provides an added brain boost.

Manage stress. Stress can have a life changing impact on our mental and physical well – being. Healthy stress reduction techniques like mindfulness, meditation and yoga can protect your brain from the negative effects of chronic stress. The mental health benefits of being outside in nature are also well documented.

Prioritize mental health. Anxiety, fear, sadness and depression all take a toll. It’s easy for these negative feelings to accumulate over time. Seek help from a professional to maintain your cognitive function.

Stay organized. Create routines and use tools like calendars to keep your mind decluttered and focused. Staying organized reduces the amount of effort required to remember and track tasks, appointments and other responsibilities. This allows your brain to focus on more important cognitive tasks and reduces the risk of cognitive decline.

Limit alcohol and tobacco use. Excessive alcohol use and tobacco use have been linked to cognitive decline. It’s important to consume alcohol in moderation and avoid smoking altogether.

Protect your head. Wear proper headgear when participating in activities that pose a risk of head injury such as cycling. Remember that older adults are more prone to falls – especially in the home. Rid your residence of trip hazards, improve lighting in dark areas and install grab bars where needed.

Please remember that memory loss and other declines in our cognitive abilities are not normal signs of aging. Despite the stereotypes, cognitive decline is not inevitable as you age.

Besides incorporating these ten tips into your daily routine, talk to your healthcare provider right away if you or a loved one notice changes in your cognitive abilities.

For more information call 541.414.0800 or email: brooke@rahsouthernoregon.net

Benefits of Getting Outside for Seniors

Submitted by New Horizon In-Home Care

As we age, staying physically active and healthy becomes increasingly important for maintaining a high quality of life. One way to achieve this is by spending time outdoors. Whether it's going for a walk, gardening, or simply sitting in the sun, getting outside can have a range of benefits for seniors. Here are some of our favorite ways that spending time outdoors can positively impact your health and well-being.

Maintain Physical Health

Spending time outdoors can help seniors to maintain their physical health. Activities such as walking or gardening can provide a low-impact workout that improves balance, coordination, and flexibility. Additionally, exposure to sunlight can help seniors to maintain healthy levels of vitamin D, which is important for bone health and reducing the risk of osteoporosis. Regular physical activity can also reduce the risk of chronic diseases such as heart disease, stroke, and diabetes.

Improving Mental Health

In addition to physical health benefits, spending time outdoors can also improve mental health and cognitive function. Studies have shown that exposure to nature can reduce stress, anxiety, and depression. Being in nature can also improve mood and increase feelings of happiness and well-being. For seniors who may be experiencing loneliness or social isolation,

spending time outdoors can provide an opportunity for social interaction and connection with others.

Improved Sleep Quality

Another benefit of spending time outdoors is that it can help to improve sleep quality. Exposure to natural light during the day can help to regulate the body's internal clock and improve sleep patterns. Additionally, spending time in nature can reduce stress and promote relaxation, which can also lead to better sleep.

Dementia and the Outdoors

For seniors with cognitive impairment or dementia, spending time outdoors can have particular benefits. Studies have shown that exposure to nature can improve attention and focus, reduce agitation and aggression, and improve overall quality of life. Spending time outdoors can also provide a source of sensory stimulation, such as the sights, sounds, and smells of nature, which can be beneficial for seniors with sensory processing issues.

Sometimes getting outside may require a bit of assistance. Whether you need someone to support your needs inside your home or you need assistance getting outside, New Horizons is here to support you however you need it—helping you to continue to do the things you love. To schedule a free in-home care assessment call us at 1-877-NH-CARES.

Medication Adherence: A Key to Senior Health and Safety

Submitted by Home Instead Senior Care

In the labyrinth of healthcare challenges, medication adherence emerges as a crucial element, especially in the lives of senior citizens. As we age, our bodies and health conditions evolve, often leading to a complex regimen of various medications. While these medications are pivotal in managing health conditions, ensuring consistent and correct medication adherence is equally essential. This article delves into the significance of medication adherence for seniors, the barriers they face, and practical solutions to enhance adherence for better health outcomes.

The Importance of Medication Adherence

Medication adherence refers to how well patients follow their healthcare providers' prescribed medication plans. For seniors, who often deal with multiple chronic conditions, adherence is not just about taking medicine but taking it correctly - the right dose, at the right time, in the right way. Proper adherence can lead to improved health outcomes, reduced hospitalization rates, and a better quality of life. Conversely, non-adherence can exacerbate health conditions, leading to complications and even life-threatening situations.

Barriers to Adherence

Understanding the barriers to medication adherence is the first step in addressing the issue. Common obstacles for seniors include:

- 1. Complex Medication Regimens:** With age, the number of prescribed medications typically increases, making it challenging to keep track of various dosages and timings.
- 2. Cognitive Decline:** Memory issues, common in senior populations, can lead to forgetting doses or repeating them.
- 3. Physical Limitations:** Challenges like poor eyesight, hearing loss, or difficulty in handling small pills can affect a senior's ability to take medication as prescribed.
- 4. Financial Constraints:** The cost of medications can be a significant barrier, leading some seniors to skip doses or not fill prescriptions.
- 5. Lack of Understanding:** Sometimes, seniors may not fully grasp the importance of their medication regimen, leading to non-adherence.

Strategies for Improving Adherence

To overcome these barriers, a multifaceted approach is needed:

- 1. Simplified Medication Regimens:** Healthcare providers should aim to prescribe the simplest regimen possible, potentially using combination drugs or extended-release formulations. Sometimes you yourself must advocate for this with your prescriber and your insurance carrier.
- 2. Use of Reminders and Organizers:** Pill organizers, alarms, and reminder apps can be invaluable tools to keep track of medications.
- 3. Caregiver Support and Communication:** Assistance with taking medication and clear communication about the importance and proper use of medications can greatly improve adherence. Caregivers and family members can help and manage the entire process if needed.
- 4. Regular Medication Reviews:** Regular consultations with healthcare providers can help in adjusting medication plans as needed and addressing any side effects or concerns. Remember to consult with your pharmacist and ask for a "Comprehensive Medication Review."

Medication adherence is a vital component of senior health and safety. By understanding the barriers and implementing practical solutions, we can significantly improve health outcomes for our elderly population. It is a collaborative effort that involves healthcare providers, caregivers, family members, and the seniors themselves. With the right strategies in place, we can ensure that medication acts as a bridge to a healthier, more vibrant life for our senior citizens.

For more information call 541-743-2700.

What is the Difference Between Dementia and Alzheimer's Disease?

By Marya Kain, MS, CMC, Power of the Heart, Dementia Care Education and Behavior Coaching

In all my years of teaching dementia care, the number one question I still hear is “What’s the difference between dementia and Alzheimer’s disease?” It may be worded like this: “My mother has dementia, no it’s not Alzheimer’s yet.”

“Dementia” is an umbrella term. The definition of the word “dementia” is “memory loss and confusion significant enough to interfere with activities of daily living.” There are over 700 known causes of dementia, and they fall into two main categories: Reversible and Irreversible. Reversible causes include depression, infections, thyroid deficiency, medications, dehydration, malnutrition and many more; while some irreversible causes of dementia are Alzheimer’s Disease, brain injuries, vascular dementia, frontal-temporal lobe dementia, Lewy Body Dementia and Parkinson’s disease.

I am often asked why put someone through the process of diagnosis. “It probably won’t get any better anyway.” There are layers to this answer. When the person is experiencing memory loss and confusion, ruling out reversible causes is an important first step. Asking the doctor or pharmacist to do a risk/benefit analysis of current medications may uncover a heavy load of anticholinergic medications, medications that lower the level of a neurotransmitter important in forming memories and logical reasoning. Some of these medications may no longer be necessary or may be replaced by others with fewer cognitive side effects. In one situation a careful medication review uncovered a clerical error that had resulted in a lowered dosage of the client’s bipolar medication, resulting in a dramatic decrease in her cognition. Just prior to this error, the client had received the diagnosis of

Alzheimer’s disease, and had we not caught the error, it would have been easy to assume that her cognitive decrease was due to her Alzheimer’s. Thyroid imbalances, infections, dehydration, and many other reversible conditions may be discovered by the person’s doctor and relevant labs, and successfully treated.

When this step has been done and the person is still experiencing dementia symptoms, the physician will usually make referrals to a neurologist and a neuropsychologist to help determine what disease process(es) may be causing these symptoms. While reversibility of the symptoms may not be possible, when the disease process is identified, the person’s medical team will be better equipped to prescribe medication and therapies best suited to the individual’s needs.

It is interesting to learn about the diseases and how they change brain function. It is also intriguing to learn about how to reverse the reversible causes. More interesting, and much more important, is learning how to connect with an individual underneath the “umbrella”, beneath the manifestations of the illness. Historically, when we have observed someone we’ve cared about who was experiencing brain changes, our focus has been on the losses; we have viewed the brain changes through a lens of loss and suffering. While this view is not wrong, it is not complete. When we desire connections, we discover strengths. Likewise, when we explore strengths, we find connections. The goal of Power of the Heart: Dementia Care Education and Behavior Coaching is to educate and equip professional and family caregivers to connect with individuals based on their strengths, resulting in higher quality of life for all involved.

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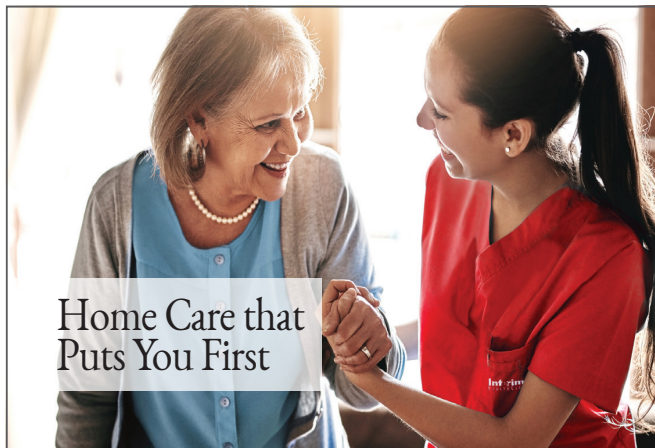
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Forgiveness and Caregiving Decisions

Submitted by Celia's House In Holmes Park

I have the honor taking calls from caregivers and family members who are wanting support for the care of those they love. Often the individual has days to weeks to live and one of the questions that comes is, "Am I making the right decision?" Often the conversation will follow up with issues of regrets and what I could have done better or differently.

In this article, I would like to offer an insight that hopefully will lift the burden of this journey. Simply, every decision you make is the right decision and your greatest value as a caregiver and/or family member is your gift of presence.

Caregiving is hard and can and does take a toll on those in this role, especially if it goes on for a while. It becomes more difficult if one is without support of those around them and when the caregiver is critiquing themselves for past decisions or regrets.

So, for this upcoming year, my wish that everyone, especially caregivers give themselves the freedom to reflect on that every caregiving decision they make is or was the right decision and that your presence is the most precious gift you are giving to those you care for. You may need to make a difference decision tomorrow and that is ok and does make yesterday's decision the wrong one. By doing so, you are giving yourself a gift of passion.

Finally, if you are in a position where caregiving in the home is more than you can handle, the individual are caring for is on hospice, consider having this person at Celia's House where you can be a family member and live the caregiving to a warm, thoughtful group of people who are here to be a support to all concern.

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~Sara Teasdale

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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.

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—Michael Jordan

Why Seniors Should Get Vaccinated Against COVID-19, RSV, and Flu

Submitted by AllCare Health

This year, it is more important than ever for seniors to get vaccinated against COVID-19, respiratory syncytial virus (RSV), and the flu. These viruses can cause serious illness, especially in older adults. The good news is that for the first time ever, there are vaccines available for all three of these viruses. These vaccines are safe and effective, and they can help protect seniors from getting sick.

Improved COVID-19 vaccines for 2023-24 are highly effective at protecting people from serious illness, hospitalization, and death. They are also effective at reducing the risk of Long COVID, a condition that can cause long-term health problems. People over the age of 65 are more likely to be hospitalized or die from COVID-19 than any other age group. Doctors recommend that all people, even those who have been previously vaccinated against COVID-19, should get the improved vaccine.

There is now a vaccine available for RSV, a common respiratory virus that can cause serious illness, especially in infants and older adults. RSV can cause pneumonia and bronchiolitis,

which are infections of the lungs. RSV is the leading cause of hospitalization for infants and older adults. The RSV vaccine is approved for use in adults over the age of 60, is safe and effective, and it can help protect seniors from RSV.

Each year, a new flu vaccine is created especially for the most common strains of influenza making people ill. The flu is a respiratory virus that can cause mild to severe illness, especially in young children, older adults, and people with chronic health conditions. In fact, the flu is the leading cause of death in people over the age of 65. Flu vaccines are safe and effective, and for 2023-24, no longer need an egg-allergy warning. Flu vaccines can help protect seniors from influenza.

Getting vaccinated against COVID-19, RSV, and the flu, is the best way to protect yourself, your friends and relatives, and your community from serious illness. Talk to your healthcare provider about getting vaccinated today.

For more information call 541-471-4106.

When do I sign up for Medicare?

Submitted by Lee Birmingham & Kim Advent-Independent Insurance Agent, Jones & Associates

There can be much confusion regarding your when to sign up for your Social Security and Medicare benefits. You can apply for your monthly Social Security retirement benefit any time between age 62 and 70. When you take the benefit is up to you and should be based on your needs. Medicare benefits - Part A (Hospital Insurance) and Part B (Medical Insurance) generally begins the month you turn 65.

When you turn 65, this is called your Initial Enrollment Period or IEP. It lasts seven months. Starting three months before you turn 65, the month of your 65th birthday and ending three months after your birth month. For those who's birthday is the 1st of the month, Medicare can start the month before your birth month. If you miss your seven-month IEP, you may have to wait to sign up and pay a monthly late enrollment penalty.

If you are not receiving Social Security retirement benefits when you turn 65, you need to sign up for Part A and Part B. Medicare provides your coverage, but you'll sign up through Social Security (or the Railroad Retirement Board) because they need to see if you're eligible for Medicare, including whether

you (or another qualifying person) paid Medicare taxes long enough to get Part A without having to pay a monthly premium. They also process requests to sign up for Medicare Part B.

You should sign up three months before the month you turn 65. Because you pay a premium for Part B coverage, you can turn it down. However, if you enroll later, you may have to pay a late enrollment penalty unless you had qualified coverage through a large group employer plan.

If you are already getting benefits from Social Security, you'll automatically get Part A and Part B starting the first of the month you turn 65 and you will receive your Medicare card three months before your 65th birthday. The Part B premium will be withheld from your Social Security check each month so your "take home" benefit will be less. If you are not taking your Social Security benefit you will be mailed a bill from Medicare quarterly for your Part B premium and monthly for your Part A premium if you do not qualify for premium free part A.

For more information call 541-733-9567.

Maintaining A Current Photo ID: A Simple but Necessary Piece for Planning Ahead

Submitted by Mid Rogue Imaging Center

Whether it is a driver license or a passport, an up-to-date government issued photo ID is a must for adults today. A proper ID is absolutely necessary to handle some personal business. However, many older adults overlook this priority. Some who no longer drive or don't expect to travel abroad may think an updated driver's license or a valid passport is not necessary. That is a huge mistake!

But, keeping your ID up to date is very important! You may need to prove your identity in order to execute certain legal documents that must be notarized. Most times a notary must require that the document signer produce a current ID to prove his or her identity. Without a current ID, the notary's work becomes very complicated, and the process can be impossible.

Here is a situation encountered too many times:

Ed went to the hospital and now needs to go to a rehab facility. He is unable leave the hospital to go to the bank or deal with his finances. He asked his daughter, Sue, to help him. Sue went to the bank to access his account

and was told she needs a power of attorney. Together Ed and Sue call their attorney to get help. Ed understands what is going on and wants a power of attorney so Sue can help with his affairs.

Before the attorney can execute any documents with Ed, they ask him if he has a current ID. Ed says he hasn't driven for a while and driver's license expired years ago! He and Sue talked about getting a state ID instead. With Homeland Security changes, Ed had to produce several forms of ID in order to bring his state ID current – even if it wasn't for a driver's license. Ed thought it was a hassle, so they put it off. Now that he can't leave the hospital and go to a government office in person, there's no way to get a new ID issued.

Without a current ID, and no way to obtain one, the process of executing a power of attorney for Ed has become almost impossible. Sue is unable to do anything, and the notary is restricted by law from notarizing a document without knowing Ed personally or seeing his ID.

For more information call 541-472-5154.

AllCare PACE

Have you heard about PACE? It's a new program for seniors in the Rogue Valley that helps them stay healthy and independent in their own homes.

PACE stands for the Program of All-inclusive Care for the Elderly. The PACE program provides a wide range of services, including medical care, social services, transportation, and meals. PACE is a great option for people who want to avoid going to a nursing home.

AllCare PACE is the only program of its kind in southern Oregon, is centrally located in Grants Pass, and serves residents of the Rogue Valley. Door-to-door transportation is provided by dedicated drivers in specially equipped vehicles.

To be eligible for PACE, you must be 55 or older and need a nursing home level of care. You must also live in the PACE service area.

PACE benefits include:

- all the medical care you need, including doctor's visits, hospital stays, and prescription drugs.
- social services, such as help with meals, transportation, shopping, and in-home care.
- transportation to and from the PACE center and medical appointments.
- day center activities and specialized meals.

All this can be at no cost to you if you qualify for Medicare and Medicaid, and meet basic eligibility. There are also private pay options.

PACE is a great option for people who want to stay healthy and independent in their own homes. If you're interested in learning more about PACE, call AllCare PACE at 541-474-8000 or visit our website for a virtual tour www.allcarehealth.com/allcare-pace.

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Robert Frost (1874-1963)



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Macular Holes

By Dr. Lisa Leishman, M.D., Retina Care Center

Macular holes are a condition of the retina which can cause central vision loss. Macular holes usually occur in the fovea, the most central part of the macula which is the part of the retina most responsible for detailed, fine vision, for example, the vision most needed for reading or to make out facial details.

Macular holes form when the vitreous gel within the eye starts to change. It becomes less viscous over time and can elevate from the back of the eye. In some individuals, the gel is very adherent in certain parts of the retina, such as the fovea. If the gel is too adherent, as it lifts it can pull a small section of the retina up with it, creating a hole.

This occurs most commonly in people over the age of 55, and slightly more commonly in women, although it can occur in other demographic groups. Some of the other risk factors include a history of retinal tear or detachment, diabetes, retinal vein occlusion, or uveitis or inflammation in the eye.¹

If a macular hole develops, visual symptoms can become evident. For example, people may have distorted, blurred or missing vision or they may have new floaters or small objects floating in their visual field, or flashing lights may occur. If people notice changes in their vision, they should be evaluated by an eye care specialist.²

A retina specialist can evaluate a person for macular holes, or for other eye or vision problems with a dilated eye exam and often with imaging called an OCT which can be used to evaluate the macula using cross-section views to see if the layers of the macula are intact, or if a hole has developed.¹

If a macular hole develops, the most common method of treatment is a surgery called vitrectomy. During vitrectomy, the vitreous gel is removed from the eye as are other causes of the macular hole formation. Additionally, a temporary gas bubble is placed in the eye to help the retinal cells to heal. Following the surgery, people may have to keep their head in a certain position to maximize healing.²

There is a high success rate for recovery with surgical treatment of macular holes with a success rate of over 90%, although the amount or quality of vision regained can be variable and as with all surgeries there are potential complications. Treating the macular holes early is important because long-standing holes have a lower rate of successful surgical closure.

There are instances where people have very small macular holes that do not significantly affect their vision and they may choose to monitor it, and this is case dependent.

As with all issues related to eye health, it is important to have regular eye care including dilated fundus exams and to call eye care providers for new changes in vision such as new flashes, floaters or other vision change. Please call your retina specialist with any questions or concerns.

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For more information call 541-842-2020.

The Visual System and How it Works - Made Simple

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

Vision development or functional theory views visual process to be an activity involving four parts, i.e., an input, the integration of stored prior experiences, an output, and a feedback. Simply; Sight is input and Vision is output.

Additionally, classical theory compares the human eye to a camera, with its lens system, iris and retina. School texts still printed show inverted images on the inside of eyeballs, some of which are too long or too short, or warped, giving rise to labels of myopia, hyperopia, astigmatism respectfully. If anything, the camera should be compared to the eye, since, the latter existed before the camera. Even so, no man made camera has ever remotely resembled the exquisitely complex structure or functioning of the human eye.

Current theory sees the retina of the human eye, with its more than 100,000,000 photo receptors, pulsating on and off at any given moment, producing a pattern. Each retinal pattern corresponds to an individually unique distribution of light intensity reflected in the scene viewed. It has been estimated that a maximum of a billion on-off impulses can flow from just one eye to the central nervous system each second; another billion from the other eye! Each eye transmits as much information to the brain, in terms of on-off impulses, as all the rest of the body! Unlike classical texts infer; No actual picture per se goes to the brain from the eyes; Rather only light impulses are transmitted, and the brain interprets this electronic information, usually in 3D and as a group area surrounding the object being viewed. Additionally, the storage of all this information is phenomenal and recall of the information nothing short of a miracle.

Ideally, once the eyes are aligned, an individual can center on a primary object focused on, or any object in the periphery. This process, then, allows the individual to know where things are in relation to where he or she is. Another way of putting this is: by aligning eyes a person can center on anything, either visually or through the other senses, and know where he/she is and where things are in his or her environment. When there is interference in this process, for whatever reason, the individual will compute the location of objects in error and as a result there will be serious loss in his/her stability in space, negatively effecting feelings of both security, and efficiency of visual information being processed. Hence an individual insecure in their space, is insecure in their own ego, negatively effecting how a person experiences their environment.

An optical clinic strives to provide the exact prescription that allows the visual system to function at the highest level possible. Studies show visual function can be impeded by an eyeglass Rx that is either too strong or too weak. Further, since "eyes are not disconnected from the body" assessing general health conditions may lead to advising an individual to follow a nutritional regimen and/or have visual therapy further supporting the eyes and preventing degeneration of the visual system.

If a person has a condition not within our expertise, we gladly refer for specialized care, I.E., medications, therapies and/or surgery etc.. We are here to support not only your vision, but how you experience your life.

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Exploring the Health Benefits of Theanine for a Serene Life

By Tyler Giles, HealthWay Nutrition Center

In the journey toward better health and well-being, sometimes the most effective solutions come from nature's own treasury. Enter theanine, a natural compound found in tea leaves, particularly green tea, that has been quietly offering a myriad of health benefits. For those seeking a gentle path to relaxation and improved mental well-being, theanine might just be the missing piece to your wellness puzzle.

Understanding Theanine

Theanine, also known as L-theanine, is an amino acid that has captured the attention of health enthusiasts for its potential to induce a state of calm without the sedative effects often associated with other relaxation aids. Found in small amounts in tea leaves, theanine has become a staple in natural medicine, celebrated for its role in promoting relaxation and mental clarity.

Stress Reduction Without Sedation

One of the key health benefits of theanine lies in its ability to reduce stress. Studies suggest that theanine can influence brain function by increasing alpha brain wave activity, associated with a state of alert relaxation. This makes it an ideal choice for those seeking a natural, non-disruptive solution to manage stress in their daily lives.

Improved Sleep Quality

As we age, the quest for a restful night's sleep becomes increasingly important. Theanine has shown promise in improving sleep quality by promoting relaxation without the grogginess that often accompanies sleep aids. For individuals looking for a gentle remedy to enhance their sleep routine, theanine presents itself as a natural alternative.

Cognitive Clarity and Focus

Beyond its calming effects, theanine has also been linked to cognitive benefits. Some studies suggest that the compound may enhance attention, memory, and overall cognitive function. For those looking to maintain mental acuity and focus, theanine proves to be a worthy ally.

How to Incorporate Theanine

Theanine is conveniently available in supplement form, making it easy to incorporate into your daily routine. It's available in pills, chewable and powders, making it easy to integrate into your everyday life. Theanine is considered best taken on an empty stomach for optimal absorption, with calming effects often noticed within 30-60 minutes.

Conclusion

In the pursuit of a serene and balanced life, theanine emerges as a natural ally, offering a range of health benefits without the drawbacks associated with certain pharmaceutical and even some natural solutions. As we age, prioritizing our mental and emotional well-being becomes paramount. Theanine, with its stress-reducing, sleep-enhancing, and cognition-supporting properties, provides a gentle yet effective means to achieve this balance. As always, before adding any supplement to your routine, consulting with a healthcare professional ensures a personalized and safe approach to well-being. Embrace the hidden harmony of theanine and let it guide you toward a more serene and fulfilling life.

For more information call 541-772-8659.

Keeping Your Health On Track

Submitted by Siskiyou Community Health Center

Adults over 60 appear to be busier and more active than ever. They may be helping with grandkids, working or volunteering, and enjoying a packed social calendar. Life is just full of too many special, not-to-be-missed moments to spend time thinking about your health, right? Not exactly.

The National Council on Aging (NCOA) says that 95% of adults 60 and over have at least one chronic condition, and almost 80% have more than one.* This means now is the time to take action to make sure your health is on track.

Some of the most common chronic conditions include high blood pressure, high cholesterol, arthritis, heart disease, and diabetes. Though each of these conditions may be intimidating, there are great ways to manage each one, and Siskiyou Community Health Center can help. Even if you do not have the above mentioned conditions, you may be at risk if you're not following routine medical care visits. Through proper evaluation and health maintenance in general, our providers can help reduce your risks now and in the future.

A few of these tips we've all heard before, such as not smoking and limiting alcohol, both of which are even more important when facing a chronic condition. So, even if none of these conditions are on your radar, consider limiting or eliminating smoking and alcohol to put you on a good path. Again, your providers can assist you so you don't feel you are overcoming this alone.

Yes, cheesecake is delicious, but it's important to watch those splurges and maintain a healthy weight and engage in regular physical activity. As an example for diabetes, exercise

will reduce blood glucose (sugar in your blood) levels and help you lose weight. If you don't have diabetes, maintaining a healthy diet will help reduce your risk, as proper nutrition is the route for preventative solutions. For heart disease, ensure you have some cardio in your regular routine and avoid foods high in fat, salt, or sugar. In addition, those with arthritis can exercise to decrease pain and manage their weight for better outcomes.

Maybe you've read this far and you already know all of this. Maybe you're in the best shape of your life, eating well and getting regular exercise. But there is still more you can do for your overall health. Examples can be reducing your stress, getting lots of rest, and following all recommendations on any prescriptions you might be taking.

As the saying goes, true wealth is your health, and we're here to help you live your best life possible. Siskiyou Community Health Center offers primary care, walk-in clinic, dental services, pharmacy, behavioral health, laboratory, and radiology services. We have clinics in both Grants Pass and Cave Junction that offer compassionate, professional staff and providers. Our goal and mission is to serve anyone, regardless of insurance status or ability to pay. Call (541) 472-4777 in Grants Pass or (541) 592-4111 in Cave Junction to schedule an appointment today, or visit our walk-in clinics without an appointment.

*<https://www.ncoa.org/article/the-top-10-most-common-chronic-conditions-in-older-adults>

When Your Loved One Needs Safety, Compassion and Dignity

Submitted by John Chmelir of Kinsington Memory Care Communities

The day may come when a beloved family member is no longer safe at home because of dementia-related behaviors or loss of cognitive function. While most elders prefer to live at home, at some point, it is often beyond the capacity of family to provide the continuous care necessary to meet their needs and schedule.

At that point, a **Residential Care Facility - Memory Care Community** might be the right choice. Several factors are important in the decision process.

Resident Activities - Engaging memory care residents with numerous activities such as group song fests, balloon bowling, puzzles, bingo, card games, movies, guest musicians, and performers. While monitored by humorous caregivers who add meaning and recreation to their lives.

Comfortable Home-Like Setting - Bright cheerful décor with a secure outdoor activity area is important. A kitchen centric residence provides familiarity which is essential to settling into a new home. A comfortable residence room is important, as well as having various spaces to socialize with other residents or visiting family and friends. Having an option to watch TV or

relax in a cozy quiet space with a favorite beverage. Memory Boxes mounted outside of resident rooms are personalized with pictures and mementos of their life. That is comforting and helps them recognize their personal space.

Home-Cooked Meals Served Family-Style Much like meal time in your home, the kitchen and dining areas are the center of participation and connection where residents gather to eat, socialize, and participate in activities.

Understanding dietary needs is important for residents' daily well-being. Including knowledge of residents' preferences, so they can look forward to meals.

Personal Assistance with Activities of Daily Living. At some point every Resident will require help with almost every aspect of daily living; toileting, bathing, eating, hygiene, dressing. Make sure to understand if those services are included in a flat rate for room, board, and service, or billed as an additional expense. If not included, then plan on those amounts in addition to the inexpensive move-in rate that can soon increase dramatically with service charges.

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