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-Marya Kain, MS, CMC

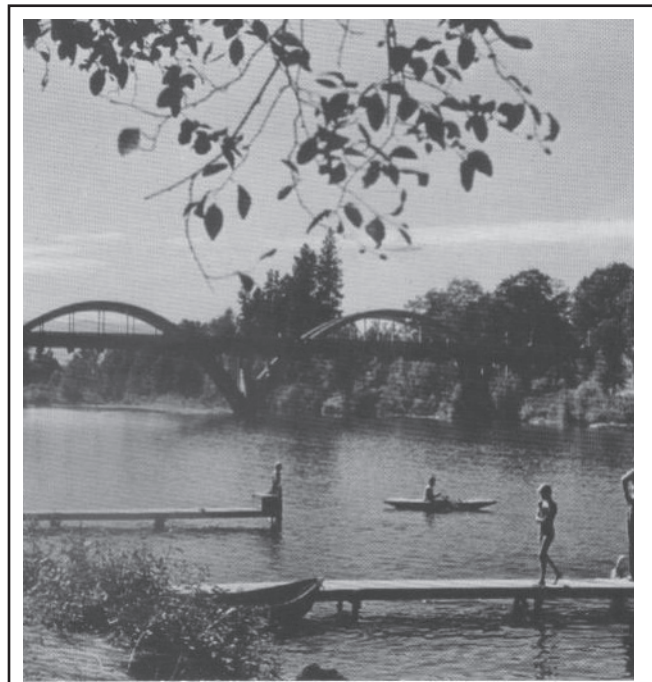
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Benefits of Getting Outside for Seniors

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.

The Circle of Care: Why Collaboration is Essential in Supporting Our Elders

Submitted by Right at Home

Caring for an aging loved one is never a solo act. It's more like a relay race with multiple hands passing the baton—and when the handoffs are smooth, the older adult thrives. When they're not, families can feel overwhelmed, patients get lost in the shuffle, and critical needs slip through the cracks. The reality is that in-home care, physicians, home health providers, aging life care professionals, and family members each play indispensable roles. The challenge—and the opportunity—is getting all of these pieces to work in concert.

Doctors: The Anchors of Medical Oversight

For many older adults, the physician is still the quarterback of their healthcare journey. Doctors provide diagnosis, prescribe medication, monitor chronic conditions, and set the medical game plan. But even the best physicians only see patients during appointments. They rely heavily on accurate, timely feedback from those in the home to know what's really happening day to day.

Home Health: The Clinical Bridge

Home health nurses and therapists step into the gap between the doctor's office and the patient's living room. They handle wound care, IVs, rehab exercises, and other medical services that families or caregivers can't manage alone. Think of them as the "field team" carrying out the doctor's orders. But their visits are often time-limited and episodic.

In-Home Care: The Daily Eyes and Ears

Professional caregivers are the constant presence in many elders' lives. They help with bathing, meals, mobility, medication reminders, and companionship. Importantly, they are often the first to notice small but telling changes: a sudden loss of appetite, increased confusion, or swelling in the legs. When shared promptly, these observations can prevent emergencies.

Families: The Glue that Holds it Together

Even with all these professionals involved, families remain central. They provide emotional support, advocate for their loved one, and often act as the communication hub. But managing multiple players—doctors, home health, caregivers—can be exhausting. Families need clarity, coordination, and reassurance that everyone is rowing in the same direction.

Aging Life Care Professionals: The Navigators

This is where Aging Life Care Professionals, sometimes called geriatric care managers, bring enormous value. They act as navigators through the maze of healthcare, housing, financial, and social decisions. They coordinate services, translate medical jargon, and help families make informed choices. For complex cases—like a parent juggling dementia, mobility challenges, and multiple specialists—their guidance can reduce stress and ensure nothing falls through the cracks.

Why Collaboration Matters

When all of these groups communicate openly, the results are striking. A caregiver reports new swelling, the family relays it to the doctor, the care manager coordinates with home health, and adjustments are made quickly. A fall is prevented, a hospitalization avoided. Conversely, when communication breaks down, small issues snowball into crises.

Building the Support System

So how do we make this circle of care work better?

- Create clear communication channels. Families should know exactly how to reach the doctor, home health, care manager, and in-home care agency.
- Encourage caregivers to document observations. A simple daily log can be invaluable.
- Hold regular check-ins. Even brief calls among family, caregivers, and professionals prevent misunderstandings.
- Recognize each role's value. Doctors provide expertise, home health delivers skilled care, caregivers give daily support, care managers connect the dots, and families offer love and advocacy. None can replace the others.

The Takeaway

The future of elder care isn't about one service doing it all. It's about the network working together seamlessly. When doctors, home health, caregivers, families, and Aging Life Care Professionals collaborate, older adults live not just longer—but better. And that, ultimately, is the goal: dignity, safety, and quality of life for those who have given so much to us.

For more information call 541-414-0800.

Protecting Your Independence: Smart Safeguards Against Scammers

By Corey Donovan, Owner, Home Instead Senior Care

Fraud can happen to anyone, but older adults are often targeted because scammers assume seniors are trusting, polite, and financially established. The encouraging truth is that a few steady, simple habits can greatly reduce your risk. The goal isn't to live in fear—it's to stay informed, pause when something feels "off," and lean on trusted supports when needed.

Most scams rely on urgency, secrecy, and confusion. A common warning sign is pressure to act immediately, such as threats that you will be arrested, lose benefits, or face a serious consequence if you do not comply "today." Another frequent tactic is insisting you keep the matter private: "Don't tell your family, "Or "Don't talk to your bank." Be cautious of requests for unusual payment methods like gift cards, wire transfers, cryptocurrency, or sending cash with a courier. These are classic hallmarks of fraud because they are difficult to trace and rarely used by legitimate organizations.

Impersonation scams are also increasingly common. A caller may claim to be from Social Security, Medicare, your bank, a utility company, or even law enforcement. Others pose as a grandchild or family member in distress, asking for money quickly and pleading for secrecy. In many of these situations, the caller sounds convincing and emotionally compelling—because that is the point. Scammers count on decent people responding quickly to fear or compassion.

When you receive a call, text, email, or letter that creates urgency or anxiety, the safest response is to slow the situation down. Hang up or step away and verify independently. If someone claims to be from an organization, call the organization back using a trusted number—one printed on your statement, on the back of your card, or found through an official website.

Do not rely on a number the caller gives you. If the person becomes angry, pushy, or tries to keep you on the line, treat that as a serious red flag.

A practical, protective habit many families use is a "two-person rule." For any major financial decision—sending money, changing beneficiaries, signing documents, or allowing a new contractor into your home—pause and consult a trusted person first. This could be a family member, a close friend, or a professional advisor. You never need to apologize for taking your time. In fact, taking your time is one of the strongest defenses you have.

Fraud prevention is not only about avoiding scams—it is also about building a safe circle of support. Hiring licensed and insured care agencies with sterling reputations is a strong best practice, especially for older adults who need assistance at home. Reputable agencies screen caregivers, provide training, and follow clear policies that reduce opportunities for financial exploitation. In addition, guidance from certified care managers, trust and estate attorneys, and—when appropriate—guardians can add important layers of protection. These professionals can help set up practical safeguards such as trusted contact plans, durable powers of attorney, and financial boundaries that preserve independence while reducing risk.

If you suspect fraud, speak up right away. Save voicemails, emails, receipts, and envelopes, and tell someone you trust as soon as possible. Many people feel embarrassed when they realize they have been targeted, but shame only helps the scam continue. You are not alone, and you are not to blame. The sooner you reach out, the easier it is to stop further harm and prevent it from happening again.

For more information call 541-734-2700.

Choosing Comfort and Independence: How Home Care Supports Seniors

Submitted by Family Resource Home Care

As people age, one goal rises above the rest: maintaining independence. Research consistently shows that older adults who can stay in their own homes experience higher satisfaction, greater self-esteem, and even better overall health. Yet independence doesn't mean going it alone. In fact, one of the greatest risks to seniors' well-being is loneliness — a challenge that can have real consequences if left unaddressed.

The Science of Aging and Independence

Aging in place offers emotional and psychological benefits. Studies from the National Institute on Aging have found that seniors who remain in familiar surroundings show lower stress levels and a stronger sense of identity. Home is more than four walls; it is a source of comfort, history, and daily routine that fosters stability.

But independence can also come with hidden risks. Loneliness and social isolation are linked to higher rates of depression, cognitive decline, and even heart disease. The Centers for Disease Control and Prevention notes that prolonged isolation can be as damaging to health as smoking or obesity. For many families, the challenge becomes finding a balance: helping loved ones remain at home while ensuring they stay engaged, connected, and safe.

Companionship as a Key to Wellness

While safety and physical support are often the first concerns, companionship is equally vital. Conversation, shared meals, and simple activities like playing cards or going for a walk can lift spirits and reduce feelings of isolation. Social interaction doesn't just brighten the day — it stimulates the brain, strengthens memory, and encourages physical activity, all of which are essential to healthy aging.

This is where home care shines. Professional caregivers provide practical help such as meal preparation, personal care, and transportation, but

they also bring the human connection that keeps loneliness at bay. A friendly face, a listening ear, and the presence of someone who genuinely cares can transform a senior's daily experience.

The Role of Family and Care Teams

Family members often step into caregiving roles out of love, but balancing work, children, and other commitments can make it difficult to provide consistent companionship. Over time, this strain can lead to stress or guilt, especially if a loved one feels isolated. Supplemental care helps bridge that gap, ensuring seniors have both family involvement and regular companionship from trained caregivers.

For many seniors, these relationships become trusted friendships. Caregivers often learn clients' favorite hobbies, meals, and stories, creating bonds that nurture both emotional and physical well-being. Families, in turn, gain peace of mind knowing their loved one is not only safe but also socially engaged.

A Balanced Approach to Independence

The goal of home care is not to replace independence but to enhance it. Seniors continue to live on their own terms — choosing routines, enjoying familiar surroundings, and maintaining control over daily life — while receiving just enough support to keep them safe and connected. This balance allows older adults to age with dignity while preserving the joyful aspects of life.

Looking Ahead

As our population ages, more families are recognizing that independence and connection go hand in hand. Aging at home can and should be both safe and fulfilling. By addressing the practical needs of daily living while nurturing companionship, home care offers a path forward that protects health, strengthens relationships, and ensures no senior has to face aging alone.

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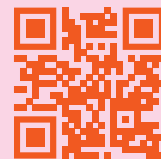


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Celia's House nonprofit residential hospice care

Challenges of Home-Based Hospice Care

Caring for a terminally ill loved one at home can be demanding and emotionally difficult. Family or friends provide most daily care, with hospice professionals, such as nurses or social workers, usually visiting only weekly. Limited outside help can often leave caregivers overwhelmed by medical, emotional, and practical challenges.

A Supportive Residential Alternative

When care in the home is not possible, Celia's House offers a compassionate solution.

We provide an intimate, residential setting that blends the warmth of home-like accommodations with a highly skilled, dedicated caregiving team. More than 100 trained volunteers work alongside professional staff to ensure continuous support, comfort, and care for every resident.

The comprehensive care at Celia's House goes beyond medical needs, encompassing emotional, social, and spiritual support at all hours. This approach allows families to spend meaningful quality time with their loved ones, free from the exhausting responsibilities of hands-on caregiving. Many families describe Celia's House as a second home—a place where they can share precious moments and focus on what truly matters.

Our Commitment to Quality End-of-Life Care

At Celia's House, we provide end-of-life care that prioritizes comfort, compassion, and pain relief. Our approach ensures that every individual is treated with dignity and respect, honoring their unique identities and traditions as they approach life's final chapter.

Financial Accessibility

If you were to ask any caregiver—whether a CNA, RN, or volunteer—about which hospice resident is receiving financial assistance, most would not be able to answer. This is because our team is wholly focused on delivering the highest quality of life and compassionate care to every individual, regardless of their financial situation. No resident is turned away due to an inability to pay, ensuring that every person receives the support, dignity, and comfort they deserve during their final days.

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Thomas Paine (1737-1809)

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HEALTH AND MEDICAL

Focusing Self Care Efforts on Managing Energy

Submitted by: *Marya Kain, MS, CMC, Abundant Life Care Management
Personalized Aging Life Care Management*

For family caregivers, the idea of time management and scheduling “self care” often elicits an internal eyeroll. A schedule of appointments, medications, and unpredictable needs leaves no extra time, and constant high alert drains vital energy reserves.

Caregiving is a marathon, not a sprint. Consider sustaining long-term care by trading time management for **energy management**. Protecting and renewing your physical, emotional, mental, and spiritual reserves is the most vital task on your schedule.

1. Physical Energy

The constant demands of caregiving—late nights, lifting, and activity—deplete you.

- **Prioritize Sleep/Rest:** If a full night’s sleep is impossible, build in small, intentional rest periods.
- **Time Out:** Ask a friend to help or hire a professional caregiver for a regularly scheduled afternoon or a weekend away.
- **Move Your Body:** A 15-minute walk or gentle stretching can boost energy.
- **Fuel Wisely:** Avoid the energy spikes and crashes from sugar and caffeine. Focus on consistent nourishment and hydration.

2. Mental Energy

The mental load includes managing logistics and making complex decisions.

- **Boundary Setting:** Turn off notifications during self-care and recognize you cannot be available to everyone.
- **Delegate and Focus:** Focus your energy on tasks that are of your highest and best use. Delegate activities that someone else could do, and be willing to let go of the outcome.
- **Invite Professional Guidance:** An Aging Life Care Manager can help you identify goals and plans, and help you delegate to the care team. Having structure brings calm and eliminates worry, allowing you to focus on moments of joy.

3. Emotional Energy

You may be dealing with emotionally charged situations and complex grief.

- **Assess Your Caregiver Burden:** Ask your Aging Life Care Manager to conduct a caregiver burden assessment with you, and to help you create a plan to reduce your burden score.
- **Acknowledge and Process Emotions:** Suppressing feelings like sadness, anxiety, or resentment drains your emotional battery. Find a safe space—your Aging Life Care Manager, a counselor, support group, or trusted peer—to process your experience.
- **Recognize and Validate Grief:** We grieve many kinds of loss, including the loss of a desired relationship or control. Validate your accompanying emotions (denial, anger, resentment, guilt, bargaining, depression); while uncomfortable, they are a healthy part of the process.
- **Seek Connection:** Isolation is a major energy drain. Reach out to your support network for mutual support.
- **Compassionate Self-Talk:** You are doing vital, life-sustaining work, often with “exceptional skill, empathy, and grace.”

4. Spiritual Energy

This is the sense of purpose and connection that grounds you. Disconnection from your purpose makes small tasks feel monumental.

- **Find Your Why:** Clarify what really matters to you, why you do what you do, and how you want to be remembered.
- **Connect to Your Highest Self:** This may be through spiritual or religious rituals, art, music, journaling, nature, or self-care mantras.
- **Micro-Moments of Joy:** Incorporate activities that replenish your spirit, such as listening to music, tending to a plant, laughing with your loved one or enjoying a cup of tea.

The goal of energy management is not fitting more into your day, but ensuring you have the reserves to meet your loved one’s needs without sacrificing your health. By deliberately protecting your energy, you ensure you have what it takes to thrive throughout the caregiving marathon.

For more information call 1-458-544-0303.

Home Health vs. In-Home Care

A guide for families, caregivers and professionals

When to Use Each Service

Home Health: After hospitalization of surgery; for wound care, IV therapy, rehab or physician-directed skilled nursing

In-Home Care: For daily living needs, companionship, medication administration, chronic condition support or respite care.

A Combination: For clients needing both clinical oversight and daily living support (e.g. clients with ALS, dementia, complex chronic illnesses).

	Home Health (skilled medical)	In-Home Care (including comprehensive model*)
Type of Support	Skilled care under physician oversight	Daily living support (housekeeping, meal prep, bathing, dressing, toileting, transferring and mobility)
Referral Required?	Yes, by a physician	No, services can start at any time
Staff	RNs, LPNs, therapists (PT/OT/ST), home health aides	Caregivers, CNAs, RN-supervised staff
Duration	Short-term, goal focused (rehab, post-surgery)	Long-term or flexible (from a few hours a week to 24/7)
Payment	Medicare, Medicaid, private insurance	Private-pay, long-term care insurance, Medicaid, ODDS, VA benefits
Primary Focus	Recovery and clinical outcomes	Maintaining independence and quality of life

* Comprehensive model may include, but is not limited to, medication management/administration, G-tube, trach care.

For more information call:

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Staying Independent at Home: Simple Tools and Small Home Updates That Make Aging Easier

Submitted by Black Oak Home Medical, Black Oak Pharmacy & Shady Cove Pharmacy

For many adults in Southern Oregon, the goal of “aging in place” isn’t just about staying home. It’s about staying safe, confident, and independent in the home they love. The good news is that maintaining independence doesn’t always require major renovations or expensive equipment. In fact, a few thoughtful updates and the right tools can make everyday life easier, safer, and far more comfortable.

Professionals who work in home medical equipment and pharmacy care support seniors every day, helping them choose solutions that promote independence—whether that’s a mobility aid, safer bathroom setup, or a better system for managing medications. With personalized guidance, seniors can take meaningful steps toward thriving at home for years to come.

Start With the Basics: Create a “Healthy Home”

Small environmental adjustments can have a big impact on safety. Consider starting with:

Better lighting. Add brighter bulbs, nightlights, and motion-sensing hall lights. Good lighting reduces falls, which is one of the leading reasons older adults lose independence.

Reduce trip hazards. Remove loose rugs, secure cords, and simplify high-traffic areas. If bending is difficult, long-handled reachers can help.

Add stability where it matters. Grab bars in the bathroom, shower chairs, toilet seat risers, and non-slip mats make the bathroom (one of the highest-risk rooms) significantly safer. These small changes cost little but dramatically improve confidence at home.

Mobility Tools That Support Independence

Maintaining mobility is essential for staying active and preventing falls. Today’s mobility solutions are lighter, more comfortable, and easier to fit than ever.

Rolling walkers, canes, transport chairs, and mobility scooters can help seniors stay social, attend appointments, or simply move safely around the house. Many local home medical equipment providers offer fittings to ensure the correct height, size, and support.

Lift chairs are another popular option. These chairs gently lift users to a standing position, reducing strain

on joints and offering stability for those with arthritis, chronic pain, or balance concerns.

Make the Bathroom a Safe Haven

Falls often happen in the bathroom, but the right equipment makes a world of difference:

- Shower benches or chairs
- Handheld showerheads
- Grab bars (temporary or installed)
- Elevated toilet seats
- Bath safety rails
- Non-slip flooring solutions

A trained professional can help compare options and find equipment that suits your space, mobility needs, and budget.

Medication Management:

A Simple Way to Stay Independent

Medication mix-ups are a common cause of hospitalization among older adults. Local pharmacies often provide services and tools that make managing medications easier and safer, such as:

- Medication synchronization (all medications ready on the same day)
- Bubble packaging for easy, accurate daily dosing
- Curbside pickup & local delivery
- Immunizations, including high-dose flu shots and vaccines recommended for older adults
- Compounding services for customized dosing or easier-to-take formulations

These services reduce stress and help seniors stay safely on track with their health.

Why Local Support Matters

While online shopping is convenient, home medical equipment is best purchased locally, where experts can help ensure proper fit, safe setup, and ongoing assistance. Personalized care makes a meaningful difference, especially for older adults who want to remain independent.

Whether it’s selecting the right walker, installing grab bars, choosing a lift chair, or improving medication safety, local professionals are here to help.

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~ Theodore Roosevelt

HEALTH AND MEDICAL

Why You Win When You Work With a Licensed Insurance Agent to Enroll in a Medicare Plan

by Beata Chapman, M.A.

Some people think it's better to work with a volunteer agency or to enroll themselves in Medicare rather than to work with a licensed agent. There are excellent friends, neighbors, and volunteers here in Oregon, I take away nothing from them. However, there are solid reasons why you should consider working with a local, licensed insurance agent when you look at your Medicare choices and enroll in a plan.

Only licensed insurance agents can enroll you in a Medicare plan because licensed agents have passed a state examination, been fingerprinted, and are licensed by their State to enroll beneficiaries in Medicare insurance plans. In addition, only licensed agents are required to pass an annual examination about Medicare compliance and requirements and to receive training and pass an examination every year in each plan they represent to ensure that we know the plans and can fully inform clients in a way that follows the complex Medicare rules and plan details. Only licensed agents are required to carry insurance for errors and omissions.

When you enroll yourself or with a friend or volunteer organization, they might be very helpful, but they cannot compliantly recommend the best plans for you, they cannot work with your insurer to help you solve problems after you enroll (such as if you get denied a treatment you think should be covered, or you get a bill that you don't feel you owe under your plan). A licensed agent receives a commission from the insurance carrier when you enroll with them so that they can back you up with this kind of

personalized service and advocacy throughout the year. Commissions are regulated by Medicare, and all insurers give the same annual commissions, so your agent does not receive more depending on the plan you choose.

A local licensed agent lives in your community. We are your neighbors, friends, fellow volunteers in local nonprofits, and we support the businesses in our local community with our earnings just like you do. Local insurance agents care about the community they live in and are accountable to neighbors and friends for the quality of the work we do, so the motivation is to have everyone select the best plan for them regardless of any benefit to the agent. I want my friends and neighbors to be happy and well taken care of!

Best of all, and this is important, following Medicare rules, no licensed agent charges anything for their services. All agent services are at no charge to you, so in that way it's no different from your friend or neighbor or a volunteer agency, except that your agent is licensed and certified in every plan they represent. There is no cost and all reward when you work with a local insurance agent to explore your choices and choose your Medicare health plan each year. For the same cost (no cost), you get expert research and personalized guidance, and you get an agent of record who can stand behind you all year long. Really, it's a deal that's hard to beat!

For more information call 541-625-0870.

Are you taking too much calcium?

Submitted by Healthway Nutrition Center

For decades, calcium has been the poster child of bone health. It's a vital mineral—about 99% of the body's calcium resides in our bones and teeth, giving them structure and strength. The remaining 1% circulates in blood and soft tissue, supporting muscle contraction, nerve signaling, and hormone release. Without enough calcium, bones weaken, leading to osteopenia or osteoporosis, especially in postmenopausal women.

But while calcium's importance is undisputed, how much we actually need—and how best to get it—has become a point of growing controversy. Many doctors and supplement brands still recommend 1,000 to 1,500 milligrams of calcium per day, often implying that this amount should come from supplements alone. The problem? That advice is outdated and, in many cases, excessive.

The confusion between total intake and supplements

Current scientific consensus is clear: adults need around 1,000 to 1,200 milligrams of calcium per day total, including both food and supplements combined. Most people who don't already supplement calcium consume 600–900 milligrams from diet alone, particularly if they eat dairy, fortified plant milks, or leafy greens. Adding another 1,000 to 1,500 milligrams from supplements can push total intake above the recommended upper limit of 2,000–2,500 milligrams—levels associated with kidney stones, digestive issues, and even possible cardiovascular risks.

The confusion dates back to the 1990s and early 2000s, when research first linked calcium intake with bone strength and lower fracture risk. While some high-dose supplementation studies did show small improvements in bone density—mainly in people who were severely deficient—later research has questioned whether such doses are necessary for the average adult. Many medical guidelines from that era used simplified language like “take 1,200 mg of calcium daily,” without clarifying that this was meant as total intake, not supplemental dose. That simplification stuck—and it's still echoed today in

doctor's offices, pharmacy handouts, and supplement marketing.

Today we recognize that there's nothing to gain from excess calcium, but there may be something to lose.

What the evidence says now

Large reviews over the past decade have found that increasing calcium intake above the recommended range does not significantly reduce fracture risk. The BMJ (2015) and Cochrane reviews concluded that there's little to gain from excessive-supplementation and that focusing on getting enough calcium, vitamin D, and weight-bearing exercise is more effective for bone health.

Today, leading health authorities such as the National Institutes of Health and the Endocrine Society emphasize “food first” strategies. In most scenarios, supplements are meant to fill a gap, not replace or exceed dietary intake. If a person's diet provides 800 mg of calcium, for example, a modest 300–400 mg supplement is usually sufficient. Those avoiding dairy or managing other dietary restrictions may require greater supplementation than most—it's all about customizing the dose to your specific dietary patterns.

Here at HealthWay, we'd like to see change in three key areas. Messaging from doctors and supplements labels needs to properly address dietary calcium. Individuals need to feel more empowered to ask clarifying questions when recommended high-dose calcium supplements. Finally, we'd like to see calcium supplements reduce calcium levels, while prioritizing nutrients such as magnesium, vitamin D, K2 and boron.

Health is always about balance. Calcium remains crucial for bone health, but the belief that “more is better” was never accurate. The goal isn't to load up on milligrams but to achieve balance—getting enough from food, supplementing wisely when necessary, and recognizing that good bone health depends on much more than a single nutrient. Let's help usher in a new era of better calcium supplementation and better bone health.

For more information call 541-772-8659.

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Healthy Aging in Southern Oregon: Local Care and Resources for Seniors

Submitted by Siskiyou Community Health Center

Living in Southern Oregon offers many benefits for older adults—from close-knit communities to access to nature and a slower pace of life. As we age, having reliable, local healthcare and support services becomes an important part of staying healthy, independent, and connected. Fortunately, seniors in Josephine and Jackson counties have access to a wide range of community-based resources designed to support healthy aging.

Preventive Care Close to Home

Regular preventive care helps seniors stay ahead of potential health concerns. Annual wellness visits, routine screenings, and recommended vaccinations can identify issues early and help prevent more serious complications. In Southern Oregon, local healthcare providers offer convenient access to services such as blood pressure and diabetes screenings, heart health monitoring, cancer screenings, and immunizations.

Having care available locally—rather than traveling long distances—makes it easier for seniors to keep up with appointments and maintain consistent care.

Managing Chronic Conditions with Local Support

Many older adults in our region manage chronic conditions like diabetes, arthritis, heart disease, or respiratory issues. Ongoing care from a trusted local provider helps ensure treatment plans remain effective and medications are regularly reviewed.

Local clinics emphasize coordinated care, working closely with specialists, pharmacies, and support services throughout Josephine and Jackson counties. This team-based approach helps reduce hospital visits and allows seniors to focus on living well.

Dental Care for Overall Health

Oral health plays an important role in overall wellness, especially for older adults. Dental issues

can affect nutrition, speech, and even chronic conditions such as heart disease and diabetes. Access to affordable dental care is especially important for seniors on fixed incomes.

Community dental programs in Southern Oregon help ensure seniors can receive preventive cleanings, exams, and treatment close to home.

Mental Health and Social Connection

Staying socially connected is a key part of healthy aging. Life changes such as retirement, health challenges, or the loss of loved ones can impact emotional well-being. Behavioral health services and counseling offered locally provide support for seniors experiencing stress, anxiety, depression, or isolation.

Many community organizations also help seniors stay engaged through education, outreach, and connection to local resources.

Navigating Medicare, Medicaid, and Local Services

Understanding insurance options and healthcare benefits can feel overwhelming. Seniors in Southern Oregon can turn to local healthcare organizations for help navigating Medicare, Medicaid, and supplemental coverage, as well as understanding available support programs.

These services are designed to remove barriers to care and help older adults access the services they need without unnecessary stress.

A Trusted Resource for Seniors in Southern Oregon

Community-based healthcare organizations play a vital role in supporting older adults throughout Josephine and Jackson counties. By offering comprehensive medical, dental, and behavioral health services, along with care coordination and community support, they help seniors remain active, independent, and healthy.

To learn more about senior-focused healthcare services available locally, call 541-471-3455 or visit www.siskiyouhealthcenter.com.

Retinal Vein Occlusions: What Southern Oregonians Should Know

By Adam AufderHeide, MD, PhD, Retina Care Center

Retinal vein occlusions, often called RVOs, are among the most common vascular causes of vision loss. Many people have never heard the term until they are facing the diagnosis themselves, yet understanding what an RVO is, and how it is treated, can make a significant difference in preserving sight.

If you imagine the eye as a camera, the retina is the film that captures and sends visual information to the brain. Like any active tissue in the body, the retina depends on a network of arteries and veins. Arteries deliver oxygen-rich blood from the heart, while veins carry blood back out. These retinal veins form a branching system similar to a tree, with small veins feeding into larger branches that ultimately drain into the central retinal vein.

A retinal vein occlusion occurs when one of these veins becomes blocked. A branch retinal vein occlusion (BRVO) happens when a smaller branch vein is obstructed before it reaches the central vein. A central retinal vein occlusion (CRVO) occurs when the main vein itself is blocked. In both situations, the blockage prevents proper blood drainage, causes pressure to build, and leads to damage within the retina.

When a retinal vein is blocked, the retina may experience ischemia, or inadequate blood flow, along with swelling and bleeding. Symptoms range widely. Some people notice little or no change in their vision, while others experience a sudden, painless decrease in sight. The visual outcome depends on several factors, including the type and location of the occlusion, the extent of retinal damage, the amount of swelling, and how quickly treatment begins. Without prompt care, complications can include permanent vision loss, bleeding into the eye, painful neovascular glaucoma, and, in rare cases, loss of the eye.

Risk factors for RVO include high blood pressure, high cholesterol, diabetes, glaucoma, and increasing age. These conditions are common in Southern Oregon, which makes awareness and early detection especially important.

Retinal vein occlusions are treated by retina specialists, ophthalmologists who complete additional fellowship training in diseases of the retina. These physicians manage conditions such as macular degeneration, diabetic retinopathy, and retinal tears, and they also perform surgeries for retinal detachment, macular holes, and other complex issues.

The most common cause of vision loss in RVO is macular edema, or swelling in the macula, the part of the retina responsible for sharp central vision. When a vein becomes blocked, damaged retinal tissue releases Vascular Endothelial Growth Factor (VEGF). VEGF causes blood vessels to become leaky, much like a hose with tiny holes, allowing fluid to seep into the macula and blur vision. VEGF may also cause abnormal new blood vessels to form, which are fragile and prone to bleeding.

Fortunately, modern treatments are effective. Retina specialists use anti-VEGF medications, steroid injections, laser therapy, and, in select cases, intraocular surgery to control swelling, reduce leakage, and stop abnormal vessel growth. With timely and consistent care, many patients experience improvement or stabilization of their vision. The goal is to preserve sight, prevent complications, and help patients continue enjoying the independent lifestyle Southern Oregonians value.

Preventing RVO begins with managing overall health. Controlling blood pressure, cholesterol, blood sugar, and weight is essential. Regular eye exams, especially for those with vascular or metabolic conditions, are equally important. Working closely with your primary care provider supports the long-term vascular health of both your eyes and your body.

With early diagnosis, effective treatment, and good systemic health management, many individuals with retinal vein occlusions can maintain excellent vision for years to come.

For more information call 541-842-2020.

Regaining Confidence: How Pelvic Floor Therapy Can Help with Incontinence

Submitted by Bear Valley Medical Clinic LLC

For many adults, especially seniors, urinary or bowel incontinence is an uncomfortable topic. But it's far more common than most people realize. More than 25 million Americans experience some form of incontinence. Among older adults, as many as one in three women, and one in five men struggle with bladder control, and bowel leakage affects millions more.

While incontinence can feel embarrassing, it's important to remember that it is not an inevitable part of aging, and can be treatable.

Understanding the Causes

Urinary and bowel incontinence can arise from many factors. For women, childbirth, menopause, and pelvic surgeries can weaken the pelvic floor muscles that support the bladder, uterus, and rectum. In men, prostate surgery or chronic straining from constipation can lead to similar problems. Other contributing factors include obesity, chronic coughing, neurological disorders (such as Parkinson's or stroke), and certain medications.

Comorbidities and Quality of Life

Incontinence rarely occurs in isolation. It's often accompanied by sleep disturbances, urinary tract infections, depression, or social withdrawal. Many seniors quietly limit social outings or travel due to fear of leakage or odor. This loss of independence can significantly affect emotional health and overall quality of life.

The good news is that effective, evidence-based treatments can dramatically improve bladder and bowel control—without surgery or medication.

The Benefits of Pelvic Floor Therapy

Pelvic floor therapy is one of the most effective and least invasive options for treating both urinary and bowel incontinence. This specialized therapy focuses on strengthening and retraining the muscles that support the bladder, bowel, and pelvic organs. Many notice improvement within just a few weeks.

Research shows that up to 70–80% of patients experience meaningful improvement or complete resolution of symptoms after completing a structured pelvic floor therapy program.

In addition to reducing leakage, therapy can help with pelvic pain, urgency, frequency, waking multiple times a night to urinate, and post void dribble. Most importantly, it empowers patients to take an active role in their own recovery, restoring not only bladder and bowel control but also independence and peace of mind.

Beyond Incontinence: Improving Sexual Health

An often-overlooked benefit of pelvic floor therapy is its positive impact on sexual function. For women, stronger pelvic muscles can enhance blood flow, increase sensation, increase lubrication and moisture, reduce pain with intercourse, and improve overall satisfaction. For men, improved pelvic floor strength and control can support erectile function, while also reducing post-void dribbling or discomfort.

Sexual health is an important part of quality of life at any age. By addressing the pelvic floor as a whole, not just bladder or bowel symptoms, therapy helps restore comfort, confidence, and connection in intimate relationships.

Take the First Step

If you or someone you love is experiencing urinary or bowel incontinence, don't wait to seek help. These are common, treatable conditions, and the sooner they're addressed, the better the results.

At Bear Valley Medical Clinic, we provide compassionate, non-invasive, fully clothed, pelvic floor treatment designed to help patients regain comfort, confidence, and control.

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Understanding In-Home Care Options for Seniors

Submitted by Riverside Home Health and Hospice

As people age, their needs often change in ways that call for different types of support. Today, many older adults prefer to remain in the comfort of their own homes for as long as possible. Because of this, several types of in-home care services have become more widely available. Understanding the differences between these services can help seniors and families make informed choices that support independence, comfort, and quality of life.

One of the most commonly used options is Home Health Care. This type of care is typically recommended by a healthcare provider after an illness, injury, or hospital stay. Home health care focuses on recovery, safety, and improving daily functioning. Services often include skilled nursing, physical therapy, occupational therapy, speech therapy, and medical social work. The goal is to help individuals regain strength, manage medications, improve mobility, and safely return to their daily routines in the place they know best — their own home.

Another important option is Hospice Care, which provides support for individuals facing a life-limiting illness. Hospice care is centered around comfort, dignity, and emotional well-being. It helps manage symptoms, supports families, and focuses on enhancing the quality of each day. This type of care may include nurses, home health aides, social workers, volunteers, and chaplains working together to address physical, emotional, and spiritual needs. Hospice care can be provided in a variety of settings, including the home, and is designed not just for the final days of life, but often for months, offering meaningful support along the way.

In addition to these services, many seniors now have access to In-Home Primary Care, sometimes called Provider Services or mobile primary care. This option brings a healthcare provider — such as a nurse practitioner or physician — directly to the home. It can be especially helpful for individuals who have difficulty traveling to a doctor's office or who manage multiple chronic conditions. In-home primary care may include routine checkups, chronic disease management, medication reviews, lab orders, and preventive screenings. It allows seniors to receive ongoing medical care without the stress of transportation or long clinic wait times, and it can help identify health changes early before they lead to complications.

All three types of services — home health, hospice, and in-home primary care — can work together to create a smooth and supportive care experience. Many seniors begin by using one service and transition to others as their needs evolve. This flexibility helps individuals stay comfortable at home, remain connected to their routines and loved ones, and receive care that respects their goals and preferences.

For families, understanding these options ahead of time can make decision-making easier when health needs change. Asking questions, discussing preferences, and planning proactively can help ensure that seniors receive the right support at the right moment.

Growing older comes with challenges, but it also brings opportunities to remain safe, independent, and connected — especially when care comes right to the front door.

For more information call 541-476-1583.

Rediscover Wonder, Calm, and Connection — At Your Own Pace

Submitted by Satya Therapeutics

You've lived a full life. You've carried responsibilities, weathered change, loved deeply, and learned hard lessons along the way. At this stage, many people are not looking to "escape" life — they're looking to enjoy it more fully, feel lighter, and reconnect with curiosity, peace, and joy.

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For many people over 60, psilocybin is not about intensity or thrill-seeking. It's about slowing down, opening the heart, appreciating beauty, and gaining fresh perspective — all in a safe, comfortable, professionally supported environment.

A Different Kind of Experience — Designed for You

This is not a party, and it's not recreational in the traditional sense. Psilocybin sessions at licensed Oregon service centers are facilitated experiences, thoughtfully structured and tailored to your comfort level.

You remain in control the entire time. Sessions are unhurried, calm, and grounded. Many participants choose to relax, listen to music, reflect on their lives, or simply enjoy the feeling of emotional openness and ease.

There is no pressure to "figure anything out." Some people come with intentions; others come simply to enjoy the experience and see what unfolds. Both approaches are welcome.

Enjoyment That Goes Deeper

Participants often describe feelings such as:

- A renewed sense of appreciation for life
- Emotional lightness and warmth
- Reduced rumination or mental "noise"

- Greater connection to loved ones and memories

- A sense of peace, acceptance, or joy

For some, the experience feels playful and uplifting. For others, it's quietly profound. Many describe it as a mental and emotional reset, without needing years of therapy or intense introspection.

Support Every Step of the Way

As a licensed psilocybin facilitator, I work with you before, during, and after your session. Preparation conversations help ensure you feel informed, comfortable, and confident. During the experience, you are supported in a calm, private setting. Afterward, integration discussions help you reflect on what felt meaningful and how to carry it forward into everyday life.

You are never rushed, judged, or left on your own.

It's Never Too Late to Feel Better

Many people in their 60s, 70s, and beyond tell us the same thing:

"I wish I had known this was possible sooner."

Psilocybin doesn't change who you are — it helps you remember what matters, soften old emotional patterns, and enjoy life with a little more openness and ease.

If you're curious, thoughtful, and ready for a new kind of experience — one grounded in safety, respect, and enjoyment — this may be the right time.

You've earned the opportunity to feel good.

Legal psilocybin services are provided in compliance with Oregon law. Experiences vary by individual. This service is not a medical treatment.

For more information call 1-458-488-0873.