



# Housing & Real Estate

# The Importance of Staying Active and Social in Your Senior Years

*Submitted by Twin Creeks Retirement Living*

Retirement opens the door to a new chapter—one filled with freedom, possibility, and the chance to shape each day with purpose. Living well in this stage of life isn't just about having more time, it's about how you choose to spend it. Staying active and socially connected plays a powerful role in creating a healthier, happier, and more fulfilling life after retirement.

## **Movement: The Foundation of Healthy Aging**

Regular physical activity helps maintain strength, balance, and mobility—key ingredients for independence. Even gentle movement, like walking, stretching, or chair exercises boost energy, supports heart health, and sharpens the mind. Staying active also helps reduce the risk of chronic conditions and manage stress, making each day feel a little lighter and brighter.

## **Connection: Fuel for the Spirit**

Social engagement is just as essential as physical activity. Spending time with friends, joining group activities, or simply sharing a conversation can reduce feelings of loneliness

and improve emotional wellbeing. Strong social ties have been shown to enhance memory, increase resilience, and even extend longevity. In short, staying connected keeps the heart full and the mind engaged.

## **Life of Purpose and Joy**

When seniors combine movement with meaningful social interaction, whether through fitness classes, hobby groups, community events, or volunteer opportunities—they create a lifestyle that supports both body and spirit. These activities spark joy, build friendships, and offer a sense of belonging that enriches daily life.

## **The Takeaway**

Healthy aging isn't about slowing down—it's about staying engaged. By embracing activity and connection, seniors can enjoy a vibrant, healthful, and deeply satisfying life long after retirement.

*For more information call 541-664-8880.*



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# Getting Your Rogue Valley Home Ready to Sell: A Senior's Guide to a Smooth Transition

*Submitted by Colene Martin, John L Scott Real Estate*

For many seniors in the Rogue Valley, a home represents far more than a roof overhead. It holds decades of memories—family gatherings, hard work, and deep roots in the community. When the time comes to consider selling, the process can feel both emotional and overwhelming. The good news is that preparing your home to sell doesn't have to be complicated or stressful.

## Start with a Thoughtful Plan

In the Rogue Valley, many homeowners have lived in their homes for 20, 30, or even 40 years. That alone makes selling different than it is for younger sellers. Give yourself time. Consider your goals: downsizing, moving closer to family, relocating within the valley, or transitioning to a more manageable living situation. Understanding your next step helps guide every decision along the way.

## Focus on Safety and Maintenance

Buyers in Southern Oregon often look for homes that are safe, functional, and well cared for—especially those interested in single-level living or aging-in-place features. Small repairs can make a meaningful difference:

- Fix loose railings, steps, or walkways
- Improve lighting inside and out
- Repair minor plumbing or electrical issues

These updates reassure buyers that the home has been maintained with care.

## Declutter with Intention

Decluttering can be one of the hardest parts of preparing to sell, but it's also one of the most effective. Take it room by room and move at

your own pace. Keep items that matter most to you, and consider donating others to local charities or passing them along to family. A more open, organized home helps buyers better appreciate the space and its potential.

## Simple Updates, Strong Impact

You don't need major renovations to attract buyers in today's Rogue Valley market. Fresh paint in neutral tones, clean flooring, trimmed landscaping, and a welcoming entryway often go a long way. These modest improvements can enhance first impressions without unnecessary expense.

## Understand the Local Market

Home values in the Rogue Valley vary by neighborhood, condition, and timing. Knowing what your home may be worth—and what selling could mean financially—can provide clarity and confidence. A local real estate professional can help explain current market conditions and guide you through your options without pressure.

## Choose the Right Support

Selling a home later in life is about more than a transaction—it's a transition. Working with professionals who understand the local market and respect your pace can make the process smoother and more reassuring.

Preparing your Rogue Valley home to sell isn't about perfection. It's about honoring the life you've lived there while setting yourself up for the next chapter—with clarity, confidence, and peace of mind.

*For more information call 541-441-2597.*

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# Don't Let Your Loved Ones Become the Learning Curve

*Submitted by Team Senior Referral Services*

In Southern Oregon, we value our elders deeply. We assume that when the time comes for care, assisted living communities, home health agencies, caregiving companies, and hospice providers will deliver with compassion and professionalism. I've seen the reality: families are being let down—and too often, those failures come at the greatest cost.

Every week, we hear from sons, daughters, and spouses who are heartbroken and overwhelmed. Medications don't arrive on time. A hospital bed is ordered but doesn't show up for days. Hospice companies promise visits that never happen. Caregivers no-show. Facilities are so understaffed they can't assist residents with basic needs. In some cases, families are even discouraged from calling 911 during emergencies—resulting in irreversible tragedy.

These are not rare incidents. They're signs of a system under strain—one where good people with good intentions are navigating without a map. In one recent case, these failures directly led to a client's death—not from illness, but from a system that didn't work. These aren't just mistakes. They're warnings.

Too often, families turn to community Facebook groups, open beds lists or platforms like County Scanner pages for advice. While well-meaning, much of the input is incomplete or misleading—recommending providers that may not suit your loved one's needs. It's not about “good” or “bad” companies—it's about the right fit. A comment like “my grandma loved it there” doesn't help if the facility can't support Alzheimer's care. Conversely, “my dad was neglected there” may not reflect current leadership or staffing improvements.

Our mission is to guide you toward the best match for your family. We are not a call center or caregiving agency. We're your local partner and advocates and we're on your TEAM. We know what's happening inside our regional care system. We track administrator changes, licensing compliance, staffing ratios, and caregiver turnover—so you don't have to. When we assess your loved one's needs, we use this insight to make the most informed, compassionate recommendation possible. And our services are 100% FREE for families.

We assist with Medicaid planning, veterans' benefits, powers of attorney, in-home care, dementia support, downsizing, mediating adult children and more. Most importantly, we serve as your advocate—walking with you through what can be a confusing and emotional journey.

Too often, families find us only after a crisis—after a fall, after a hospital discharge, when time and options are limited. But you don't have to wait until something goes wrong. You don't have to face this alone. You are not a burden for asking for help—you are the reason we exist. If families don't reach out, we lose funding, and our community loses Team Senior as a resource.

We answer the phone. We show up. We care. So, before you choose a facility, hire a caregiver, or select a hospice agency—call us. Let us walk beside you and help prevent what others have had to learn the hard way. Because in senior care, the learning curve should never come at your loved one's expense.

*For more information call 541-295-8230 or visit [www.teamsenior.org](http://www.teamsenior.org) or email [jamie@teamsenior.org](mailto:jamie@teamsenior.org) | (541) 295-8230.*

# Becoming Real: A Story About Aging in Stages and the Realness of Life

*Submitted by by Belinda Godin Senior Living Advisor & Educator  
Aging Stages Senior Services*

There's a moment in the children's story, *The Velveteen Rabbit*, that stays with you long after you've read it. It's quiet and tender — just two toys talking in a nursery before bedtime. The young Rabbit, still new and soft and eager to be loved, turns to the Skin Horse, who's been around for years and seen it all, and asks, "What is Real?"

The Skin Horse smiles in the way only the very wise do. "Real isn't how you're made," he says. "It's a thing that happens to you. When a child loves you for a long, long time — not just to play with but really loves you — then you become Real."

The Rabbit thinks about this for a while. He's not sure what to make of it. "Does it hurt?" he asks "Sometimes," says the Skin Horse. "When you are Real you don't mind being hurt."

And then comes the line that still catches in your throat: "It doesn't happen all at once. You become. It takes a long time. That's why it doesn't happen to people who break easily, or have sharp edges... But once you are Real you can't be ugly, except to people who don't understand." It's such a simple exchange — and yet, it says everything there is to say about growing older.

As the years pass, our bodies change. We might walk a little slower, move a little differently, or see a reflection that surprises us. But like the Skin Horse, these changes are proof of a life well-loved. Each wrinkle, each silver hair, each softened edge tells a story of laughter, worry, endurance, and joy. They are signs that we have been loved enough to be changed by it.

There's something beautiful about that, isn't there? We spend so much of life trying to stay shiny and new — protecting our edges, keeping up appearances. But the older we get, the more we realize that the truest kind of beauty isn't about looking untouched. It's about being known. It's about having lived enough to show it. It's about history.

And when the time comes to make a change — to move into a new season of life, a new home, or a new way of living — it's easy to worry about what's being left behind. But being Real isn't tied to where we are. It's who we are. We carry our stories, our memories, and the love we've given and received with us, wherever we go. There's no question that downsizing is hard work, and sometimes, it is harder than the move itself. If you are facing the realness of needing a move to a senior living community, this requires a lot of emotional fortitude because you must sit with the possessions and the memories that have created your sense of belonging. It requires you to balance that with the realness of the transition that you need something different now.

Aging reveals our realness. Because becoming Real isn't about staying the same — it's about becoming more of who we've always been and that doesn't change when you move from your home for safer surroundings. So, when you look in the mirror and see the marks that time has left, remember the Skin Horse's words. You've been loved into Realness — and there's nothing more beautiful than that.

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# Aging Stages

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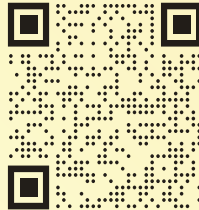


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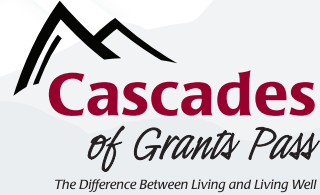
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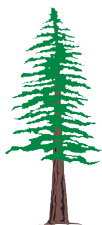
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*Hanley Farm as it appeared around 1910. Alice & Claire Hanley can be seen in the yard.*

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# Start Here: Senior Real Estate Roadmap

*Submitted by Jamie Eldrett, Frontier Properties*

## **STEP 1: Understand Why This Is Hard (And Why That's Normal)**

Housing decisions later in life feel overwhelming because they sit at the intersection of health, safety, family roles, legal authority, finances, and timing. Most seniors face multiple changes at once - mobility shifts, new caregiving needs, loss of a spouse, or rising upkeep - and the home often becomes both asset and obstacle. Feeling stuck doesn't mean you're unprepared; it means the situation is complex, and deserves a clear plan rather than a rushed decision.

## **STEP 2: Know Your Advantages (Your Equity + Your Local Resources)**

Most older adults in Southern Oregon have a powerful planning tool: home equity, which can fund safer living, rightsizing, relocating closer to support, or moving into a care community. Our market is stable, so your buying power won't swing wildly week to week - you can plan deliberately. Local supports expand your options:

- RVCOG provides benefits navigation, caregiver support, and long-term care resources.
- Meals on Wheels offers both meals and wellness checks.
- Asante and Providence supply home-health, therapy, and hospice - often delaying or preventing crisis moves.
- Aid & Attendance can offset housing or care costs for eligible veterans.
- Josephine County tax relief/deferral can reduce monthly expenses.

In short, you likely have more flexibility and support than you realize.

## **STEP 3: See the Four Main Housing Paths (What Your Options Are)**

**1. Age in Place** Feasible when the home can be made safe. The highest-risk zones are stairs, bathrooms, lighting, and exits. CAPS-certified contractors in our region can fix most of these with no-step entries, grab bars, raised toilets, curbless showers, and improved lighting.

**2. Rightsize Locally** Rightsizing means matching your home to your next chapter - lower maintenance, fewer steps, better access to clinics, pharmacies, groceries, community centers, or transit. In our valley, many single-level homes or smaller lots offer simpler living without leaving the community you know.

**3. Move Closer to Family** Often necessary as caregiving increases. Timelines depend on health appointments, caregiver schedules, lease endings, weather windows, and travel logistics. The safest move is the one timed around your medical and support calendar, not the market.

**4. Transition to Senior Living** We have many local communities which differ in services, staffing, waitlists, and cost structures. Ask what's included monthly, how care escalates, and what happens if needs change - these are standard questions, not burdens.

## **STEP 4: Identify the Hidden Factors That Shape Your Plan (Why Your Situation Is Unique)**

Before choosing a path, confirm who can legally act. Trusts, POA documents, or probate rules can surprise families - sometimes the caregiver is not the person authorized to sign. Income may matter less than you assume: seniors often qualify through asset-depletion underwriting, where lenders calculate imputed income from savings and investments. Home condition matters less than clarity; repairs, sorting, and clean-outs can be handled by local move managers, contractors, and estate-sale teams. Rural vs. in-town location affects access to healthcare, groceries, and paratransit. Your health trajectory, fall-risk factors, and available family support create a scenario that is genuinely unique.

## **STEP 5: Answer Five Questions to**

### **Reveal Your Best Next Step (How to Begin)**

1. What is changing - health, mobility, caregiving, safety, or finances?
2. What are my goals - stay local, reduce upkeep, move near family, improve safety?
3. What does my home help or hinder - stairs, bathrooms, location, lighting, maintenance?
4. What resources do I have - equity, benefits, tax relief, home-health support, family help?
5. What constraints exist - trust/POA authority, timeline, budget, home condition?

## **STEP 6: Get Your Personalized Senior Housing Roadmap (Your Next Step)**

A short article can outline the terrain, but your situation has its own mix of needs, risks, timing, and opportunities. For clarity tailored to your goals, request a personalized Senior Housing Roadmap - including your best housing paths, equity options, timing recommendations, safety notes, and local programs matched to your situation - so you can move forward with confidence and calm. **Mention this article to get your Roadmap for FREE! Jamie @ 971-303-2253.**

# Health in Senior Living

*Submitted by Trustwell Living @ Suncrest Place*

The definition of the word “health” is described as “limiting injury and limiting disease”. The term “Senior Health” is more involved than this. It encompasses a combination of treating both injury and disease but also focuses on looking at the “whole person” and additional specific safety and activity planning as well as providing emotional support. In the health of a senior, this can mean paying special attention to a combination of details including activity, nutrition, managing chronic conditions, personal goals and maintaining a healthy lifestyle and social network. Improving senior health includes creating an environment in which our beloved seniors can thrive fully as a functional person, whose thoughts and feelings still drive their goals and motivate their quality of life.

A Senior is a product of their lifelong experiences, habits, goals and emotions. In other words, a regular person who is blessed with longevity. As the body and mind decline over time, we need to feed it with positive fuels that span the spectrum of our human needs. A strong social support group where they can benefit from company and peer support as well as a loving structure such as family or network of friends, or neighbors, is incredibly important. A physical environment that supports the changes seniors experience and allows their mobility to be supported but also safely encourages their independence, is crucial. Encourage positive goal-oriented outlooks by planning hobbies and activities, then nurture the body by focusing on nutrition wellness. This can add depth and

meaning to their lives while simultaneously giving them the strength needed to move forward. When planning supportive senior care, it is important to remember the things that make people happy about life and living. These are the things that bring us all meaning, and the reasons we all keep moving forward. Love for life, meeting nutritional requirements, and safety through planning, are all necessary when structuring a supportive environment.

We tend to treat disease processes with medication and call it a day. Remember, medication only works as well as the body is able to metabolize it. The things that strengthen the body such as food and fluids for fuel add to it, but positive fuels can be derailed by other experiences, such as loneliness, a poor outlook, meaninglessness and stagnation. Negative thoughts, feelings, and experiences can all inhibit the way the body works. We are who we are, a sum of our mind, body, and souls. Remember when planning care for seniors, that there is no pill that can substitute spending a good evening with friends, or a loving visit from your children and grandchildren. The love of life cannot be given; it must be experienced, and thoughtful planning can ensure the wellness of a balanced life.

Plan healthy exercise, friendly visits, fun and exciting activities as well as appropriate medications to treat disease process. Provide a safe and nurturing environment where seniors can thrive in all aspects of their lives. Mind, Body, Soul and Spirit.

*For more information call 541-512-9474.*

# The Future of Senior Living - Empowerment

*Submitted by Cascade of Grants Pass*

The future of senior living and care is being reshaped by demographic shifts, advances in technology, and evolving expectations around aging. As people live longer, healthier lives, the traditional one-size-fits-all model of retirement homes is giving way to personalized, flexible, and community-integrated options. The next generation of older adults is demanding more independence, more choice, and more meaningful engagement—driving innovation across the entire continuum of care.

One of the most significant trends shaping the future is the shift toward aging in place. Older adults overwhelmingly prefer communities that offer a continuum of care and services. This is becoming increasingly viable thanks to smart-home technologies, remote health monitoring, and on-demand services. Wearable devices can track vital signs and activity levels, alerting caregivers to potential issues before they escalate. Voice-activated systems, fall-detection sensors, and medication-management tools help seniors remain safe while maintaining their independence.

Senior living communities are evolving. The institutional feel of many traditional facilities is being replaced by environments that resemble vibrant, integrated neighborhoods. Future communities are expected to emphasize wellness, lifestyle, and autonomy, offering amenities such as fitness studios, intergenerational programming, creative arts spaces, and even co-working areas for older adults who continue to work or consult. Rather than focusing solely on medical needs, senior communities prioritize purpose, social connection, and engagement.

A major driver of transformation is the growing recognition that social isolation is a critical health issue for older adults. To address

this, many senior living communities are becoming more community-oriented and relationship-centered. These models allow seniors to live independently while maintaining daily contact with neighbors, friends, and younger generations. In turn, these connections promote better mental health and reduce loneliness.

On the clinical side, care delivery is becoming more proactive and personalized. Predictive analytics and AI-enabled health platforms are helping caregivers anticipate problems like falls, infections, or cognitive decline earlier than ever before. This shift from reactive to preventative care has the potential to dramatically reduce hospitalizations and improve overall quality of life. Telehealth will also continue to expand, making specialized care more easily accessible without travel to doctor offices or clinics. This could be transformative.

To reduce workforce challenges, better specialized training for caregivers may reduce staffing obstacles in senior care. The future will rely on a combination of better and specialized training, compensation, and broader use of supportive technologies such as robotics. Robots may assist with tasks like lifting, mobility support, or reminders, enabling human caregivers to focus on meaningful interaction and skilled care.

Ultimately, the future of senior living and care is about empowerment—giving older adults more control over how, where, and with whom they age. It's a future that blends technology with humanity, independence with support, and innovation with compassion. As society reimagines aging, the goal is not simply to extend life but to enhance its richness, dignity, and connection.

*For more information call 541-507-0560.*

# Day Services for Seniors: Engagement, Support, and Connection in Southern Oregon

*By Cassandra Dent, Northridge Senior Living & Adult DayCare*

Southern Oregon offers a strong network of day programs that support seniors at every level of independence. For active older adults who enjoy enrichment and community engagement, the City of Ashland publishes a monthly newsletter featuring daytime fitness classes, art workshops, and social programs that keep community members connected and involved. Similarly, the City of Central Point provides a recreational guide highlighting community-led daytime activities that appeal to seniors looking for social connection and structured engagement.

Rogue Seniors, based in Talent, expands these options with inclusive weekly programs, vital resources, and meaningful activities for adults seeking community and recreation. The Medford Senior Center continues to be a popular daytime destination, offering bingo, line dancing, meals, and social interaction throughout the week. In Eagle Point, seniors can join informational seminars, bingo groups, and quilting circles, while the Upper Rogue Community Center provides additional daytime classes and events that encourage learning, creativity, and community involvement. Local county libraries also serve as valuable daytime hubs with music sessions, book clubs, and educational classes offered monthly.

For adults who need more structured daytime support, or whose caregivers could benefit from respite, local senior living communities offer adult day programs designed to enrich daily life. These programs provide social engagement, supervision, and assistance with Activities of Daily Living. The focus is on delivering daytime care, connection, and community through a blend of recreational activities and personalized support, giving families peace of mind and offering seniors a welcoming place to thrive during the day!

Together, these resources create a comprehensive network of daytime support services throughout Southern Oregon. Whether a senior is fully independent or in need of more structured daytime assistance, there are programs designed to keep them engaged, supported, and connected.

*For more information call 541-779-6943.*

# PERFORMING ARTS



- Ashland City Band.....541-488-5340
- Ashland Contemporary Theatre ...541-646-2971
- Barnstormers Theatre.....541-479-3557
- Britt Festivals .....541-773-6077
- Camelot Theatre Company.....541-535-5250
- Collaborative Theatre Project.....541-779-1055



- Chamber Music Concerts.....541-552-6154
- Concerts in the Park, Medford.....541-774-2400
- Concerts in the Park, Grants Pass.541-476-7717
- Craterian Ginger Rogers Theater..541-779-3000
- Historic Rogue Theatre.....541-471-1316
- Holly Theatre.....541-772-3797
- Medford Civic Ballet.....541-772-1362

- Oregon Cabaret Theatre .....541-488-2902
- Oregon Center for the Arts  
at Southern Oregon University ....541-552-6348
- Oregon Shakespeare Festival  
Box Office.....541-482-4331  
Group Booking.....541-488-5406  
Administrative Offices.....541-482-2111
- Randall Theatre Company .....541-632-3258
- Rogue Music Theatre.....541-471-1316
- Rogue Voices .....541-450-9352
- Rogue Valley Symphony info & tix 541-708-6400
- Southern Oregon Repertory Singers..541-552-0900

