



Goods & Services

Happily Serving Southern Oregon since 1995



HONESTY • QUALITY • INTEGRITY
 www.andersonautobody.com **541-488-3635**

*“A Business You
 Can TRUST”*

*Family Owned
 & Locally Operated*

Your Complete Collision Repair Experts

- Shuttle Service
- Rental Cars
- Eco-friendly
- Green Business

*We Work with All Insurance Companies
 We Repair All Makes & Models*

We Guarantee All of Our Paint and Body Work



1383 Hwy 99 North

Open Mon - Fri
 8:00 - 5:00



GOODS & SERVICES

CHICOS

Auto Collision Repair

 Find us on Facebook

 FOLLOW US ON Instagram

Review us on 

 nextdoor

 Carwise™



1127 COURT ST, MEDFORD

**COLLISION REPAIR
PAINTLESS DENT REMOVAL
COLOR MATCH SPECIALISTS
INSURANCE CLAIM EXPERTS
FLEET COMMERCIAL & RV REPAIR
FULL-SERVICE AUTOMOTIVE FACILITY**

"Let's get it done!"

Call Us Today!

541-500-1549

OR TEXT
458-658-9739

www.ChicosAutoCollision.com

GOODS & SERVICES



MOBILE DETAILING



- EXTERIOR
- INTERIOR
- WHEEL AND TIRE TLC
- RV
- PROTECTIVE COATINGS
- SATISFACTION GUARANTEED

SERVING THE
ROGUE VALLEY



CALL & BOOK TODAY! **541-821-7677**

GOODS & SERVICES



Keeping you connected.

For over 50 years, Jefferson Public Radio has provided a connection to the people, events and ideas that shape our region and our world. We've covered the news with a belief that informed people make better citizens. We've approached music as a vital connection to the human spirit. JPR is here for you ... always. Learn more at www.ijpr.org.

Jackson County	News & Information 102.3 FM · 1230 AM	Classics & News 88.3 FM · 90.1 FM	Rhythm & News 89.1 FM
Josephine County	News & Information 97.9 FM · 930 AM	Classics & News 89.5 FM · 101.1 FM	Rhythm & News 97.5 FM · 90.9 FM

ADA Bathroom Remodeling

Expert Mobility 541-773-5994
 1600 East Barnett Road
 Medford, OR 97504
Please See Advertisement Page 55

Automobile Detailing

Let's Go Detail 541-821-7677
Please See Advertisement Page 96

Automobile Body Repair

Anderson Auto Body & Paint 541-488-3635
 1383 Hwy 99 N
 Ashland, OR 97520
Please See Advertisement Page 94

Chico's Auto Collision Repair 541-500-1549
 1127 Court St.
 Medford, OR 97501
Please See Advertisement Page 95

Automobile Oil & Lube

Oil Stop 541-201-0700
 2110 Ashland Street
 Ashland, OR 97520

819 SE Mill Street 541-507-1116
 Grants Pass, OR 97526

775 Medford Center 541-773-8580
 Medford, OR 97504

64 Lozier Lane 541-774-4244
 Medford, OR 97501
Please See Advertisement This Page

Coins & Precious Metals

Burton's Rare Coins 541-479-1204
 306 SE "I" Street
 Grants Pass, OR 97526




- 33 Point Oil Change
- No Appointment Necessary
- Maintains Factory Warranty
- Takes About 15 Minutes

2210 Ashland St. Ashland	819 SE Mill St. Grants Pass
541-201-0700	541-507-1116
775 Medford Center Medford	64 Lozier Ln Medford
541-773-8580	541-774-4244

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



A SENIOR
 INFORMATION
 MAGAZINE

541-779-4839

Perl Funeral Home & Siskiyou Memorial Park

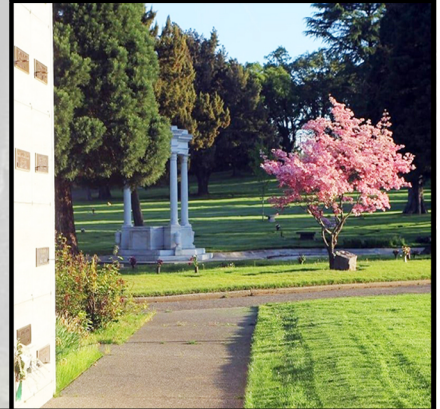
FULL SERVICE FUNERAL & CREMATION

Once we receive your loved one,
they never leave our care.

Our staff at Perl Funeral Home and Siskiyou Memorial Park are here to guide you through that difficult time. Allow us to serve your family.

Call us at
(541) 772-5488
or visit our website at
www.perlfuneralhome.com
2100 Siskiyou Blvd, Medford, OR 97504

Scan for \$100 off
funeral pre-arrangements



GOODS & SERVICES

RogueValleyCremation.com

**Cremation
Services
Only \$1,495**

541-200-9989

827A ALDER CREEK DR, MEDFORD, OR, 97504

Arrangements
In Office...In Home...Or Online

Funeral

Care Cremation Service 541-858-4690
328 South Central Avenue, Suite 209
Medford, OR 97501

Please See Advertisement Page 99

Chapel of the Valley 541-479-7581
2065 Upper River Road
Grants Pass, OR 97526

www.Chapel-Valley.com

Serving all V.A. National Cemeteries

Please See Advertisement Page 99

Hillcrest Memorial Park 541-476-2310
945 NE Hillcrest Drive
Grants Pass, OR 97526

Picturesque non-profit perpetual care cemetery serving families since 1933. Options for placement of cremated remains and traditional or green burial. Veteran and spouse discounts available. Twenty-four month, 0% interest, prearrangement plans available.

CELEBRATE A LIFE LIVED

Every life is unique! We can help you plan a final tribute as special as the person it represents.

A Full Service Funeral Home

- 100% Service Guarantee
- National Transferability Coverage
- Free Personal Planning Guide
- Free Compassion Helpline Counseling
- Affordable and Flexible Plans
- Cremation, Burial and Veterans Packages Available
- Travel Protection Available
- Serving Jackson & Josephine Counties

Local Pre-need Counselor On-site
Do Your Kids a Favor – Pre-needs!

 **Rogue Valley FUNERAL ALTERNATIVES**
(541) 770-6505

550 Business Park Drive, Medford OR 97504



CHAPEL OF THE VALLEY

2065 Upper River Road
 Grants Pass, OR 97526
541-479-7581

■ Funeral Services Cont.

Perl Funeral Home **541-772-5488**
 2100 Siskiyou Boulevard
 Medford, OR 97504
Please See Advertisement Page 98

Rogue Valley Cremation Services **541-200-9989**
 827 A Alder Creek Dr
 Medford, OR 97504
Please See Advertisement Page 98

Rogue Valley Funeral Alternatives **541-770-6505**
 550 Business Park Drive
 Medford, OR 97504
Please See Advertisement This Page





CARE
CREMATION SERVICE

**Affordable Cremation Service
starting at \$1295**

541-858-4690
Care Cremation Service - Medford
 328 S. Central Ave. Suite 209. Medford, OR 97501
 Also available in Ashland, Roseburg, Beaverton,
 Tualatin, Tigard, Hillsboro, Gresham
 and surrounding areas

GOODS & SERVICES

Tandem Home FURNITURE

Quality Mattresses from Simmons, Beautyrest, and Posh+Lavish.

The finest sleeping and lift recliners from UltraComfort and Flexsteel.

Right sized furniture of exceptional quality for every room in your home.

Expert furniture consultation without the hassle and zero pressure.



541-209-0046

1341 Center Dr. Ste C

Medford, OR 97501

www.tandemhome.net

GOODS & SERVICES

Flowerland Nursery

6808 Table Raock Rd Central point OR 97502

541-826-3485

www.flowerlandnursery.net
flowerlandnursery@yahoo.com
 Facebook: Flowerland Nursery
 Instagram: Flowerland.Nursery

**Grown in the Rogue Valley
for the Rogue Valley**

- | | |
|-----------|--------------------|
| Trees | Annual/Perennial |
| Shade | Hanging Baskets |
| Fruit | Vegetable Plants |
| Conifers | Shrubs |
| Evergreen | Groundcover Plants |
| Nut | Bedding Plants |
| | Berry Plants |



BBB ACCREDITED BUSINESS

When You Hear That Crash, Think

Bill's

GLASS & WINDSHIELDS

EnergyTrust of Oregon, Inc.

Nationwide Warranty
Insurance Approved
Free Shuttle
Instant Quotes

Mobile Service
Power Window Repair
AGRSS Certified
Rock Chip Repairs

Family-Owned Since 1969

For All Your Glass Needs!

Vinyl Windows
Shower Enclosures

Custom Mirrors
Insulated Units
Table Tops

Screens
Store Fronts
Door Closures

Skylights
24 Hr Board Up

3 Locations to Serve You Better
Mon. – Fri. 8:00 – 5:00

MEDFORD 319 E McAndrews 541-773-5881
ASHLAND 2407 Siskiyou Blvd 541-488-2500
GRANTS PASS 217 NE Hillcrest 541-479-9679

For More Info: www.billsglass.com
CCB# 78708

OVERHEAD DOOR

the original since 1921 ccb# 52579

Service & Repair of Garage Doors & Openers
Replacement Parts & Remote Controllers
Free Estimates • Senior Discounts

Overhead Door Co. of Rogue Valley
2110 Stewart Avenue, Medford
541-858-1637

SunSetter
AWNINGS
AUTHORIZED DEALER

Furniture

Tandem Home Furniture 541-209-0046
1341 Center Drive, Suite C
Medford, OR 97501
Please See Advertisement Page 100 & Inside Front Cover

Garage Doors

Overhead Door Co. of Rogue Valley 541-858-1637
2110 Stewart Avenue
Medford, OR 97501
Please See Advertisement This Page

Glass

Bill's Glass & Windshields 541-773-5881
319 E McAndrews
Medford, OR 97501

2407 Siskiyou Blvd 541-488-2500
Ashland, OR 97520

217 NE Hillcrest 541-479-9679
Grants Pass, OR 97526
Please See Advertisement This Page

Grocery Stores

Cartwright's Market 541-500-1469
745 Stewart Avenue
Medford, OR 97501

825 Union Avenue 541-479-0321
Grants Pass, OR 97527
Please See Advertisement Page 23

Home Improvement

Leave Your Mark 541-535-3445
4631 North Pacific Hwy
Phoenix, OR 97535
Please See Advertisement Page 102

House Painting

Attentive Painting, LLC 541-218-8126
lonnan@attentivepainting.com

Nursery

Flowerland Nursery 541-826-3485
6808 Table Rock Road
Central Point, OR 97502
Please See Advertisement Page 100

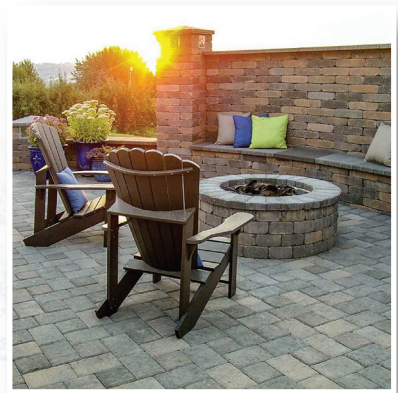
"Great minds discuss ideas; average minds discuss events; small minds discuss people."
Eleanor Roosevelt

GOODS & SERVICES

Serving the greater Rogue Valley, Leave Your Mark, LLC offers high-quality pavers and stones by all the top brands.



We provide you with the supplies, equipment, and expertise needed to get the job done right.

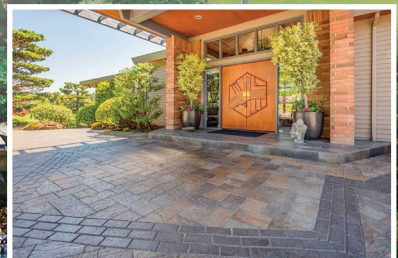
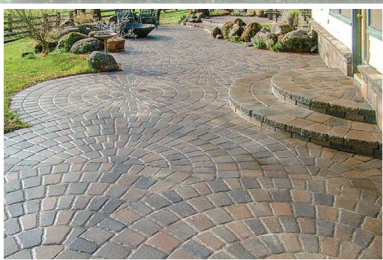
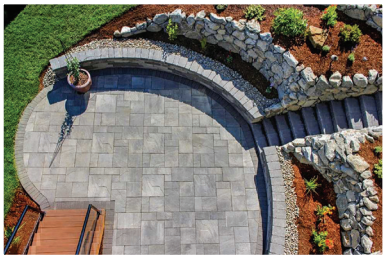


PAVERS
GRAVELS & SANDS
RETAINING WALLS
SYNTHETIC LAWN
WATER FEATURES
MASONRY ACCESSORIES

4631 S. Pacific Hwy
Phoenix, OR 97535
LeaveYourMark.com

541-535-3445

**WE ARE HERE
TO HELP YOU!**



GOODS & SERVICES

Plumbing Services

Roto-Rooter Sewer-Drain Service 541-772-6766

1289 Bens Lane
Medford, OR 97501

Please See Advertisement Page 104 & Back Cover

Pool Supplies

A Cool Pool Store 541-770-2665

1325 Center Drive, Suite 110
Medford, OR 97501

Please See Advertisement This Page

Radio Stations

Jefferson Public Radio 541-552-6301

1250 Siskiyou Blvd
Ashland, OR 97520

Please See Advertisement Page 2 & 96

TheDove Radio & TV 541-776-5368

2070 Milligan Way
Medford, OR 97504

Please See Advertisement Inside Back Cover

Resale Store

The HUB Hospice Unique Boutique 541-488-7805

1618 Ashland Street
Ashland, OR 97520

Please See Advertisement This Page



A COOL POOL STORE
Swimming Pool Supplies
Your Closest Pool People to Ashland
20 Years Experience
1325 Center Dr., Suite 110
South Gate Shopping Center
541-770-2665




SHOP
DONATE
SUPPORT

HUB
BOUTIQUE

HOURS
MON - SAT
10:30-5:00

Instagram icon | Facebook icon

VINTAGE/MODERN
541-488-7805 | 1618 ASHLAND ST, ASHLAND, OR
HOSPICEUNIQUEBOUTIQUE.ORG

SUPPORTING SOUTHERN OREGON FRIENDS OF HOSPICE & CELIA'S HOUSE

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

*Helping Seniors Obtain Information
Since 1993*

A SENIOR
INFORMATION
PUBLICATION

541-779-4839

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do.”

Mark Twain

GOODS & SERVICES

COMPLETE PLUMBING & DRAIN SERVICES



AND AWAY GO TROUBLES
DOWN THE DRAIN®

**OFTEN IMITATED,
NEVER DUPLICATED**

Medford 541-772-6766

Ashland 541-482-4833

Grants Pass 541-479-2901

**LICENSED
& INSURED**



Residential & Commercial

- Sewer & Drain Cleaning
- Pipe Repair & Replacement
- Faucets & Sinks
- Excavation Service
- Disposers
- High-Velocity Water Jetting
- Toilets
- Video Camera Inspections
- Water Heaters



SENIOR CITIZEN DISCOUNT

License # 189700

Drain Tips

Submitted by Roto-Rooter Sewer-Drain Services

Prevention & Maintenance

- **Avoid Grease & Oil:** Never pour these down the drain; they solidify and cause blockages.
- **Use Strainers:** Place strainers in showers and sinks to catch hair and food debris.
- **Enzyme Cleaners:** Use monthly, like Roto-Rooter Pipe Shield, to break down organic buildup with beneficial bacteria.
- **Hot Water Flush:** Periodically pour hot (not boiling) water down drains to help loosen buildup.

DIY Unclogging Methods (for minor clogs)

- **Baking Soda & Vinegar:** Pour 1/2 cup baking soda, then 1 cup vinegar; let sit for 15 mins, then flush with hot water.
- **Plunger:** Use a sink plunger to dislodge blockages mechanically.
- **Small Drain Snake (Drain Weasel):** For hair or soap scum clogs, gently feed a

hooked wire or snake into the drain, twisting to catch debris, but avoid forcing it to prevent pipe damage.

When to Call a Professional

- **Harsh Chemicals:** Avoid chemical drain cleaners, as they can damage pipes and are dangerous for plumbers.
- **Persistent Clogs:** If plungers or DIY methods fail, a persistent clog indicates a deeper issue requiring professional service.
- **Root Intrusion:** For sewer line clogs caused by tree roots, professional treatments like Roto-Rooter's root destroyer are needed.

Any questions, call Roto-Rooter Sewer and Drain Service for all your drain cleaning needs.

Ashland 541-482-4833

Medford 541-772-6766

Grants Pass 541-479-2901

Why a Final Resting Place Still Matters, Even After Cremation

Submitted by Perl Funeral Home

Cremation has become an increasingly common choice for families, offering simplicity, flexibility, and personal meaning. After the service is over, many families still find themselves wanting a place they can return to. A place to sit quietly, bring flowers, or feel close to someone they miss. That desire often leads to an important question: where will the final resting place be?

A permanent resting place provides something that time and memory alone cannot. It offers a physical location where family and friends can return. Life moves forward, children grow, and generations change. A cemetery, niche, or memorial space becomes an anchor, allowing loved ones a quiet place to pause, bring flowers, share stories, or simply sit in reflection. For many families, having a dedicated place brings comfort long after the service itself has passed.

Without a planned resting place, cremated remains are often kept at home, divided among relatives, or placed somewhere temporary. While these choices may feel right initially, they can become complicated over time. Families relocate, homes change hands, and future generations may not know where remains were scattered or stored. A permanent cemetery placement ensures that a loved one's memory is preserved in a way that is accessible and meaningful for years to come.

A final resting place also becomes part of a family's shared history. It offers grandchildren and great grandchildren a tangible connection to those who came before them, even if they never had the chance to meet. In this way, cemeteries are not just places of loss. They are places of legacy, storytelling, and continuity within a community.

Pre planning a cremation memorial or cemetery placement allows individuals to make these decisions thoughtfully and without pressure. It gives families peace of mind, knowing that wishes have been clearly expressed and arrangements are in place. Just as importantly, it relieves loved ones from having to make emotional decisions during a difficult time, allowing them to focus on healing and remembrance.

Ultimately, a final resting place is less about tradition and more about connection. Even after cremation, having a place to visit can bring comfort, clarity, and a sense of belonging. It is a gift to family members, both present and future, and a quiet assurance that a life lived will always have a place to be remembered.

For more information call (541) 772-5488 or visit www.perlfuneralhome.com.

Breaking Away From Traditional Memorialization in the Funeral Industry

Submitted by Rogue Valley Funeral Alternatives

For many people, talking about death can feel uncomfortable. Discussing your own mortality—or that of someone you love—isn't easy, and most of us don't know how to start the conversation. One way to open that dialogue is by exploring the many unique ways a life can be celebrated and remembered.

Not long ago, the choice was simple: burial or cremation. Today, the funeral industry offers a growing number of meaningful, creative, and environmentally conscious alternatives. Let's look at some ways to move beyond traditional memorialization.

Aquamation, also known as alkaline hydrolysis or water cremation, is an eco-friendly alternative to traditional cremation and burial. The process uses a mixture of water, heat, and an alkaline solution to gently break down the body's tissues, leaving only bone remains that are processed into ashes. Aquamation uses far less energy, produces no harmful emissions, and is considered a more sustainable option.

Another tribute is turning cremated remains into memorial diamonds. Using the carbon found in a person's ashes or hair, a lab replicates the natural diamond-forming process through intense heat and pressure. The result is a genuine diamond that can be cut, polished, and worn—a lasting keepsake symbolizing the loved one's enduring presence.

Scattering at sea with a cenotaph is another thoughtful way to honor someone. Ashes are released into the ocean, returning them to nature, while a cenotaph—either on land or underwater—serves as a permanent site for remembrance. This balance offers both a meaningful natural farewell and a tangible place to visit.

For those inspired by exploration, space memorials send a symbolic portion of ashes beyond Earth. The remains may orbit the planet, travel into deep space, or be released into the cosmos, creating a tribute that merges remembrance with adventure.

Green burials have also gained popularity for their environmental benefits. These burials avoid embalming chemicals, metal caskets, and concrete vaults. The body is placed in a biodegradable coffin or shroud, allowing it to return naturally to the earth, supporting soil health and conservation.

Beyond disposition methods, personalization plays a growing role in memorial services. Funerals can reflect the individual's passions and personality—whether that's displaying a loved one's guitar collection, organizing a car club procession, or serving Uncle Bob's favorite BBQ with his recipe printed in the memorial card.

Memorial stationery offers another personal touch. Families can choose from customized bookmarks, prayer cards, or memorial folders featuring photos, poems, or prayers that capture the essence of their loved one. Personalized Bibles, table banners, or floral displays that

incorporate favorite items—like a skateboard, guitar, or gardening tools—add meaningful detail and warmth.

When it comes to honoring a loved one, the sky truly is the limit. Exploring modern memorial options can help families celebrate life in a way that feels authentic and meaningful. Taking time to plan ahead not only eases future decisions but also ensures your final wishes are known—saving your family time, money, and uncertainty while allowing them to focus on what truly matters: remembering you.

For more information call 541-770-6505.

The Continuing Trend in Automobile Technology that Makes Driving Safer

Submitted by Bill's Glass

ADAS (Advanced Driver Assistance Systems) are here to stay, with projections of basic ADAS functions being installed by auto manufacturers in their new vehicles within the next 10 years reaching near 100%. This means basic driver assistance safety features like the following will become commonplace.

- **Automatic Emergency Braking (AEB):** This system detects potential frontal collisions (including with pedestrians and cyclists) and automatically applies the brakes if the driver does not respond in time.
- **Forward Collision Warning (FCW):** This feature uses sensors to monitor the road ahead and provides visual and auditory alerts to the driver if they are approaching an obstacle too quickly.
- **Lane Departure Warning (LDW) and Lane Keeping Assist (LKA):** LDW alerts the driver if the vehicle begins to drift out of its lane unintentionally, while LKA actively provides steering input to help keep the vehicle centered in its lane.
- **Blind Spot Monitoring (BSM):** This system uses radar or cameras to detect vehicles in adjacent lanes that are not visible in the side mirrors and provides a warning indicator to the driver.
- **Rear Cross-Traffic Alert (RCTA):** When the vehicle is in reverse (e.g., backing out of a parking space), RCTA warns the driver of approaching traffic from the sides.
- **Adaptive Cruise Control (ACC):** Unlike traditional cruise control, ACC automatically adjusts the vehicle's speed to maintain a safe distance from the car ahead, reducing driver fatigue on highways.
- **Rear-view Camera:** This is already a mandatory feature in most new light-duty vehicles and is considered a foundational ADAS element.

- **Driver Monitoring Systems:** To combat distracted or drowsy driving, these systems will track driver alertness and eye/head movements, issuing warnings when fatigue is detected.
- **Traffic Sign Recognition (TSR):** Using cameras, TSR detects and displays road signs (like speed limits) on the dashboard or head-up display, helping drivers stay compliant with road rules.

These and many other safety features are already available in several new vehicles being offered by manufacturers. This demand is being driven by government regulations and consumer demand so what may be considered premium features today will become standard equipment soon.

Obviously, these safety features are a boon to all drivers with seniors and new drivers benefiting tremendously.

Local professional glass installation facilities have had to stay current with the new technologies powering these safety features since many rely on cameras mounted to see through and work with the glass installed in the vehicle.

After glass replacement or repair in many of these vehicles camera recalibration is needed to ensure the correct operation of the safety system. The ADAS are only as good as the information they receive so proper camera function is paramount. A point that can't be stressed enough is, if you or someone you know has ADAS in their vehicle and the glass is replaced the camera system must be recalibrated and checked for proper function.

In conclusion, this technology is here to stay and properly utilized and maintained provides us with a huge increase in safety while driving these vehicles.

For more information call 541-773-5881.

Cartwright's Family History

The story of Cartwright's Market is one of passion, dedication, and a commitment to quality. It all began with Orlin Cartwright, a Navy cook and butcher during World War II. His love for the craft led him to open butcher shops in the 1950s, passing down his expertise through generations.

In 1962, Orlin and his son Jim, opened a meat processing facility in Central Point, later expanding to Grants Pass. It was here that Cartwright's signature hams and deli meats were born, gaining a reputation for excellence in local restaurants.

By 1997, a new generation took the reins. Jamie Cartwright grew up learning from his father and grandfather, eventually leading the business into a new era. In 2008, he designed and opened a brand-new Cartwright's Market, transforming the old slaughterhouse into a specialty market with a focus on premium meats, fresh seafood, organic produce, and artisanal goods.

With growing demand, Jamie and his wife, Elvie, opened a second market in Medford in November 2017. This expansion allowed them to introduce a production kitchen, creating chef-inspired salads, entrées, and an in-house bakery offering fresh, handmade desserts.

Taprock NW Grill joined the Cartwright's family in October 2024. With deep roots in the

Rogue Valley food scene, the Cartwrights bring decades of experience to the restaurant scene. The same commitment to honest ingredients and local flavors is what you'll find on every plate at Taprock NW Grill. From Pacific Northwest seafood to premium meats and farm-fresh produce, everything on our menu is a celebration of Southern Oregon.

Taprock will always be a place to gather, unwind, and enjoy the best of what our region has to offer. We're committed to supporting local farmers, makers, and the community that's made us who we are. No matter the season, you'll find good food, good company, and the view that started it all, right here on the Rogue River.

"When we brought Taprock into the Cartwright's family, we wanted to honor its iconic setting on the Rogue River while elevating it with the same standards our family has upheld for decades," said Jamie Cartwright, Owner of Cartwright's Market and Taprock NW Grill. "Our goal has always been to celebrate Southern Oregon — its farms, fisheries, and community — through every meal we serve keeping it affordable for the whole community."

Cartwright's — where history, quality, and community come together. Experience the Cartwright's difference today!

For more information call 541-479-0321.

The Importance of Sleep Quality

Submitted by Tandem Home Furniture

In a culture that often celebrates productivity, long work hours, and constant availability, sleep is frequently treated as optional. Many people assume they can simply “catch up” later or function well on fragmented rest. Yet research continues to show that sleep quality—not just sleep quantity—is one of the most essential components of physical health, emotional well-being, and long-term cognitive performance. Quality sleep is not a luxury. It is a biological necessity.

High-quality sleep begins with consistency: falling asleep and waking at the same time each day. This rhythm regulates the body’s internal clock, or circadian rhythm, helping ensure deep, restorative sleep stages occur naturally. When sleep is irregular, rushed, or frequently interrupted, the body loses access to the full cycle of sleep phases, particularly slow-wave and REM sleep. These deeper stages are where physical repair, memory consolidation, hormone balance, and emotional processing take place. Without enough time in these phases, the body functions at a deficit—even if total hours in bed seem adequate.

One of the most significant benefits of quality sleep is its impact on brain health. During deep sleep, the brain undergoes a cleansing process, clearing metabolic waste products that build up during waking hours. This “nightly housekeeping” supports long-term cognitive function and has been linked to a lower risk of neurodegenerative conditions later in life. Good sleep also strengthens learning and memory. Students who sleep well retain information more easily, while adults benefit from sharper problem-solving skills and better decision-making.

Emotional resilience is another major outcome of high-quality sleep. When sleep is disrupted, the brain’s emotional centers become

more reactive, increasing susceptibility to stress, anxiety, and mood fluctuations. In contrast, consistent restorative sleep replenishes the neurotransmitters and hormone levels that stabilize mood. People who regularly sleep well report higher levels of patience, better interpersonal communication, and greater ability to handle daily challenges.

Sleep quality also directly influences physical health. During sleep, the body repairs tissues, regenerates cells, and strengthens the immune system. Poor sleep raises inflammation levels throughout the body, which can contribute to weight gain, cardiovascular issues, and weakened immunity. Hormones that regulate appetite—ghrelin and leptin—are also disrupted by insufficient sleep, often leading to increased cravings and difficulty maintaining a healthy diet. Over time, the cumulative effects of low-quality sleep can significantly impact overall wellness.

Improving sleep quality does not require dramatic changes. Small, consistent habits can make a profound difference. Maintaining a regular sleep schedule, limiting screen exposure before bed, creating a comfortable sleep environment, and avoiding heavy meals and stimulants late in the day all support deeper rest. Many people also benefit from evening wind-down routines such as stretching, reading, or light meditation. These cues signal the brain to transition into a restful state.

Ultimately, quality sleep is one of the most accessible and effective tools for improving health, performance, and emotional well-being. By prioritizing restorative sleep, individuals equip themselves with greater clarity, resilience, and vitality. In a world that demands so much from our minds and bodies, protecting the quality of our sleep may be the most powerful form of self-care we can practice.

For more information call 541-209-0046.

Staying Independent at Home: Simple Outdoor Improvements That Make a Big Difference

By Henry Cislo, Leave Your Mark

As we grow older, the spaces around our homes influence our comfort, confidence, and ability to remain independent. Many people focus on indoor upgrades, yet the outdoor areas where we walk, garden, relax, and welcome visitors play just as important a role in daily safety and quality of life. Fortunately, there are small improvements anyone can make—often in a weekend—that help create safer, more enjoyable outdoor living spaces.

Safer Pathways and Walking Surfaces

Uneven ground, loose gravel, and shifting soil can make walking more challenging, especially during winter months. Seniors may benefit from stabilizing the surfaces they use most, such as walkways to the mailbox, garden, or driveway. Level paths, firmer footing, and slip-resistant surfaces reduce the risk of falls and make it easier for friends and family members to visit without concern.

One helpful tip is to review outdoor paths after the first heavy rain of the season. Rain often reveals dips, puddles, and soft spots where mobility could be compromised. Addressing these early keeps pathways functional year-round.

Improving Visibility With Thoughtful Lighting

Good outdoor lighting is one of the most overlooked safety tools for seniors. Soft, low-voltage lighting along walkways, steps, and entrances can significantly improve visibility without creating harsh glare. Motion-activated lights near doors and driveways are especially helpful for evening visitors, bringing in groceries, or navigating icy mornings.

Better lighting doesn't just support safety—it also adds a calming atmosphere to porches, patios, and sitting areas where many people enjoy spending time.

Reducing Outdoor Clutter and Hazards

Items such as hoses, yard tools, potted plants, or decorative objects can become tripping hazards when placed too close to walking areas. A seasonal “safety sweep” helps identify objects that may need relocating or organizing. Seniors who enjoy gardening may find that using raised planters or waist-height work surfaces can reduce strain while still keeping outdoor hobbies accessible.

Creating Comfortable Gathering Spaces

Outdoor spaces aren't just about safety—they're about enjoyment. Seniors often report that a well-organized outdoor area encourages them to spend more time outside, improving both mood and mobility. Simple additions such as comfortable seating, shade elements, and level ground under patio chairs make outdoor time easier and more accessible.

Support From Family and Community

Many seniors take pride in caring for their own homes, but family members, neighbors, and community volunteers can play an important part. Helping with seasonal clean-ups, carrying materials, or leveling a small walkway can make a meaningful impact without major expense.

The most important step is awareness—looking at outdoor spaces through the lens of safety, comfort, and long-term independence. A few thoughtful adjustments can help ensure that the place we call home remains a source of confidence and enjoyment for years to come.

For more information call 541-301-5859.