

Focus on health

— SPRING 2015 —

Spring was sprung early in Sisters Country.

That means it's the perfect time to start focusing on leading a more healthful, well-balanced life. Time to off-load some stress, get outdoors, time to enjoy the beauties and challenges of the outdoor wonderland that is Sisters Country.

It's also an injury-prone season, since we all tend to want to do too much too soon, to tackle the yard work all at once or hit the trail for miles and miles.

Whether you are looking to be more health-conscious and active, or trying to avoid or recover from the strains of being too active, you can find the services you need in Sisters.

In addition to all its natural advantages, Sisters is home to service providers and health practitioners whose mission is to preserve and enhance your health and well-being.

It is a remarkable blessing to be able to live in a relatively remote area with a

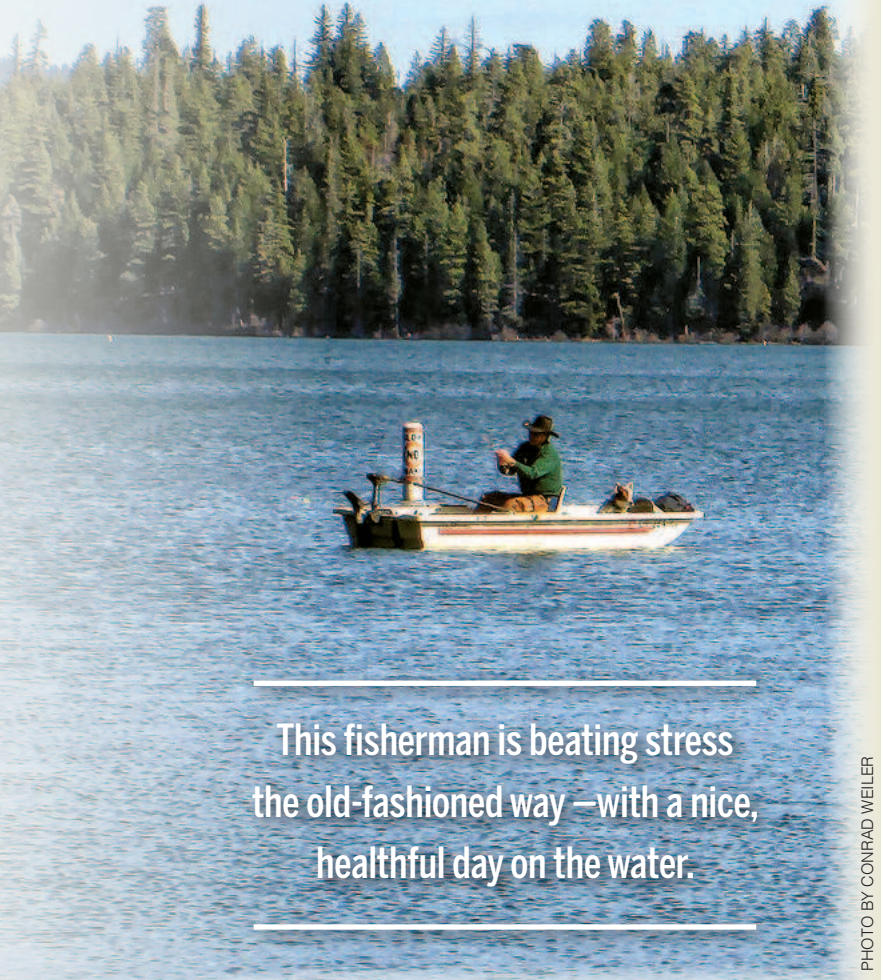
healthy environment, yet have so many health resources available. Top-notch medical care is available right in town at local clinics, where the focus is not just on treating illness, but on promoting your well-being. And Sisters offers naturopathic options to help you find wellness.

From hearing to eyecare to coping with diabetes, there are skilled professionals who are expert in providing the highest standards of care. And there are outstanding services to help our loved ones in their twilight years.

For those of us who pursue an active lifestyle, there are folks who can get you outside and involved in exciting activities — and those who can get you back in the saddle when you need to recover from hard work or injury.

We live in healthful abundance. Make the most of it.

Explore these pages for resources to help you make your life more healthful and fulfilling this year.



This fisherman is beating stress the old-fashioned way — with a nice, healthful day on the water.

PHOTO BY CONRAD WEILER

Absolute Serenity Adult Foster Care

Enriching the lives of those we serve, one day at a time.



David & Leah Tolle, Care Providers

Personalized, attentive care • Family setting
Private rooms with half bath • Activities

Meals, housekeeping & laundry included

Inquire about summer availability, call David and Leah today!

541-588-6119

119 N. Rope St., Sisters
absoluteserenity@gmail.com



Absolute Serenity

Absolute Serenity is expanding its capacity to serve seniors in Sisters Country. Construction is well underway on a new adult-foster-care facility at the corner of Adams Avenue and Fir Street. This new facility will enable Absolute Serenity to continue its mission to provide seniors with a quality home environment and a smooth transition into a new phase of life.

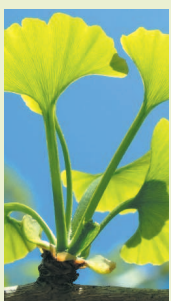
The new facility will include studio apartments for independent seniors as a transitional form of housing before they go into the more intensive adult foster care. The new facility will be named "Anna's Home" after Anna Jones, whom the Tolles cared for over many years.

Absolute Serenity provides private rooms, housekeeping, meals and snacks, medication



management and a range of life-enhancing activities. They are able to serve residents with Alzheimer's disease, special diet needs and other issues.

Construction will be completed in June and occupancy will start at the beginning of July, so call now to reserve space for your loved one.



**Acupuncture
Chinese/Western
Herbology
Massage Therapy
Nutritional
Counseling**



Sisters Acupuncture Center

Greg Wieland L.Ac.

Julia Wieland-Smith L.Ac., LMT

541-549-1523 | 352 E. Hood Ave., Ste. E
State Licensed & Nationally Certified Since 1989

Sisters Acupuncture

Allergy sufferers are already feeling our early spring. Allergies are associated with deficient and imbalanced digestive, immune, and adrenal function. Diet, nutritional and herbal supplementation and acupuncture are used to support and improve those functions and alleviate symptoms.

For seasonal allergies, begin a holistic approach now with a visit to Sisters Acupuncture. Greg Wieland and Julia Wieland-Smith have years of experience and deep knowledge in a variety of approaches that can help you enjoy Sisters' early spring without the unpleasant allergy symptoms.

They can provide an assessment of your diet and offer suggestions to use nutrition to build yourself up.

They can also provide advice on supplements



that will build your resistance to allergies. And, of course, they are specialists in acupuncture, which balances the body's innate healing and organizing processes. It works great for allergies.

Don't just suffer through or suppress the symptoms. Turn to Sisters Acupuncture to truly feel better and enjoy the season.