

Carlisles 'Make the jam' for self care

Laura M. Mancuso
IVN Staff

Healthy U wants to turn health care upside down with their #SelfCaresHealthCare campaign.

"When we think about health care we typically think of doctor's offices, insurance companies or hospitals, we see it as something that is remote from our daily life that is led by experts or some enormous bureaucracy; no wonder it is confusing," said Nicole Rensenbrink the executive director of Healthy U, and added, "But really you don't always need to go somewhere or have someone show you what to do. Self care is health care. Self care is what you do every day to take care of yourself."

Healthy U is a nonprofit, health promotion organization that offers counseling, exercise classes and other health education venues.

Last summer Healthy U encouraged the people of the Illinois Valley to tell them what they do to stay healthy as part of a health promotion and fundraising campaign and then promoted the responses they received in the Aug. 31 edition of the *Illinois Valley News*.

It turned out that a couple from Selma was the epitome of Healthy U's mission which is to promote health of the mind, body and heart. Tom and Kathy Carlisle listed their response to Healthy U's question: "What's one healthy thing you do?" by saying, "Make the jam."

Unexpectedly, their jam has nothing to do with fruit.

"Make the jam' means you just gotta keep going," said Kathy Carlisle. "Maybe you're worried about things or you can't do anything about things, so you just do something physical if your mind is distressed."

And doing something physical is how both Tom and Kathy live their lives.

The Carlisles moved from Seattle to Selma 35 years ago when they decided to fulfill their goal in life which was "country living." Their role models for this lifestyle were Scott and Helen Nearing from the back-

to-the-land movement who wrote a 1954 publication called, "Living the Good Life."

Tom Carlisle said they found a house that needed a lot of work when they moved in and they had to replace just about everything. They ended up doing most of the work themselves. And so for the past 35 years the Carlisles have had a work in progress on their 13 acre property.

The amazing part of this is that every day they have spent time outdoors working on their vast 2 acre botanical garden that is two-stories full of terraces, steps, fountains and beautiful recycled art with intricate stonework all done by hand.

Tom and Kathy Carlisle who claim to be in "fairly good health" are both "interested in exercise that has another component."

"I'm not interested in a stationary bicycle or going to the gym; that just seems pointless when you can go outside and work in your garden. Make it beautiful and enjoy the weather and at the same time get exercise," said Kathy Carlisle.

Tom Carlisle's take on exercise is "Jumping jacks do not appeal to me but pushing firewood uphill everyday; that's exercise."

When asked why they believe in a healthy lifestyle, Kathy Carlisle said, "Without your health you can't do much of anything. Tom and I are both getting older now. He is 72 and I will be 72 soon. We are realizing that we have to do our best to stay healthy so we can maximize whatever time we have left." And Tom Carlisle added, "In my opinion, to maximize your activities you need to stay healthy. You don't want to have to spend time with doctors all the time."

It's not just exercise that makes the Carlisles healthy. They eat a "well-rounded diet and very little of their food is processed." Kathy Carlisle said they cook most of their meals at home and their typical diet is meat, lots of fish and vegetables and dairy. "No restrictions, just sensible about eating."

And it is not just their bodies they keep healthy. When it comes to their minds and hearts they're the same way.

The Carlisles spend about two hours

a day reading anything from books to newspapers and they also make listening to music a priority in their lives. They love classical music and Kathy Carlisle plays the piano.

According to Kathy Carlisle, "Music and creative arts are important to a healthy life. Music, because it is soothing and inspiring." And Tom Carlisle mentioned that they go to the symphony in Grants Pass five times a year.

The Carlisles do socialize with friends but spend most of their time together. They have been married 45 successful years and when asked about the secret to success, Kathy Carlisle said it was all about "tolerance and compromise and that fairness is key."

Tom explained how they always try to be fair with each other and split all the chores around the house. He then added, "We rarely get angry with each other or about things. I feel health suffers from getting angry all the time. A healthy way to get rid of anger or stress would be to do something physical."

It all really comes back to "Make the jam."

For Tom Carlisle, making the jam means you can make your life sweeter. "The bread might be the staff of life but the jam makes life interesting."

Healthy U hopes to have an annual health campaign that engages citizens in this sort of way, perhaps next recruiting local residents to answer the question: "How do you support your community?"

When it comes to self care Lindsey Gillette, health educator and yoga instructor for Healthy U said, "I want everyone to know that there are countless ways to do self care and the most important thing is to just start somewhere!"

To get more information about #SelfCaresHealthCare or to donate, call 541-592-4888 or go to www.healthyucenter.org. Healthy U's mailing address is PO Box 1491, Cave Junction, OR 97523.



(Photo by Laura Mancuso, *Illinois Valley News*)

Kathy (left) and Tom Carlisle of Selma work in their botanical garden around one of their handmade fountains Saturday, Oct. 22.

ONE CALL DOES IT ALL, NO JOB TOO SMALL!
CCB #189031

Sun Valley CONSTRUCTION, INC.
541-218-5555

EXCAVATION, CLEARING, KITCHEN AND BATHROOM REMODELING, ROOFING, GREENHOUSES, FENCING, ELECTRICAL, PAINTING...

PROUDLY SERVING THE ILLINOIS VALLEY SINCE 1992

JP AUTO & METAL RECYCLING
NEW PARTS - USED PARTS
-WE BUY SCRAP METAL-
CERTIFIED SCALES

29910 REDWOOD HWY
CAVE JUNCTION, OR
541-592-3691

STUMP GRINDING
Any Size

Contact Terry 541-660-9880
LICENSED and INSURED

ZUMBA with Lisa Sherier
She's back!
Wednesdays
\$5 DROP-IN
6:15-7:15 PM
at Healthy U
535 E River St.
541-761-4342

Kate's REDWOOD BAR & GRILL
Serving the Best Cheeseburger with an Attitude!
Celebrating 10 years as the Valley's Bar & Grill

NO STEAKS IN OCTOBER

TUESDAY THROUGH SATURDAY
NOON TO CLOSE

12235 Redwood Hwy • Wonder, OR
541-476-8990

SRC SEITZ RESTORATION & COLLISION
PAINT SPECIAL!
Complete refinish starting at \$1800

- Includes selected colors
- Single Stage Urethane Paint
- Jamb and Body Work Extra

For Inquiries and Scheduling, contact our office.

RESTORATION - COLLISION - REFURBISHING
WORK WITH ALL INSURANCE OR SELF-PAY
I-CAR CERTIFIED - 44 YEARS EXPERIENCE

WHERE CUSTOMER SATISFACTION IS PARAMOUNT.

541-592-3990 220 Watkins St. Cave Junction

Clocks turn back
Sunday,
November 6.

240 N REDWOOD HWY #226
CAVE JUNCTION, OR 97523
541-592-4367

FOLLOW US ON FACEBOOK
WWW.FACEBOOK.COM/PAPAS DISPENSARY-WE'RE BACK

- GLASS
- CLOTHING
- ECLECTIC GIFTS

PAPA IIc
Providing All Patients Access

LET US FILL YOUR NEEDS AND FIND YOUR HAPPY PLACE AT PAPA'S!

The Kerby Transfer Station
is open to help you...

Hours: Mondays - Saturdays
9:00 a.m. to 4:00 p.m.

For more information phone: 800-922-1025

SOS Southern Oregon Sanitation Inc.