

ROGUE VALLEY



Food & Friends Menu

FRIDAY - JUNE 2
VEG CHEESE STRATA
MONDAY - JUNE 5
SALISBURY PATTY
WEDNESDAY - JUNE 7
MEATLOAF W/ GRAVY

Call 541-955-8839 to volunteer or if you need meals.

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

COPD

A group of diseases which hamper the breathing process, making it harder to breathe in-and-out, are collectively known as COPD, (Chronic Obstructive Pulmonary Disease). Approximately 30 million Americans have this problem and many seniors who think it is a 'normal' part of aging do not know how serious it can become. The complications of COPD can become very, very serious including an early death. If you have shortness of breath, wheezing, frequent coughing, tightness in the chest it is best to consult with your primary care provider as COPD is treatable or manageable many times. One can at least take precautions and prevent or slow down the progress of COPD.

Continued exposure to smoke, whether from fires or tobacco and other air pollutants such as dust and chemical fumes are a major cause of COPD. They will also cause flare-ups once the COPD processes have caused disease. Heavy marijuana smokers who have developed the above symptoms should also take heed. Avoiding these things is your best defense. Anything which causes respiratory problems such as colds, bed mites and allergies can cause flare-ups. Staying indoors during air quality alerts will help, so check reports. Make sure your indoor environment is free of lung irritants. Consider an air purifier. Negative

ion air purifiers are best. Eating dairy and white flour products cause mucus which complicates COPD. Continual flare-ups will probably extend the disease damage.

Things which have been found helpful in managing COPD include; harmonica playing, yoga- 1 hour three times per week, taking frequent walks or other exercise in clean air, acupuncture, losing weight and HELPING OTHERS. Yes, being of service to those in need has been shown to improve the quality of life of people suffering from COPD. Please consider volunteering with Illinois Valley Wellness Resources. We know of neighbors who need help.

You can also contact I.V. Wellness Resources at www.ivwellnessresources@gmail.com or 541-592-9781 and please like our Facebook Page @ [facebook.com/ivwellnessresources](https://www.facebook.com/ivwellnessresources).

VOLUNTEER OPPORTUNITIES

**Senior Companions
**Caring Callers

Please call I.V. Wellness Resources, program coordinator Laura Mancuso for more information at 541-592-9781.



RESOURCES

If you are a senior or disabled resident of the Illinois Valley and need help finding resources to keep you healthy and happy in your home

Caregivers - Handyman
Yard work - Firewood
Housekeepers -
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I. V. Wellness Resources



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