



GOOD LIFE

Sept. 26, 2019 | 9 a.m. to 2 p.m.

Boomer & Senior Expo

Free Admission

(please bring a canned food item to donate to Florence Food Share)

- Raffles
- Lifestyle Presentations & Seminars

- Health Screenings
- Samples
- Volunteer Opportunities

Schedule & Speakers

10 to 11:15 a.m.

Regenerative Medicine Seminar

Nurse Stephanie Jones with Pain Relief Partners

11:30 a.m. to Noon

"Staying in the Light" — How seniors can combine their gifts and passions to add new meaning to life

Becky Olson with The Salvation Army Office of Gift Planning

12:15 to 12:45 p.m.

Good Life Expo Presentation

Hearing Associates of Florence

1 to 1:30 p.m.

Good Life Expo Presentation

CapTel Captioned Telephone



Enter to win a "New Night's Sleep" gift certificate good in the Mattress Shoppe (good for mattress, box springs, adjustable base, linens or pillows) — Value \$1,700



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"We have programs for active seniors who are looking for everything from new fitness activities to financial services, or information and tips for those who need assistance getting around safely and affordably," Bartlett added.

Florence Good Life Expo is an event you don't want to miss! It takes place Thursday, Sept. 26, from 9 a.m. to 2 p.m. at the FEC, 715 Quince St., and features



information designed especially for seniors, caregivers and their friends and family members.

Admission is free, though a donation of canned food for Florence Food Share is appreciated. As a special treat, BJ's Ice Cream is dishing up free scoops all day.

Attendees at this expo can look forward to free health screenings and accessing investment guidance, travel news, retirement choices and attending a variety of educational seminars.



The expo includes a diverse range of exhibitors, entertainment and educational seminars with the goal of helping the 50-plus demographic manage and enhance all aspects of their lives.

There will also be chances for volunteer opportunities and community engagement. However, people should not that this year there will not be flu shots offered.

Come spend the day and learn how various businesses can help anyone make the most of their retirement years.



PeaceHealth Peace Harbor Medical Center

PeaceHealth Peace Harbor Medical Center is Florence's largest provider of healthcare. Come to the Good Life Boomer and Senior Expo to talk to representatives from Orthopedics and Women's Health, the PeaceHealth Foundation and more.

Plus, attendees can get their blood pressure checked and learn more about PeaceHealth's programs.

At PeaceHealth Medical Group, you'll find experienced doctors and

health care providers from medical specialties in PeaceHealth clinics and hospitals in and around the Siuslaw region. The main campus is at 400 Ninth St. in Florence.

The PeaceHealth Walk-In Clinic, 380 Ninth St., provides care for non-life threatening illnesses or minor injuries.

For more information about PeaceHealth Peace Harbor, visit www.peacehealth.org/phmg/florence.

Good Life Expo 2019 Siuslaw News, September 21, 2019

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Safe senior dating practices

For seniors, being alone can escalate feelings of isolation. As men and women age, their social circles may begin to shrink.

The health resource Aging Care says 43 percent of seniors have a persistent sense of loneliness.

For many, dating is helping them find renewed companionship, self-confidence and vigor. Despite the rush that one may feel when beginning a new relationship, it is important to put safety first. One of the key considerations is disease prevention.

Statistics from the Centers for Disease Control and Prevention show that, between 2000 and 2008, there was a 45 percent increase in reported sexually transmitted diseases in Americans over the age of 40. Online dating may make seniors vulnerable to STDs.

Furthermore, many STDs go unrecognized and thusly untreated in the senior community because they're simply not expected. Education can help keep seniors safe. Doctors can inquire about sexual ac-



tivity as they would with other age groups. Seniors themselves should always practice protected intimacy and get refresher courses on "safe sex" education.

In Florence, there is free testing for HIV & HepC every second and fourth Friday at PeaceHealth Oregon Cardiology, 310 Ninth St. This service is hosted by Alliance for Men's Wellness and HIV Alliance from 11 a.m. to 3 p.m.

See You at the Senior Expo!

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GOOD LIFE ~ SENIOR EXPO

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