

# ROBY'S FURNITURE & APPLIANCE

FLORENCE—Even though many people try to maintain an active lifestyle and get regular exercise, the body still changes with age. Roby's Furniture & Appliance and The Mattress Shoppe will be showcasing three different ways of helping people offset some of those changes at this week's Boomer and Senior Expo with Simmons mattresses on an adjustable bed; a Flexsteel lift chair; and a SoCozy heat and massage chair by Southern Motion.

Getting a good night's sleep can go a long way towards preventing fatigue. Sleep gives a body the time it needs to repair itself overnight. If you wake up stiff and sore, or feeling more tired than you did the night before, it could mean that it's time for a new mattress.

A Simmons mattress on an adjustable bed from The Mattress Shoppe at Roby's can help

you get that "better night's sleep."

If you find yourself sitting in an uncomfortable chair because it's the only one in the house that doesn't hurt when you stand up, you might think about a lift chair. It can help you stand up without putting strain on your back or knees. It can also help you maintain your balance as you rise, possibly preventing a devastating fall.

Or, how about the new SoCozy massage chair from Southern Motion. A gentle massage, either full back or lumbar along with the heat of the SoCozy, can soothe those tired muscles.

Roby's Furniture has a very large selection of manufacturers and models on display and will have several at the expo, where you'll find brands like Ultra Comfort and Med-Lift,

as well as Flexsteel and LaZBoy.

Members of the Roby's Sales Team will have a display of products for you to try out. They'll also be there with plenty of information and explain our "Take It Back" guarantees so you'll feel comfortable with your purchase.

In addition, Roby's offers several ways to pay. If you special order and pay in advance, you will save 20 percent off your lift chair or adjustable base — offer good only through Thursday, Oct. 31. Financing your purchase can be paid over 18 months with deferred interest, with credit approval required.

Create your perfect home with furniture, appliances and mattresses that are just right!

Roby's Furniture & Appliance and the Mattress Shoppe is at 1870 Highway 101 in Florence and online at [www.robys-furniture.com](http://www.robys-furniture.com).

**S** Children watch their brothers, sisters and adults in their families. They watch, learn and model similar behavior when they are young and think it's normal.

**A** As they grow up they can choose a healthier way of life, free from alcohol, tobacco and abusing addictive substances.

**P** Siuslaw Area Partnership to Prevent Substance Abuse (SAPPSA) works to educate children and adults to choose a healthier way to live by drinking clean water, eating more fruits and vegetables, and avoiding animal fats, added sugars and chemical sweeteners, as well as alcohol and tobacco or abusing addictive drugs.

**P** Young brains affected by alcohol are unable to analyze the health consequences of repeated alcohol consumption. Alcohol and tobacco damage to cells in the mouth, throat, esophagus, stomach, pancreas, liver, heart, kidneys and intestinal tract become long-term health issues. The cost is enormous.

**A** For more information, contact SAPPSA Secretary Jenny Velinty at 541-997-7573.

## Spruce Point Assisted Living

Spruce Point Assisted Living and Memory Care Community is a beautiful, 65-apartment senior living community located on the majestic Oregon coast, just off of scenic Highway 101 in Florence.

At Spruce Point, residents enjoy the comfort of independence, coupled with the convenience and

camaraderie of community living. Spruce Point's apartments feature private baths, full kitchenettes and the peace of mind knowing that residents are always steps away from programs and services designed to make life easy and exciting.

To find out more, visit us at our booth.

## Can't Hear on the Phone?

Enjoy phone conversations confident you'll catch every word! Read closed captions of everything your caller says.



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Our Accelerated Care Program is specifically designed for Subacute care. The program provides our therapy team with specialized tools that address a number of clinical conditions such as contractures, pain control, wounds and incontinence as well as balance and endurance. These advance treatment options include: Electrical stimulation, ultra sound, diathermy and Bio Dex.

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[www.lifecarecenterofcoosbay.com](http://www.lifecarecenterofcoosbay.com)

# Good Life Expo 2019 Siuslaw News, September 21, 2019

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## WEST LANE 90BY30

West Lane 90by30 is the Siuslaw region arm of the county-wide Child Abuse Prevention Initiative to reduce child abuse and neglect by 90 percent by the year 2030.

Three Prevention programs implemented so far are:

- "Healthy Families" provides home visits to support parenting skills and social connections.
- "Roots of Empathy" teaches emotional literacy, social skills and compassion to our region's first graders.
- "Welcome Baby Boxes" gifts new parents with a portable sleep system, car essentials, and a resource notebook.

Pictured are Sam & Carter Jo Gauderman at the annual Child Abuse Prevention Open House. Everyone has a part to play!

Join us! Call 541-590-0779 for more information, or visit [90by30.com](http://90by30.com).

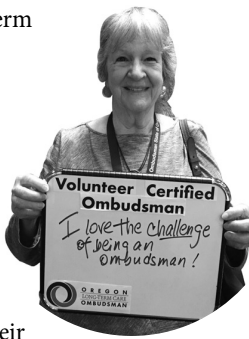


## Long-Term Care Ombudsman

The Office of the Long-Term Care Ombudsman provides Certified Volunteer Ombudsmen for Oregonians living in nursing, assisted and residential living, and adult foster home facilities. Ombudsmen serve as the voice of the resident, working to make the system responsive to their needs and wishes. They investigate the resident's concerns and work until these concerns have been resolved. Services provided are free and confidential, and we provide a no-cost training for our volunteer Ombudsmen.

Learn about becoming a Certified Ombudsman of the Office of the Long-Term Care Ombudsman at an upcoming Certified Ombudsman Open House Webinar. Find out what an Ombudsman does, requirements and more.

1.800.522.2602 | [www.oltco.org](http://www.oltco.org)  
[www.facebook.com/oregonltcombudsman/](https://www.facebook.com/oregonltcombudsman/)



## — Addus — The Pre-Acute Solution to the Post-Acute Problem

Since 1979, Addus HomeCare, Inc. has served families at home, providing quality in-home supportive services to elderly and younger persons with disabilities. Our approach is simple: We provide great care and we pay attention. In the conduct of providing our services, we watch for important changes in health condition so we can promptly get that information to the appropriate health resource.

Early identification leads to early intervention. Early intervention leads to lower health care costs and a dramatic increase in quality of life for our consumers. That is our purpose and how we should be measured.

SENIOR & DISABILITY SERVICES  
A DIVISION OF LANE COUNCIL OF GOVERNMENTS

Visit our booth to learn about:

- ✓ Medicaid (medical coverage and/or assistance paying for long term care)
- ✓ SNAP (Supplemental Nutrition Assistance Program/food benefits)
- ✓ The Aging & Disability Resource Connection (ADRC)
- ✓ Options Counseling (We can help you develop a plan for long term care options that works for you!)
- ✓ Senior Meals (Café 60 and Meals on Wheels)
- ✓ Money Management (help paying bills and managing money)
- ✓ Family Caregiver Support
- ✓ Living Well (a workshop for chronic health conditions)
- ✓ Elder Help (a companionship program for seniors)
- ✓ The Senior Companion Program of Lane County (a companionship program for seniors)
- ✓ Energy Assistance (LIHEAP)

OR

Ask us about our many Volunteer Opportunities!

ADRC  
Aging and Disability Resource Connection  
OF OREGON

A one stop shop for information, advice and help for seniors, people with physical disabilities, their families and caregivers. Available to all Oregonians-regardless of income.



Siuslaw Area Partnership to Prevent Substance Abuse, in collaboration with the community, provides substance abuse prevention education and information for youth and families to increase their awareness regarding the effects of alcohol and drugs.

[www.sappsa.org](http://www.sappsa.org)

S.A.P.P.S.A. is a 501 (C) (3) Non-profit Oregon Corporation.  
Contributions are tax deductible AND ARE USED TO BETTER OUR COMMUNITY.  
Your help is most appreciated.

S.A.P.P.S.A. P.O. Box 1036 Florence OR 97439