

# — Nova Health —

Nova Health has been serving patients throughout Lane County and Roseburg for over 10 years. One thing has been the same since the beginning: Our commitment to quality patient care and our commitment to each other.

Beginning in August, Nova Health clinic now offers urgent care in Florence.

The clinic, located at 4480 Highway 101, currently provides primary care services. The addition of urgent care walk-ins and same-day appointments provides a convenient and comprehensive care solution for individuals and families in Florence and surrounding areas.

The Florence clinic will accept walk-ins, with complimentary blood pressure checks during regular business hours.

By expanding its service offering, Nova Health's Florence

clinic will be better equipped to treat a broad spectrum of health care needs of Florence's residents.

According to clinic manager Brittany Elliott, the expanded urgent care offering is part of Nova Health's commitment to be a trusted source of routine, preventive and urgent care needs for the Florence community.

"Nova Health is committed to offering a full spectrum of affordable patient care services and access to the highest quality providers," said Elliott. "Adding urgent care services, as well as free blood pressure screenings, to our clinic helps us meet our goal of delivering quality, affordable health care to everyone in the community."

For more information, visit [www.novahealth.com/locations/nova-health-Florence](http://www.novahealth.com/locations/nova-health-Florence).

## BEST FOR HEARING

Best For Hearing, a different kind of hearing practice, provides hearing solutions that are customized to each patient's individual needs. The most important part of what we do is listen.

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Best For Hearing's expertise with Starkey's state-of-the-art hearing aids ensures that each patient receives superior comfort, unmatched technology and best-in-class features. Bring questions to the expo, where we will be glad to answer them.

## New Friends Memory and Residential Care

New Friends Memory and Residential Care of Florence is located just off Highway 101 on the beautiful Oregon Coast. Situated in picturesque Florence, New Friends is close to shopping, medical and community Social Facilities.

Life at New Friends is like living at home with meals, housekeeping and maintenance provided. Our residents enjoy their own private studio rooms furnished with their treasured belongings. The dining room, featuring restaurant-style dining, is a gathering place for pleasant conversation and delicious home-cooked meals.

Residents are invited to take an active role in our many programs and services, continuing the activities they enjoyed in their own homes. Families, knowing that our staff is available 24 hours a day and that every studio is equipped with an emer-

gency call system, can enjoy peace of mind.

Our philosophy is to promote dignity for each elder by appreciating them as unique individuals with a rich background, by supporting their abilities, and by compensating for disabilities so that the elder feels useful and successful.

Everyone has a unique and often personal interest in the success and stability of the senior living community of which they are a part. To elders and families, it may mean independence, comfort, convenience and predictability. To friends, peace of mind and stability may be valued. To the staff it could mean job security and satisfaction.

Our mission is to provide choices in caring communities. Our vision is to redefine the experience where life and caring come together.



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# Good Life Expo 2019

## Siuslaw News, September 21, 2019

10 September 2019 • Good Life Boomer & Senior Expo

### How to show appreciation to seniors in your life

Grandparents and seniors can share wisdom and a lifetime of experience with the young people in their lives. Expressing gratitude for such lessons is a great way to show the seniors in your life, whether it's a grandparent, mentor or family friend, how much they're appreciated.

Some seniors live alone, while others may be living with their adult children and grandchildren, offering care and support to help make the household function. Whether grandparents, aunts and uncles or older friends live close by or elsewhere, there are many ways for their loved ones to show them how much they're appreciated.

1. Become pen pals. Seniors may have limited mobility or opportunities to get out of the house. Receiving mail is one way to connect with the outside world. Regularly send letters to a grandparent or other senior, sharing tales of daily life and key moments that will bring them joy. Chances are they'll return the favor with a letter of their own.

2. Explore technology together. Younger generations can introduce seniors to available technology that can bring them closer



This may include digital assistants that enable them to share videos, tablets to send email or access social media, mobile phones for calling and texting, and anything else families can customize to their needs.

3. Offer companionship. Spending time with younger generations can motivate seniors to stay active and engaged. Have games

and activities at the ready or simply provide a listening ear.

4. Shop and run errands. Help aging loved ones perform the tasks that they may not be able to tackle on their own. This can include picking up groceries or prescriptions or taking them to appointments. Simple work around the house, like doing laundry or light clean-up, also can be a big help.

5. Start a hobby together. Develop a hobby that seniors and young people can enjoy together. Watching classic movies, painting ceramics, going to sporting events, or gardening are just a few of the many hobbies that seniors can enjoy with their young loved ones.

There are many ways to bridge the generation gap and spend meaningful time with aging loved ones.

## Dynamic Hearing Solutions

Find your best solution today. Dynamic Hearing Solutions is owned by Rick and Linda Rochon and was founded when Rick lost hearing due to surgery. Their motto is "Advanced, Affordable and Accurate" solutions.

Dynamic Hearing Solutions provides free hearing evaluations and the sales and service of many brands, right by the Sugar Shack in Reedsport.

Stop by their booth, see the latest hearing aids, and enter to win one of 20 \$10 gift certificates for pizza.

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with special diets, and more. Health services, medication management and end of life care.

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Ronda Perkins, Owner

541-359-5087

[Ronda@NWMEMORYCARE.COM](mailto:Ronda@NWMEMORYCARE.COM)

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