

New Horizons In-Home Care

It's about believing in those people who need help living at home. And it's what we set out to do every day.

At New Horizons In-Home Care, we know that freedom at home means a lot. That's why we want you to think of us as your partner in in-home care.

Deciding to begin in-home care can be a difficult and emotional decision. And you have lots of questions: Can in-home care help? What does it entail? How much does it cost? How will I feel about bringing a stranger into my home, or my mother or father's home? How do I know whom to hire?

First of all, in-home care serves a vitally important role in allowing seniors or disabled people to continue living at home when it's simply not possible for them to do that on their own. Certainly, some clients, when first presented with the idea, will feel their independence is being threatened. It's a hard thing for some



people to come to terms with.

But it's important to remember, that in-home care, perhaps at just several hours a week, would be enough to actually help them retain the independence of living at home, perhaps in a place where they have spent decades of their life.

For New Horizons, the common denominator is that a reliable, well-trained caregiver will come to you, allowing you to continue living in your home when that has become difficult.

With offices in Florence, Eugene, Salem and Corvallis, we have many ways to serve you — plus, we have an on-call nurse available 24 hours a day, seven days a week.

For service in Florence, Mapleton, Reed-sport, Yachats and surrounding areas, call 541-997-8115 or stop by 398 Highway 101 in Florence.

Learn more at www.newhorizonsinhomecare.com and by visiting us at the Good Life Boomer and Senior Expo.

Lane Council of Governments Senior & Disability Services

Senior & Disability Services (S&DS), a division of Lane Council of Governments, provides services for older adults and adults with disabilities.

Services include information and referral through the ADRC, Meals on Wheels & Café 60 dining sites, Medicaid, SNAP (formerly Food Stamps), long-term care services, family caregiver

supports, Adult Protective Services, health promotion programs and many more.

The Senior Connections Program of S&DS works with adults aged 60 and older and family caregivers, at no charge, regardless of income.

Senior Connections Area Coordinators and volunteers in six Lane County communities work to help

older adults in their own homes and conduct initial assessments, referrals and ongoing facilitation of services for federal and state programs. Trained volunteers are the key to our success.

S&DS has offices in Eugene and Florence, with out-stations in Cottage Grove, Junction City, Oakridge and Veneta.

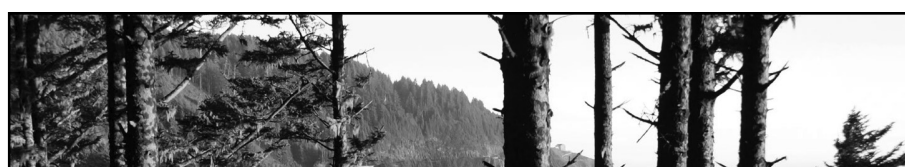
OREGON EYE CONSULTANTS

Oregon Eye Consultants LLC is a leader in comprehensive and vitreo-retinal ophthalmic care in Western Oregon.

The practice strives to provide the highest level of eye care, aiming to support an atmosphere that will comfort and educate our patients in all services they receive.

Our goal is to enhance the life of each patient by taking care of all their vision needs.

We look forward to being a part of the Good Life Senior Expo in Florence. Please stop by our booth with any questions you may have.



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Not Your Ordinary Bank



Are you ready for Open Enrollment?

Every year from October 15-December 7, people with Medicare have the opportunity to change their health and drug plans. Companies that offer Medicare programs make changes in rates, co-pays, deductibles, drug lists, and provisions each year. Consumers should receive information about the 2020 plans by October 1st in time to review them before Open Enrollment. Local SHIBA (Senior Health Insurance Benefits Assistance) counselors are gearing up for appointments to be held most Fridays during Open Enrollment in the computer lab at the Florence campus of Lane Community College. SHIBA counselors meet with individuals to personally assist with Medicare choices, problems, enrollments, and questions. As trained volunteers serving under the direction of the Center for Medicare Services, they offer free help and services.



To schedule an appointment call 547-736-4421.

Good Life Expo 2019 Siuslaw News, September 21, 2019

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THE SALVATION ARMY

Most of us, if given the chance, would like to leave a legacy to show that our lives have made a difference. We want to know we have contributed to an important work or cause that will benefit the lives of others for generations to come. While your legacy will consist of any physical and financial assets you leave behind — money, possessions, real estate — it can be much more than that. Your true legacy will be defined by the values and purposes your passions have embraced and shared in your life.



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Plus, hear a special presentation by Salvation Army Office of Gift Planning from 11:30 a.m. to noon in the speaker area.

In "Making a Difference by Staying in the Light," learn how seniors can combine their gifts and passions to add new meaning in life.

Becky Olson is a nationally known motivational speaker, author and host of the global radio/podcast show Breast Friends Cancer Support Network. Olson is a five-time breast cancer survivor

Some people's legacies will be written on monuments. Yours can be written on the lives of others.

Come to the Florence Good Life Boomer and Senior Expo and visit with us at our booth to find out how you might join with us and others who love our community and seek to do the most good.

For more information, contact Friends of The Salvation Army — Western Lane County at P.O. Box 1915, Florence, OR 97439 and at 1-800-481-

who will be offering a presentation to seniors on how to combine gifts and passions to add new meaning in life.

Becky and her husband Bill own a cabin on Siltcoos Lake near Florence and enjoy supporting many organizations and activities in the Central Oregon Coast area. For additional information about Becky Olson visit www.beckyolson.com.

The Salvation Army Office of Gift Planning is sponsoring her presentation.

Wellness Essentials

Learn about essential oils with Wellness Essentials and Young Living at the Good Life Boomer and Senior Expo.

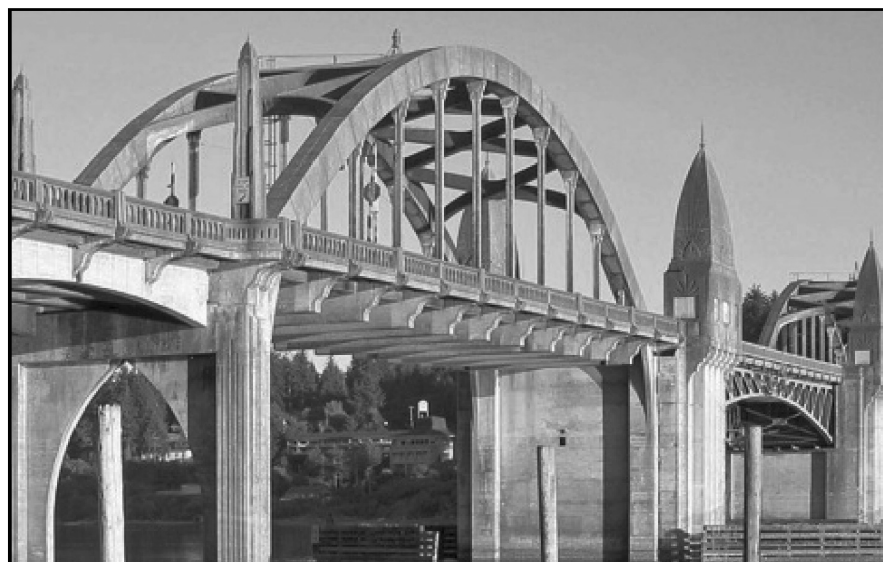
Young Living is committed to providing pure, powerful products for every family and lifestyle, all infused with the life-changing benefits of authentic essential oils.

The community of wellness started small in 1993, when D. Gary Young and Mary Young developed their first herb farming and distillation operation. At the time, Gary Young had already discovered the power of essential oils, but because the quality of available oils varied so greatly, he'd been unable to fully harness their potential. Mary's previous experience in the direct selling industry enabled the Youngs to fulfill their vision and establish a business that would empower its members to share truly pure essential oils with the world.

After establishing Young Living in 1994, the Youngs developed more

farmland in Utah and Idaho and began cultivating lavender, peppermint, melissa, clary sage and many other herbs. Fueled by a growing demand for top-quality essential oils, Young Living designed and built the largest, most technologically advanced essential oil distillery in North America. In harmony with these efforts, Young Living developed its groundbreaking Seed to Seal® standard that ensures verifiable purity and authenticity in each drop of essential oil.

Young Living has grown to become the world leader in essential oils and wellness solutions. Even with expanding around the world, Young Living stays true to the Youngs' original vision. With our steadfast commitment to essential oil purity, we've inspired millions of people everywhere to experience nature's gifts of wellness, to create abundance as Young Living members, and to discover new opportunities for lifelong transformations.



What we love most about Florence is the people. You cannot go anywhere in town without running into a smile or a "howdy." Need a hand? There will be someone available. For a small town there is always something to do or places to go. Ride the dunes, be entertained by many a performance or simply go out to eat and watch life pass by ever so slowly. (With a glass of wine preferably). Perfect? No, of course not. But close!!! And besides, Florence is our town!

Shorewood SENIOR LIVING

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1451 Spruce Street, Florence

YOUNG LIVING®

ESSENTIAL OILS

Seed to Seal

Families deserve pristine, authentic products straight from nature. Seed to Seal is Young Living's promise that you'll get exactly that.

Got questions? Need help with Essential Oils? Stop by my booth at the Good Life Senior Expo.

MARIJO VOLLMAR
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