

Terpening Terrace — Retirement, Resort Style

At Terpening Terrace Retirement, get the comfort of home with the luxury you deserve.

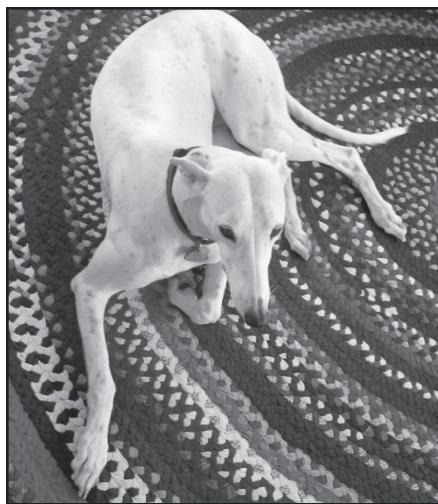
The origins of a place tell a great deal about what that place stands for. Back in 1944, 50 Ruby Ave. in Eugene was home to the Terpening family. Bill Terpening grew up on this property filled with fruit orchards, a rose garden and a manicured lawn.

Bill says, "As my folks created a showplace here in Eugene years ago, we have created a place that will be a credit to the community."

The Terpenings, along with the other founders, built this community on the values of family, community and elegance. To this day, Terpening Terrace is still independently owned by those same people.

Terpening Terrace believes that a retirement community means the freedom to indulge, security in your independence, and most importantly, maintaining that feeling of home.

Find elegance, great food, family and community at Terpening Terrace at 50 Ruby Ave. in Eugene, by calling 541-689-0619 or going to www.terpeningterrace.com.



Pets have been kept for centuries. Statistics from various sources indicate North Americans own millions of dogs, cats, birds, small mammals, and reptiles.

Pets' affable nature and loving looks are enough for many people to welcome them into their homes, but the benefits of having a pet extends beyond their appearances and temperaments.

- Pets can help prevent loneliness. Loneliness affects people of all ages, but it is particularly problematic among seniors. Older adults who may be isolated can benefit from having a pet around. According to a study published in Aging &

Benefit from having a pet

Mental Health, older adults who owned pets were 36 percent less likely to say they were lonely compared to those who didn't have an animal companion.

- Pets can save lives. Pets can be trained to perform various tasks around the house and in the community. Rescue animals assist in finding people after natural disasters. Medical alert pets can help people with debilitating illnesses and assist physically impaired people with everyday tasks.

- Pets help lower allergy risks. Keeping pets around can reduce a child's likelihood of developing allergies by as much as 33 percent, according to a study by pediatrician James E. Gern that was published in the Journal of Allergy and Clinical Immunology. People exposed early on to animals tend to develop stronger immune systems overall.

- Pets provide socialization opportunities. A pet can be the common denominator to strike up new friendships and connect with others. Whether walking around the neighborhood or being part of a pet obedience class or interest group, pets can help their owners expand social circles.

- Pets can help combat stress. Talking to or stroking a pet can make stress easier to handle.

A study from researchers at the State University of New York at Buffalo found that, when conducting a stressful task, people experienced less stress when their pets were with them. Various other studies and data from the Centers for Disease Control and Prevention have found having a pet around can lower blood pressure, ease anxiety and may even help to lessen aches and pains.

Pets provide unconditional love, which can be beneficial to someone facing depression or post traumatic stress disorder.

- Pets help teach responsibility. Taking care of a pet can help people become more responsible. According to the American Pet Product Association's 2011-2012 National Pet Owners Survey, 58 percent of pet owners say their pets help teach their kids to be responsible through routine care, exercise and feeding of the animal.

Pets are more than mere companions. In fact, pets can offer numerous health and well-being benefits to people of all ages.



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