

# Oregon fitness specialist launches third book to help stroke survivors

Florence-based fitness and biomechanics specialist Tracy Markley is again championing the cause of stroke recovery with the launch of her new book, "Stroke Recovery: Regaining Arm Movement."



**Tracy Markley, fitness specialist and author**

The book is a definitive guide designed to help stroke survivors regain arm movement. Markley delves into the topic by sharing the many movements of the shoulder joint and underscoring the importance of proper posture to build and maintain correct positioning of the shoulder girdle.

In the book, the author shares a plethora of tips and exercises, specifically designed

to improve posture and regain arm, hand and finger movements. But that's not all. The book also features anatomy illustrations and provides an understanding of why specific exercises can work or cannot work.

Markley is the owner of Tracy's Personal Training, Pilates and Yoga Studio and boasts over 20 years' experience in the fitness industry. She is the author of six books, plus a CEC Course on "Stroke Recovery and Exercise" for the fitness industry.

"Stroke Recovery: Regaining Arm Movement" is the third in a series of books designed to help, guide and inspire stroke survivors to re-

covery. The first book, "Dear Stroke You Suck: The Journey of a Fitness Trainer and a Stroke Survivor," formerly "The Stroke of an Artist," was recently relaunched to include a new title, larger print and updated anatomy illustration.

The second book, "Stroke Recovery: What Now? When Physical Therapy Ends But Your Recovery Continues," is a comprehensive manual that teaches the biomechanics of the body's movements based on science and provides an understanding of why specific muscles must be strengthened before other movements in the body can improve. The book also features exercises for survivors and anyone who wants to improve stability when they stand and walk.

When asked about the motivation for writing her latest book, Markley explained,

"Following the publication of the first two books, I received many messages from survivors asking me if I have a book just on arm and hand recovery. Since the coronavirus has forced me to take time off from work, I used the opportunity to write this book."

Losing the use of one or both arms is common among stroke survivors. Many also experience spasticity, stiffness and uncontrollable muscle tightness which further compounds the difficulty of arm movement.

Sadly, for many stroke survivors around the globe, insurance does not provide enough visits for them to achieve optimum recovery. This results in thousands worldwide desperately seeking help to further their recovery. Unfortunately, the quest to find help these days is being compounded by the COVID-19 pandemic.

With social distancing measures still in place to contain the spread of the coronavirus, "Stroke Recovery: Regaining Arm Movement" is a timely resource for those who are unable to visit their therapists for recovery sessions.

It is also a vital resource for fitness and physical therapists looking for reliable information to help clients recovering

from stroke.

The book is available in Kindle and paperback formats for a retail price of \$7.95 and \$14.95, respectively. For further details, visit: [www.amazon.com/author/tracymarkley](http://www.amazon.com/author/tracymarkley).

Learn more about the author and her other books at [www.tracymarkley.com](http://www.tracymarkley.com).



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# Tips on how to avoid Stimulus Relief Scams

There has been a flood of information and updates about the government's economic impact payments, or so-called stimulus checks, lately. But quickly and safely moving massive amounts of money into the hands of those who need it is a big job with a lot of moving parts.

The more people know about the process, the less likely they are going to be tripped up by calls, text messages, or emails from scammers trying to steal their money or personal information.

Here's what you need to know about the stimulus payments and how to avoid scams related to these payments.

### Who will get money?

Adult U.S. residents that meet established income limits are eligible to receive money from the government. This includes:

• Taxpayers — people who

filed a federal tax return for 2018 or 2019.

• Retirees — people who get Social Security, Railroad, or other retirement benefits.

• Beneficiaries — people who get public benefits like SSDI, disability, or veterans' benefits.

• Non-filers — people who do not have to file a federal tax return, including people who made no income or made less than \$12,200 (or \$24,400 for married couples).

### What to do

Most people don't have to do anything to get their money because the IRS will use the same payment method — direct deposit, Direct Express debit card, or paper check — used to send you your tax refund, Social Security, retirement, or other government benefits money. If the IRS doesn't have your direct deposit information, you can go to the "Get My

Payment" feature at [irs.gov/coronavirus](http://irs.gov/coronavirus) and let them know where to send your direct deposit.

If you don't usually file a tax return, go to [irs.gov/coronavirus](http://irs.gov/coronavirus) to access the "Non-filer" portal and to figure out what, if anything, you have to do to claim your money.

To check on the status of your payment, you can now use the "Get My Payment" feature at [irs.gov/coronavirus](http://irs.gov/coronavirus).

### Avoiding Coronavirus stimulus payment scams

Scammers are using these stimulus payments to try to rip people off. They might try to get you to pay a fee to get your stimulus payment. Or they might try to convince you to give them your Social Security number, bank account, or government benefits debit card account number.

Here are some tips for

avoiding a Coronavirus stimulus payment scam:

1. Only use [irs.gov/coronavirus](http://irs.gov/coronavirus) to submit information to the IRS — and never in response to a call, text, or email.
  2. The IRS won't contact you by phone, email, text message, or social media with information about your stimulus payment, or to ask you for your Social Security number, bank account, or government benefits debit card account number. Anyone who does is a scammer phishing for your information.
  3. You don't have to pay to get your stimulus money.
  4. The IRS won't tell you to deposit your stimulus check then send them money back because they paid you more than they owed you. That's a fake check scam.
- Report scams to the Federal Trade Commission at [ftc.gov/complaint](http://ftc.gov/complaint).

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# Appointments for Medicare counseling now available by phone

Thousands of Lane County residents get their Medicare questions answered by certified Medicare counselors working with the Senior Health Insurance Benefits Assistance (SHIBA) program. SHIBA is committed to continuing to provide Medicare counseling services during the Covid-19 pandemic.

Prior to this time, Lane County based Senior and Community Centers have been taking client requests and scheduling in-person sessions. With those facilities now closed, the State SHIBA office is coordinating phone counseling sessions with Lane County SHIBA volunteers. They can provide free, immediate assistance for people currently on Medicare or those coming onto Medicare either through age (65) or from disability.

People on the Oregon Health Plan who are being transitioned to Medicare are especially good candidates for SHIBA help.

Medicare-related decisions can be complicated and consequential. SHIBA counselors provide free, objective, unbiased information, answer general Medicare questions, help people understand available insurance options and help them learn whether they qualify for income-related benefits, including Medicare cost subsidies.

Anyone who needs help can schedule telephone-based counseling appointments by calling 800-722-4134. All counseling is conducted by local certified Medicare counselors. If you are not able to write the phone number

down, do an Internet search for healthcare Oregon government or something similar and find the section for

senior healthcare.

You can also contact any local Medicare insurance agents.

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# LCC Bond 2020

Learn more about the LCC Bond: [lanecc.edu/bond](http://lanecc.edu/bond)

The LCC board invites you to attend an upcoming online town hall meeting to learn more about Measure 20-306, which will be on the May 19<sup>th</sup> ballot.

Saturday  
May 9<sup>th</sup>  
10:00 am

Saturday  
May 9<sup>th</sup>  
or 2:00 pm

Visit [lanecc.edu/bond](http://lanecc.edu/bond) for information about participating.

Submit questions at [bond@lanecc.edu](mailto:bond@lanecc.edu)

To learn more about the Bond, visit [lanecc.edu/bond](http://lanecc.edu/bond)

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