

# Living 50 Plus in Cottage Grove

## New Main St. Coordinator hits the ground running

By Caitlyn May  
cmay@cgsentinel.com

Carlene Girouard found herself with an empty nest one day. She and her husband had spent 30 years in Eugene raising three girls and when they found themselves climbing three flights to do laundry and discovered there was no need to heat and cool bedrooms no one slept in they decided to fill their nest again. A different nest. With chickens.

"We knew we wanted land and to maybe grow food and fruit trees and have a few chickens," Girouard said. "I looked everywhere. Brownsville, Coburg and one day it just hit me. Look in Cottage Grove."

Girouard took the 20-minute drive from Eugene to the Grove and says, it changed her life setting a course for her new position with the city that has her connected businesses with people like her.

"I lived in Eugene for 30 years and had never been to Cottage Grove. There are other people like me," she said.

While there may be others in surrounding cities that have never stepped foot in Cottage Grove, there's not another Main Street Coordinator; a position Girouard recently filled.

She's an Oregon State University Graduate with a Bachelor's of Science in horticulture and business. She says it gave her a little bit of everything but she was never sure if she was good at anything.

"I graduated in the '80s when the economy was really bad. There were no jobs for anyone," she said.

So, Girouard decided to go into business for herself as the owner of TruScapes, a landscaping and design company. Now, she'll use what she learned to help other small businesses in Cottage Grove

thrive.

The Main Street coordinator is a fluid position. Prior to Girouard's arrival, the coordinator was not a direct employee of the city. That's since changed. Girouard will work under city planner Amanda Ferguson and work on addressing downtown businesses' concerns and attempt to facilitate relationships.

It's a job Girouard almost didn't get.

"I read the newspaper every week. Every page," she said. "I was going through and I saw the ad for the job and my first thought was, 'That sounds like fun.'" But Girouard wasn't convinced she had the necessary skillset and so she left the ad pinned to the wall in her office until an urgency filled her days before the application deadline.

"I just filled it out and sent it in," she said. "And I waited and waited and didn't hear so I thought they didn't want me."

But the city did want her and now less than a month on the job she's already connected with Cottage Grove's merry band of characters, including city councilor Ken Roberts.

"He came into the office three times in my first five days," Girouard said. "He said the planters on Main St. needed some love and I thought he was right."

After a phone call to a contact in Eugene, Girouard secured 150 plants for the city's planters.

"I'm just taking things one day at a time," she said. "I'm doing a little traveling to a coordinator conference and then I'm going to be meeting every business owner and making sure there's an open line of communication. It's just making sure we have that relationship."



CARLENE GIROUARD

## Heading to the gym after 50



Regular exercise and a nutritious diet are two of the best things seniors can do to maintain their health. Exercise can delay or prevent many of the health problems associated with aging, including weak bones and feelings of fatigue.

The Centers for Disease Control and Prevention says a person age 65 or older who is generally fit with no limiting health conditions should try to get two hours and 30 minutes of moderate-intensity aerobic activity per week, while also including weight training and muscle-strengthening activities in their routines on two or more

days a week.

Individuals often find that gyms have the array of fitness equipment they need to stay healthy. But many people, including older men and women who have not exercised in some time, may be hesitant to join a gym for fear of intimidation. Some seniors may avoid machines and classes believing they will not use the apparatus properly, or that they will be judged by other gym members. Some seniors may feel like gyms do not cater to their older clientele, creating an atmosphere that is dominated by younger members and loud music.

Such misconceptions are often unfounded, as many gyms welcome older members with open arms. But even if seniors find gyms intimidating, they should still sign up for memberships. In such situations, the following tips can help seniors shed their fears and adapt to their new gyms.

- Start the process slowly. Shop around for a gym that makes you feel comfortable. Get fully informed about which classes are offered, and the benefits, if any, afforded to older members.
- Get a doctor's go-ahead. Make sure to clear exercise and gym membership with your doctor prior to purchasing a membership. He or she also may have a list of gyms where fellow senior patients have memberships.

- Build up gradually. Begin with exercises you feel comfortable performing. Spend time walking on the treadmill while observing other gym members. Tour the circuit of machines and other equipment. Find out if you can sample a class to see if it might be a good fit.

- Find a gym buddy. Working out with a partner in your age group may encourage you to keep going to the gym and increase your comfort level. You each can offer support and enjoy a good laugh through the learning process.

- Don't get discouraged. Anyone working out for the first time, regardless of age, will feel somewhat out of place until exercise becomes part of a routine. Give it some time before throwing in the towel. Once you catch on, you may discover you enjoy working out.

- Choose a senior-friendly gym. Some gyms cater to senior members. They may offer "SilverSneakers" classes at their facility. Other niche gyms may only accept members of a certain age group. Investigate these gyms if working out with a younger crowd is proving too great a deterrent.

Fitness is important for healthy seniors. It can prolong life, help seniors maintain healthy weights and reduce their risk of injury.

**BLONDIE'S BLOOMS & BERRIES**

Blueberries are Ready!

Pints, 1/2 Flat or 1 Flat

Closing the nursery section.  
1/2 OFF on shrubs, trees, and perennials.  
**541-912-0931**  
83404 Rodgers Road • Creswell, Oregon 97426 • License#179798

**NEW: Digital X-Rays (use less radiation)**

Implants • Teeth Whitening • Extractions  
Lumineers (no prep veneers as seen on TV)

**Cottage Grove Dental**  
**Dr. Brent Bitner, DDS**  
350 Washington, Cottage Grove (behind Better Bodies)  
**541.942.7934**

**Creswell Blueberries**

34030 Orchard Ave., Creswell  
541-895-8907  
U-Pick or Call to Order

**Open Daily 8-5pm**  
Accommodate off hour picking by appointment

July - August with eight different varieties  
**No Spray!**  
We provide buckets & boxes  
Please leave pets at home.



## Keep Your Feet Healthy

Sometimes, pampering is not enough to keep your feet healthy. If you are a senior or have feet that require special care, you're not alone. Our services are specially designed for those who have these and other medical conditions:

- arthritis
- mobility limitations
- diabetes
- limited vision

Our certified Registered Nurse assesses and cares for your feet:

- Nail trimming
- Debridement or buffing of corns and calluses
- Education regarding diabetic foot care
- Education for preventative care
- Home treatment for athlete's foot and tinea pedis

To schedule an appointment, call 541-767-5400.

1515 Village Drive, Cottage Grove, OR 97424



PeaceHealth  
Cottage Grove Community Medical Center

www.peacehealth.org/cgch

**DENTAL Insurance**  
Physicians Mutual Insurance Company

A less expensive way to help get the dental care you deserve

- ✓ If you're over 50, you can get coverage for about \$1 a day\*
- ✓ Keep your own dentist! NO networks to worry about
- ✓ NO annual or lifetime cap on the cash benefits you can receive
- ✓ No wait for preventive care and no deductibles - you could get a checkup tomorrow
- ✓ Coverage for over 350 procedures including cleanings, exams, fillings, crowns...even dentures

**FREE Information Kit**  
**1-877-599-0125**  
**www.dental50plus.com/25**

\*Individual plan. Product not available in MN, MT, NH, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY, call 1-800-969-4781 or respond for similar offer. Certificate CGSIA 102, C250E, PA, C250D; Insurance Policy P150GA, P150GA, P150NY, OK, P150OK, TN, P150TN, 6096C, MB16-NM0010C.

**TURNING 65 AND NEED HELP WITH YOUR MEDICARE CHOICES?**

Call Paul to help simplify the complicated.

**541-517-7362**

Paul Henrichs ~ Independent Agent  
coverage4oregon@gmail.com