

BOOMERS & BEYOND

Affordable Health Screenings Coming

Residents living in and around Cottage Grove, Oregon can learn about their risk for cardiovascular disease, osteoporosis, diabetes, and other chronic, serious conditions with affordable screenings by Life Line Screening. Cottage Grove Community Center will host this community event on October 9, 2019. The site is located at 700 E Gibbs Ave in Cottage Grove.

- The level of plaque buildup in your arteries, related to risk for heart disease, stroke and overall vascular health.
- HDL and LDL Cholesterol levels
- Diabetes risk
- Bone density as a risk for possible osteoporosis
- Kidney and thyroid function, and more



convenient and accessible for wheelchairs and those with trouble walking. Free parking is also available.

Packages area available, but consultants will work with you to create a package that is right for you based on your age and risk factors. Also ask about our

Wellness Gold Membership Program with allows customers to get all the screenings they need now, but pay small fee each month. Call 1-877-237-1287 or visit our website at www.lifeline-screening.com. Pre-registration is required.

Screenings can check for: Screenings are affordable,

Medicare Open Enrollment

The scammers sure have been busy. Is there no end to their creativity?

The AARP is helping us to fight back, however, with its Fraud Watch Network's free Scam Tracking Map. You'll find the map on the AARP website (aarp.org) when you put "scam tracking map" in the search box.

Be sure to click on the widest possible search area, 200 miles, after you enter your ZIP code. Click first on AARP user-submitted reports. You'll see

colored dots where scams have occurred. Click on one and scroll down to see the details. After you view those reports, go back and click on Law Enforcement Alerts, with authorities warning about scams near you.

The wide variety of scams is surprising. One involved an alleged refund where the thieves wanted to deposit the refund directly into the victim's checking account. Once they gained access, they emptied the account.

Another scam had thieves trying to enter a house by pretending to be from a cable company and needing to fix some wires. The homeowner was suspicious, and rightly so.

Fear is a big factor with threats of arrest. One threatened people with arrest if they didn't give their Medicare number over the phone to buy merchandise. Another threatened arrest for missing jury duty if a fine wasn't paid immediately. Others involve the IRS.

If you're generally safety conscious and not likely to fall for a scam, checking the map once a month should be enough. But if you're not sure (and truthfully, a lot of the scams are hard to identify as such), you might want to consider signing up for the AARP's bi-weekly Watchdog Alerts.

If you're ever in doubt after receiving a suspicious call, call the police. They want to know.

Staying at Home as You Get Older

Aging in place means that we remain in our home as we get older. Many of us want that ... to stay where we're comfortable and things are familiar. With enough advance planning and a few changes, it's possible, but it means anticipating what our needs will be as we face the challenges of age.

For example, if you know you'll be staying in your home, there are some things you'll need to do in advance, basics like moving the master bedroom to the first floor, making the outside safe with better lighting and adding grab bars in

the shower.

What about all the daily tasks you'll no longer be able to handle -- driving and mowing, meals and shopping -- that you'll need to hire others to do.

But what if you want to move first because your current environment isn't what you'll need? Many of us are moving to aging-in-place communities. They're loaded with amenities to keep us happy and healthy: libraries, grocery stores, buses and rides, lawn services and maintenance, meals in a dining room if desired, medical facilities, clubs, churches, classes --

and the ability to upgrade to an assisted-living situation should it become necessary.

If you're just now at the thinking stage, consider signing up for AARP's free e-newsletter, Livable Communities (www.aarp.org). While it's aimed toward community leaders and residents, it will give you some ideas about things

you might want or need.

Look at the National Association of Area Agencies on Aging website (www.n4a.org) and put in your ZIP code to find aging resources near you. Call one or two to get more information. Ask for any to-do lists they have for aging in place.

Aging in place can work, but you need to plan for it.



Your Family Deserves The **BEST** Technology... Value... TV!...

\$59.99 MONTH for 24 months

Add High Speed Internet **\$14.95** /mo.

190 Channels America's Top 120

CALL TODAY **1-866-373-9175**

Save 20%!

Subject to availability. Restrictions apply. Internet not provided by DISH and will be billed separately.

dish

LeafFilter GUTTER PROTECTION

NO MORE GUTTER CLEANING, OR YOUR MONEY BACK - GUARANTEED!

0% FINANCING* AND! 15% OFF SENIOR & MILITARY DISCOUNTS

*Contact us for additional details

FREE ESTIMATES! 1-855-536-8838

Promo Number: 285

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAF-PNW6222 License# WV056912 License# WC-29998-H17 Nassau HIC License# H01057000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

SOUTH LANE COUNTY FIRE & RESCUE

The Only Emergency Medical Transport Service in South Lane County

Call 541-942-4493 for info. FOR EMERGENCY DIAL 911 Serving South Lane County.

www.southlanefire.org

Everything for Your Eyes Only

Comprehensive family, medical eyecare and optical services
We provide exams for Cataracts, Glaucoma, Diabetic and Lasik
Serving Cottage Grove since 2006

Book an appointment today!
Medical, vision and flexible spending plans welcome.

Pacific ClearVision INSTITUTE

Mon-Thurs 9M-5PM
FRI 9AM-4PM
257 N. 8th St 541-942-5000
www.PCVI.com

VOICE YOUR OPINION!
Write a Letter to the Editor today.
EDITOR@CGSENTINEL.COM

PIONEER QUILTERS
eugene, oregon

STARTS TOMORROW

QUILT SHOW @ THE ARMORY

628 E. Washington, Cottage Grove, OR
VENDORS . RAFFLE BLOCKS
BOUTIQUE GIFT SHOP . EXHIBITS
SPEAKERS . DEMONSTRATIONS

Benefits South Willamette Valley Honor Flight

www.pioneerquiltersquiltshow.blogspot.com

Join our Genealogy Interest Group

COTTAGE GROVE GENEALOGICAL SOCIETY
700 Gibbs Ave.
P.O. Box 388
Cottage Grove, OR 97424
541-942-9570

1st, 3rd & 4th Wednesdays
10am to 12noon
"Help your Genealogical Neighbor"

NATIONAL GOOD NEIGHBOR DAY
SEPTEMBER 26

"Partners in History"

TURNING 65 AND NEED HELP WITH YOUR MEDICARE CHOICES?

Call Paul to help simplify the complicated.

541-517-7362

Paul Henrichs ~ Local Independent Agent
coverage4oregon@gmail.com

Magnolia Gardens Senior Living

FREE Special Event
DEMENTIA SUPPORT

GUEST SPEAKER ABBY GERSHENZON,
Regional Coordinator, Alzheimer's Association
"CARING FOR THE CAREGIVER"

Wednesday, September 25th - 6:30 p.m.
For more information call:
Linda LaZar (541) 942-0054

1425 Daugherty Ave • Cottage Grove
Refreshments will be served

You Can Count on Us!

We provide prompt and reliable, public transportation. Our experienced, courteous drivers will take you to appointments on time.

Medical Offices • Pharmacies
✓Serving the Communities of South Lane County
South Lane Wheels
1450 Birch Ave, Cottage Grove
southlanetransit.com
541-942-0456

Disclaimer: All vehicles are operated in accordance with the Americans with Disabilities Act. South Lane Wheels complies with Title VI of the Civil Rights Act of 1964. Information about the transit agency, including information in non-English alternative formats, may be obtained by calling 541-942-0456 or rlinoz@southlanewheels.com