

BOOMERS & BEYOND

Stay Fed, Stay Safe

Life has certainly changed recently. Depending on where you live, it might have changed a lot. Stay home if you're a senior. Stay home if you have a medical condition. That's what we've been told.

That's all well and good, but what if we really need to shop for food? What if we couldn't stock up last week because the Social Security benefit hadn't made it to our checking account yet?

If you're really in a jam for food, call the food bank. Of all the places, that one is most likely to still be open. They're trying to keep people fed, especially seniors, as well as children who don't get free meals because the schools are now closed. Ask if they have a drive-up pantry where you can be handed some bags of food through the car window. You might find that food is being distributed at plac-

es like the senior center or a school parking lot or via Meals on Wheels, even if you aren't signed up as a participant.

If you do dare to enter a store, a number of grocery stores are designating the first hour or two in the morning for seniors only. Not all stores are doing this, so call first. If they don't do it, suggest it. You're more likely to find the things you need during this time as the

shelves will (hopefully) be restocked overnight. And with fewer people in the store, you're less likely to run into someone with the virus, but stay away from other people anyway. If you go, be sure to take sanitizing wipes for the cart handles.

Remember, if you go out, you're really not safe from the virus. Do it as little as possible.

What Makes Us Happy?

What makes us happy as we get older? Below are the results of an informal poll of seniors at the local coffee shop.

- Having enough income. It turns out that many who are living only on Social Security can have enough to make it through the month if they made wise decisions before retiring. Paying off the mortgage is a big one.
- Being listened to, or at least not being disregarded. There's something about aging that seems to make us

melt into the background, and if we have opinions or comments, people don't always listen. Medical staff seem to rank very high on this list of people who really aren't listening. Being heard is important.

- Freedom. This comes in many forms. It might mean continuing to drive; it might mean watching only what we want on television.
- Having a social life. For some of us that might mean being part of a group that

meets regularly. For others it might mean talking to friends on the phone daily.

- Laughing. Finding something amusing every day ranked high on the list of what makes us happy. Sometimes it was reading the next page of a joke-a-day calendar. Sometimes it was talking to a friend who had a great, skewed view of the world.
- Having a reason to get up every day. Whether it's a hobby, a good book or a social gathering, having a

reason to look forward to the next day was key.

And what does it mean if we're happy? A study monitored 3,000 seniors over the course of eight years to see how happiness impacted physical function. Researchers found that happy people decline more slowly. Conversely, unhappy people were three times more likely to develop health problems.

Where do you fall on the happiness spectrum?

Summer Dreams

Surely our world will be back to normal this summer ... right? Surely we'll be able to get out of the house without fearing every person who comes near us. We'll be able to leisurely wander through the grocery store, which will be stocked as it used to be. We'll stop to talk to friends on the street and sit in coffee shops and chat. We'll attend church, go to our meetings, stroll through the neighborhood admiring the flowers and take part in our exercise classes.

Surely we'll be able to do those things again, right?

Yes. We will. But first we have to get there. To get back to where we used to be, we have to stay healthy now.

We need exercise to stay healthy. Even if you can't go to a class, you can find plenty of them for seniors on YouTube. Look through the offerings and bookmark a few. Rotate through them on a daily basis so you don't get bored. Go to youtube.com and put "exercises for seniors" in the search box. Some of them are even broken down by age.

We need to stay mentally healthy as well, despite the television news. Check the Good News Network online [www.goodnewsnetwork.org] for positive, uplifting stories. You also can put "good news" in your browser search box.

It's been difficult to get grocery store deliveries in a lot of areas because they have little stock. However, if you get delivery of your

prescriptions (many pharmacies are providing this service now), call to ask whether they can add a few things to your order. Many drugstores carry soups, crackers, milk, canned fruits and vegetables, bottled water and snacks -- some even carry a limited supply of fresh fruit.

We can get through this, especially if we turn off the television news.

Cottage Grove
Sentinel
www.cgsentinel.com



@cgsentinel
#cgsentinel



Live in Affordable Luxury!

Our beautiful community is designed for those who need assistance or have memory impairments. You can be assured that you or your loved one will receive the best in care along with compassionate personal attention from our well trained staff.

Assisted Living and Memory Care Apartments

Middlefield Oaks
Senior Living Community

We are available 7 days a week!

1500 Village Dr., Cottage Grove, OR 97424
541-767-0080 • www.MiddlefieldOaks.com

CORONAVIRUS HELPFUL TIPS FROM THE CDC

manage stress

Make time to unwind. Try to do some other activities you enjoy.

To learn more, visit www.cdc.gov.

PUBLIC NOTICES

THE LOWEST RATES IN LANE COUNTY

PUBLIC MEETINGS,
TRUSTEE NOTICES,
PROBATE,
AUCTION &
FORECLOSURE
NOTICES,
AND MORE.

Published weekly in the
Cottage Grove Sentinel
and online at cgsentinel.com

Cottage Grove
Sentinel
Contact: Meg Fringer
541-942-3325 x1200
mfringer@cgsentinel.com

Cottage Grove
Sentinel

FARMERS
INSURANCE

We know a thing or two
because we've seen a thing or two.
#SeenItCoveredIt.

Jim Goodling - Mike Grant
330 OR-99 Suite C • Cottage Grove, OR 97424
541-942-0165

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500

✓ EXPERIENCE YOU CAN TRUST!
Only American Standard has OVER 140 years of experience and offers the Liberation Walk-In Bathtub.

✓ SUPERIOR DESIGN!
Ultra low easy entry and exit design, wide door, built-in safety bar and textured floor provides a safer bathing experience.

✓ PATENTED QUICK-DRAIN® TECHNOLOGY

✓ LIFETIME WARRANTY!
The ONLY Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard.

✓ 44 HYDROTHERAPY JETS!
More than any other tub we've seen.

FREE!
Savings include an American Standard Right Height Toilet FREE! (\$500 Value)

Lifetime Warranty!
Finance Options Available

Limited Time Offer! Call Today!
877-379-2781
Or visit: www.walkintubinfo.com/cgs

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

MAGNOLIA GARDENS
SENIOR LIVING

We are expanding!
Visit us for a tour and see the construction of 37 new luxury suites in progress.

Renting soon!

1425 Daugherty Ave., Cottage Grove
Call for more information or a tour:
(541) 514-2485

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