

BOOMERS & BEYOND

Getting Through Winter

Cold weather is here ... joining the coronavirus and the flu. Such a wonderful trio of events all at the same time.

The Old Farmer's Almanac says that temperatures this winter will be a bit warmer for much of the country, at least for the eastern portion. The other Farmer's Almanac divides the country in a different way, with the north half of the country seeing the cold.

We didn't want to go outside anyway, did we? This

winter especially we need to do all we can to stay healthy.

If you live in an especially cold area that's likely to get a lot of snow and ice, find someone to take care of it and be sure you're on their storm list.

Arrange for prescriptions to be sent by mail from the pharmacy.

Stock up on batteries for flashlights, and consider getting a battery-operated radio. Remember to keep your cellphone charged at

all times. One of the best things I've purchased this year is a pair of battery-operated lamps; some even come with a remote control and motion detector.

Try to stock up on heavy or large items from the grocery store, ideally from curbside pickup. A box of canned goods and extra toilet paper will keep you from having to scramble at the last minute.

Don't try to save money by keeping the temperatures in your house too low.

Seniors especially can get into trouble with hypothermia before we even know it. Aim for indoor temperatures of 68 F to 70 F, and put on a sweater!

One of the biggest things you can do to stay safe this winter is sign up with the seniors daily check-in, a phone call you'll receive either from the town or senior center to make sure you're OK. Or create your own phone tree with friends to check in every day.

Online Scammers Eye Holiday Shoppers

Holiday shopping online is one of our annual rituals, at least for a portion of the gifts we want to buy, but with COVID making in-person shopping too risky, a much larger percentage of us are likely to shop online. That's what the scammers and thieves are hoping, anyway. The biggest threat this year is likely to be emails.

You'll often receive an email from the retailer saying your purchase has been shipped, and there might

be a link in the email about that delivery. Beware clicking it. It could be a scammer hoping to install malware on your computer to capture any future credit card or account numbers you type in. Or they might ask you outright to type in personal information such as your name and credit card number.

Instead of clicking any link in any email supposedly from a retailer, go to the merchant's website to look for information on

your purchase or call them directly. Take the phone number from your bill or their website, not from any email. You might also receive emails about items you didn't order and worry that your account has been hacked. Again, that is one way for the scammers to get you to click a link. Don't do it. Call the merchant instead.

Just ordering online isn't the end of your steps to being safe. There are the porch pirates, those awful

people who dash up to the house and steal packages right at the door. They often follow delivery trucks to see where the parcels are being left. Keep an eye out for your delivery. Or track it online.

A final warning: Merchants often ask you to download their app to make purchases. You don't have to. You can still make online purchases without adding yet another potentially insecure form of communication.

Using the Internet to Enrich Our Lives

With most of us spending most of our days at home, it's time for us to take advantage of the internet. Here are some resources that can enrich our lives.

Inquire at the local senior center about any exercise classes online. Some classes will be live on Zoom and others will be videos that the instructors record and post on the center's website. If they're not hosting any classes, search online for "seniors exercise at home" and look for some that are

produced by other senior centers.

Virtual art classes can open up new areas of interest and reveal talents you didn't know you had. Better yet, if you're a beginner or are exploring a new art medium, look for videos that you can review over and over. Look online for free art classes online for seniors.

Exercise and art aren't the only free classes you'll find online. Yoga and tai chi, sewing, baking and cake

decorating, creative writing, a new language -- if it can be done online, there's a class for it somewhere.

There 15,000 different free and low-cost classes from colleges and universities around the world. Imagine taking a philosophy course from the University of Edinburgh or

Introduction to Classical Music via Yale University. Read the details for any class you're considering. It will tell you if the class is self-paced, whether it's free to audit, the class level and how much time per week you can expect to spend on the work, as well as reviews from other students.



WE DELIVER!

PALLETIZED DRY FIREWOOD IN STOCK!

Clean Burn Wood Pellets

Stock up before they're gone!

Family owned and operated for over 50 years.



BOYCE & SONS

LANDSCAPE AND BUILDING MATERIALS

Tuesday-Saturday 9am-5pm

7919 N. River Road

541-942-4664

GROVE MEDICAL EQUIPMENT

\$100 OFF IN STOCK LIFT CHAIRS & POWERED MOBILITY DEVICES

(Offer Valid Through December 31st 2020)



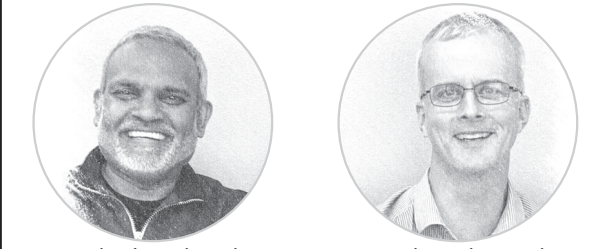
148 Gateway Blvd (Bi Mart Plaza)

Cottage Grove, OR 97424

541-225-5443

grovemmedical@outlook.com

Join us on Facebook



David Deby Singh, R.Ph. Mike Hankins, R.Ph.

MCCOY'S PHARMACY IS BACK!

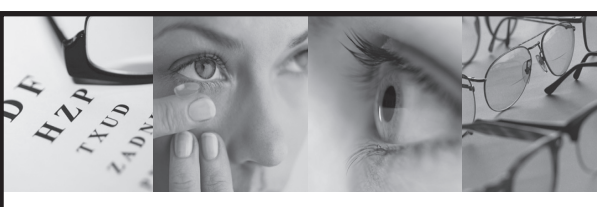
- ✓ Immunizations
- ✓ Medication Synchronization
- ✓ Rx Compounding
- ✓ Prescription & OTC Medication Counseling
- ✓ Convenient Drive-Thru

Free Delivery Within Cottage Grove City Limits

McCoy's Pharmacy

Open M-F 9AM-6PM
Saturday 9AM-1PM

1205 N. PACIFIC HWY #3, Cottage Grove, OR
541-942-7799 • mccoyspharmacy@mccoyspharmacy.com



E

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



WESLEY FINANCIAL GROUP, LLC

Timeshare Cancellation

Get your free information kit and see if you qualify:

855-385-4473



Quality Cleaning Certified Green

Carpets, Upholstery, Drapes, Blinds, Stairs, Tiles, Grout, Hardwood Floors, Marble, Granite, etc.

541-942-0420

THE CARPET AND RUG INSTITUTE

SEAL OF APPROVAL - CARPET RUG ORG.

IICRC CERTIFIED FIRM



Anytime. Anywhere. Any day...

Matt Bjornn, Agent
Bus: 541-942-2623
www.bjornninsurance.com

That's when you can count on State Farm®.

I know life doesn't come with a schedule. That's why at State Farm you can always count on me for whatever you need - 24/7, 365.

GET TO A BETTER STATE™.

CALL ME TODAY.

State Farm™

1101198.1 State Farm, Home Office, Bloomington, IL



American Standard Walk-In Tubs

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

AS SEEN ON TV

✓ 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

MADE IN USA

ACCREDITED BUSINESS

A+ RATED

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



Swap & Shop

Buy - Sell - Trade

10:05 - 11am
Monday - Friday

3 Items - \$500 limit

This is truly the place to find that hard to find item or turn your unwanted possessions in to other people's treasure.

KNNBB

717 Main Street
Cottage Grove, OR 97424
Lobby Phone: 541.942.2468
Studio Line: 541.942.5548
Online requests: request@knnb.com