

Living 50 Plus



Staying Hydrated in Summer Heat

If there is any mantra we need to repeat this summer it's this one: drink more liquids.

A university study revealed that 80% of heat-related deaths were in people over the age of 60. We need to do everything we can to avoid dehydration when the weather is hot.

As we age, many of us don't have the same body temperature regulation. Poor circulation and lack of thirst can make us vulnerable to the effects of

heat. Of those, lack of thirst is the easiest to address, and drinking more water doesn't need to be a chore. Find out from your doctor just how many ounces you need to drink in a day. Some medications, such as diuretics, might change how your body reacts to heat and dehydration. Ask whether you need an electrolyte-replacement drink for added potassium and sodium.

By the numbers: Buy several smaller water bottles

and fill with water as many as you need each day to reach the required number of ounces. Keep them on the kitchen counter, where you'll see them. Keep oranges, strawberries and watermelons handy, or make your own fruit popsicles.

Keep an eye on the TV news and weather. Know what temperatures and humidity are expected during the day, especially early afternoon. If you walk for exercise, try to go in the morning. Make a few calls

and find out about any cooling stations near you, or air-conditioned spaces such as a mall, if you don't have air conditioning at home.

Keep the inside temperature as low as possible and close the drapes on the sunny side of the house. If you have air conditioning, keep it set at a comfortable temperature and leave it on.

Remember that you don't need to wait until you're thirsty to drink water.

Are You a Victim of Elder Abuse?

Do you suspect, or know, that somebody has been stealing from you? Maybe it's items from your home? Or maybe it's your money? Or perhaps you're being pressured by someone to keep giving them cash. If so, you are not alone. It's called elder abuse.

The biggest problem is that these thefts are often not reported, typically because the one doing the abusing is a family member. Or maybe it's after the fact, and we're not certain. Or maybe we don't know where we should report it.

Finances and theft aren't the only forms of elder abuse. Others include emotional, sexual and physical abuse, neglect and exploitation. Emotional abuse, for example, can include threats, belittling and verbal attacks -- anything that causes mental distress and pain. Exploitation can be fraud, undue influence over your cash or property and being pressured to sign papers you don't understand. Do you see yourself in any of

those categories?

The National Center on Elder Abuse website (ncea.acl.gov) is a good place to start. Notice the red banner at the bottom of the page with "Safe Exit" in white letters. If you're looking at the site and fear that someone will come up behind you and read what you're looking at, quickly click that red banner and it will take you to an innocent-looking webpage.

If you are being abused in some way, help is available. In all states, there are professionals who are required to report suspicions of maltreatment. It's called mandatory reporting, and in some states the list of professions is very long and varied: chiropractor, occupational therapist, member of the clergy, attorney, animal control officer, bank employee and many others.

To get a referral for help, call the Eldercare Locator at 1-800-677-1116. If you are in immediate danger, call 911.

Mask ... or No Mask?

"I went to the grocery store without a mask today." So said my neighbor just back from shopping.

I asked how many were maskless.

"Mostly it was the younger ones," she said.

Which didn't surprise me. The 18-29 year-old age group is the one with the smallest percentage of people vaccinated, according to a recent poll.

The Centers for Disease Control and Prevention says we don't need to wear a

mask any longer, indoors or outdoors, if fully vaccinated. But a survey of U.S. doctors showed that over half disagreed with the CDC's new loosened rule. A survey of nurses said the same thing, at an even greater rate. Both groups said the easing of restrictions is premature.

And if the loosened mask restrictions were supposed to encourage people to get the vaccine, it failed spectacularly. A recent Kaiser poll revealed that 85% of

those who don't want the vaccine don't care about the mask rule.

We have so many young people here where I live with no masks and no vaccine. We have a big population of seniors with underlying health conditions that make getting COVID even more dangerous. We have a wide variety of variants now with no clear indication about whether the vaccines cover those.

I only need look at our local statistics to know the

virus is not only still with us, but in some cases it's getting worse. We have more people in the ICU than before, and more of them are on ventilators than we saw before. While they don't release the ages of people in the ICU, it's known here that the patients are mostly the younger ones that object to the vaccines ... and masks.

Am I ready to go to the store without a mask? No, not yet.

Keeping Track

At some point we need to start making notes. Maybe you're not there yet. But that day might sneak up on you when you discover that you've forgotten to mail the check for your property taxes. Or worse, when a police officer stops you and says your license tags expired -- three months ago.

Forgetting the car tag might be excusable if your town no longer sends out notices. Or if you had the same vehicle for eight years

and tags were always due the same month each year, and now you have a new vehicle with a different due date.

But when you've lived in the same home for 30 years and you forget to pay the property taxes ... that's when you know you need to start making notes.

A good way to do this is with an annual calendar. When you flip the page, there in bright letters are your tasks for the month. If

one of the tasks happens to fall in the first week of the next month, make a note in the last week of the previous month. Use the previous year's calendar, flip through all the pages, make your notes and you'll be all set.

... Unless those tiny squares just won't do the trick, which is possible if you're still working or have a long list of tasks to accomplish on a weekly basis.

For many years I've used

an 8-by-11 notebook. Each page is a week, divided with lines into six boxes, dated. The weekend, when theoretically there are no urgent tasks, gets Saturday and Sunday in one box.

It might seem silly to start keeping such a detailed calendar of things you need to do. After all, haven't you always remembered when the car tags are due? Until you don't, and are reminded by a police officer.

NOW ACCEPTING NEW PATIENTS

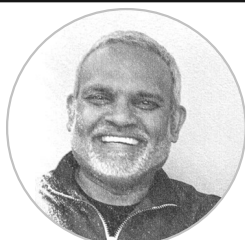
1445 N Gateway Blvd
Cottage Grove, OR 97424

Contact our New Patient Coordinator at
541.640.7625



nova
PRIMARY CARE
Your Partners in Wellness

NovaHealthPrimaryCare.com



David Debysingh, 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



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

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

GROVE MEDICAL EQUIPMENT

"BUILDING A HEALTHY COMMUNITY"
YOUR LOCAL PROVIDER OF HOME MEDICAL EQUIPMENT!

Sales & Rentals, Insurance Billing, CPAP/BIPAP, Home Oxygen, Mobility, Walk Aids, Bath Aides, Power Chairs, Power Scooters, Aids to Daily Living.
Friendly & Knowledgeable Staff

148 Gateway Blvd (Bi Mart Plaza)
Cottage Grove, OR 97424
541-225-5443

grovemedical@outlook.com
Join us on Facebook

55+ Senior Living



Live LIFE to the FULLEST!



ASSISTED LIVING & MEMORY CARE

QUALITY SENIOR LIVING

- 24/7 Care Available
- Experienced Staff
- Fun Activities
- On-Site Salon
- Housekeeping
- Life Enrichment
- Entertainment
- Delicious Dining

CALL TODAY FOR MORE INFORMATION!

(541) 337-3613

MiddlefieldOaks.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.



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



MAGNOLIA GARDENS

SENIOR LIVING



We are a full-service Assisted Living & Memory Care Community with 24/7 Immediate Placement for Urgent Admissions.

Call more information or to schedule a personal tour!
(541) 942-0054
magnoliagardenssl.com

1425 Daugherty Ave • Cottage Grove