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for Adults Over 55 Years Young



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Time of Your Life

2021

for Adults Over 55 Years Young

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Senior Volunteers

Pillars of the Community



For 30 years, the United Nations has recognized October 1 as International Day of Older Persons. It's an annual opportunity to highlight the valuable role of seniors in society. While many have retired from the workforce, they tend to dedicate more time and money to volunteer work than any other demographic. Here are some of the ways seniors contribute to their communities:

As caregivers for an ailing spouse, with responsibilities ranging from managing household tasks to offering emotional support and providing medical care.

As babysitters for their grandchildren, whose parents are productive members of the workforce.

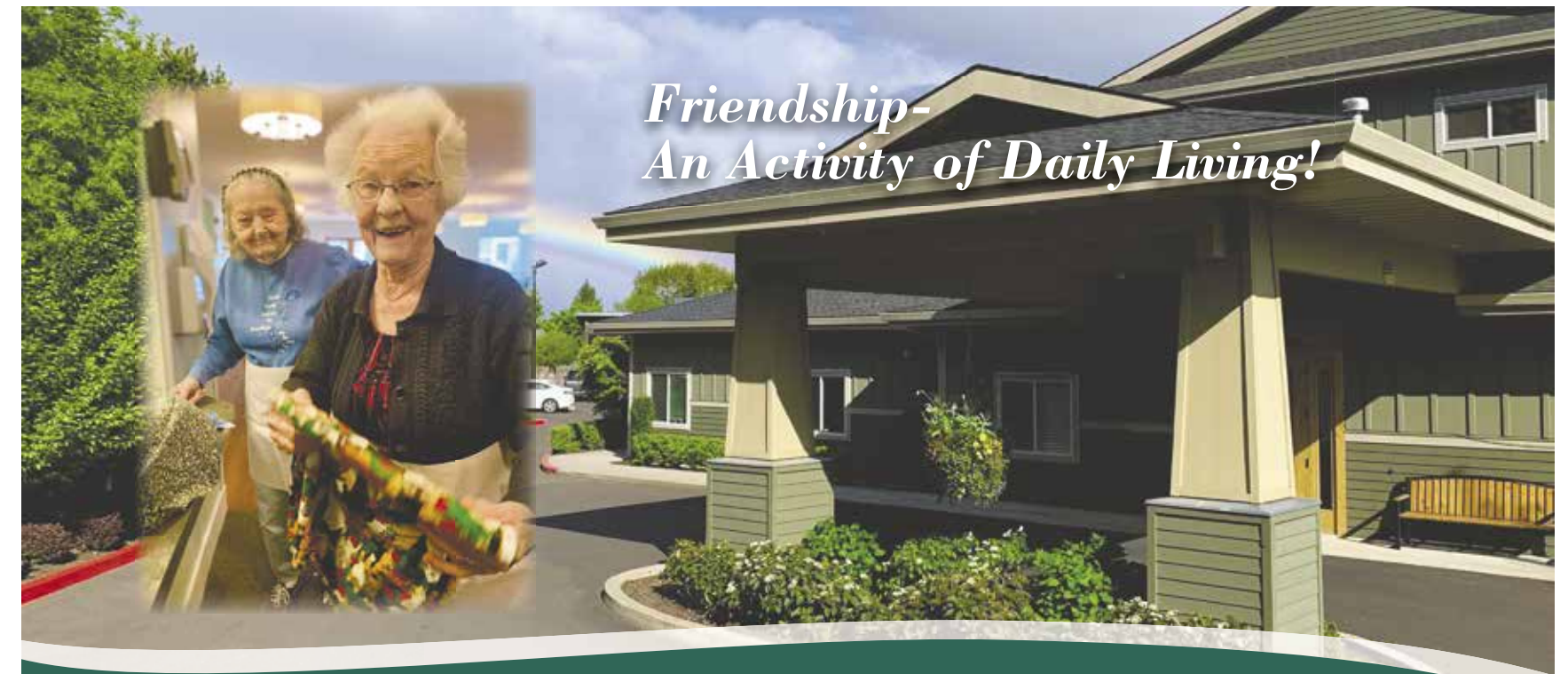
As organizers for events hosted by religious groups and other types of community-based organizations, which often struggle to attract younger participants.

As donors of time and money to charities, foundations and non-profit organizations that support members of the community.

As mentors for the next generation, passing on family legacies, a lifetime of experience and a career's worth of knowledge.

As part of a support system for other seniors, such as by planning activities at their seniors' residence or running errands for someone with reduced mobility.

In addition to recognizing the generosity of seniors in your community, October 1 should be a time to reciprocate and thank these caring members of society. Whether it's a phone call to an older relative, a day spent volunteering at a retirement home or a donation to an elderly rights advocacy group, there are numerous ways to give back to the seniors in your life and community.



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Enjoy Your Retirement

Throughout Your Golden Years



While some people look forward to retirement, others may be worried about how to fill their days once they stop working. If you share these concerns, here are three enjoyable ways to spend your time and find fulfillment once you retire.

1. VOLUNTEER

If you have an abundance of free time, consider donating some of it to a cause that's close to your heart. Non-profit organizations, libraries, religious groups, schools and more are often looking for people to lend a hand. Even if you only volunteer a few hours each week, it's an opportunity to give back to your community and meet new people.

2. STUDY

If you spent most of your career developing knowledge and skills in a particular field, your retirement is a great

opportunity to explore new passions and rediscover old interests. Take language, history or literature classes at a local university, or sign up for a more hands-on workshop about horticulture, winemaking or photography.

3. CREATE

Do you have a knack for building furniture, knitting mittens, painting landscapes or baking bread? Whatever your talents are, you'll have plenty of time after retirement to refine your skills. Plus, you can choose to sell your creations, gift them to loved ones or donate them to a charity to be sold at a fundraiser.

If you're still not sure what you'd like to do once you retire, consider speaking with a life coach. He or she will be able to help you pinpoint your priorities and map out new goals.



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Normal Aging

What to Expect As You Get Older



From lapses in memory to joint pain and hair loss, a wide range of symptoms are often chalked up to getting old. But which changes are really considered a normal part of the aging process? Here's some of what you can expect as you get older.

A DIFFERENT EXPERIENCE FOR EVERYONE

Aging is a complex process that affects every system in the body. But while all people age, not everyone does so at the same rate. This means that people of the same age can look and feel very different as they get older. In other words, their chronological ages are identical, but their biological ages don't match.

NOTICEABLE SIGNS OF NORMAL AGING

It's important to note that normal age-related changes happen gradually and aren't the result of an underlying medical condition. Nevertheless, aging does eventually have noticeable effects on the body, including:

- Weakened vision (presbyopia)
- Gradual loss of hearing (presbycusis)

- Slight decrease in memory and learning skills
- Loss of muscular endurance and strength
- Diminished sensations such as hunger and thirst
- Increase in percentage of body fat

TIPS FOR HEALTHY AGING

The best way to delay the effects of aging is to maintain healthy lifestyle habits. Among other things, you should avoid smoking, limit your alcohol consumption, exercise daily, get enough sleep, keep in touch with loved ones and challenge your mind with puzzles, reading and strategy games.

Finally, be sure to schedule regular appointments with your family doctor, optometrist, audiologist and other health-care professionals. This increases the likelihood of medical issues being detected and treated early.



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Feel At Home

In Your New Apartment



While there are many benefits to downsizing, it can be hard to transition from living in a house to residing in a retirement community. Here are five tips to help make your new apartment feel like home.

1. Fill it with memories. Hang a variety of family photos, display souvenirs from your travels and use your own furniture to create a sense of familiarity.
2. Prioritize comfort. A home should be somewhere you can relax and put your feet up, so don't skimp on comfortable seating, luxurious linens and soft blankets. Also, create a space where you can read, paint or do other activities you enjoy.
3. Personalize the space. Even if your apartment comes fully furnished, you can still make it your own with accent pillows, plants, artwork and other decorative pieces. Use

an essential oil diffuser or plug-in air freshener to imbue your new home with a scent you love.

4. Join the community. Rather than stay cooped up all day, participate in some of the activities and outings offered at your residence. This will help make your apartment feel like a welcome sanctuary after a lively day.

5. Continue to host. If you like to entertain, be sure to invite family and friends over to visit. Even if you don't have a full kitchen, all you need is an electric kettle to serve tea and a well-stocked candy dish to please the grandkids.

Finally, remember to give yourself time to adjust to the space and keep an open mind about this new chapter in your life.

Art that brings a lifetime
of joy to the beholder



Blue Bond's bold, colorful paintings can be found in art collections throughout the United States and Canada. Blue has been showing his art in galleries and art shows for more than 40 years, and is best known for his Western art and portraits.

His teaching skills are well known by novices and experienced artists. His ability to teach students to paint what they see is at the heart of his lessons. In September 2020, Blue and his wife Karen moved to McMinnville, Oregon.

Blue Bond

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Better Circulation



Do your extremities often tingle or feel numb? Do your hands and feet frequently get cold? If so, these and other symptoms could indicate you have poor circulation. Here are three tips to improve blood flow throughout your body.

EAT HEALTHY

Opt for food and beverages that are rich in flavonoids, omega-3 and vitamins C and E. These nutrients help strengthen blood vessels, improve circulation and prevent clots. Some top picks include salmon, watermelon, garlic, green tea, turmeric, dark chocolate and goji berries. In addition, make sure to drink plenty of water.

STAY ACTIVE

Exercises that get your leg muscles moving improve your circulation. Aim to spend at least 30 minutes a day walking, cycling, swimming or doing yoga. Additionally, if you

work all day sitting down, be sure to walk around for a few minutes every hour. Conversely, if you spend a lot of time standing, remember to sit down during your breaks and, ideally, put your feet up.

LAUGH OFTEN

In addition to relieving stress, research shows that laughter can improve circulation and increase blood oxygenation. Look for opportunities to laugh throughout the day, whether it's by watching comedies, spending time with friends or playing silly games with your grandchildren.

In addition to adopting these healthy habits, it's a good idea to consult your family doctor if you have symptoms of poor circulation. A medical professional can assess your overall health and recommend personalized solutions, such as wearing compression socks or doing specific exercises.

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Home Care Services

and When to Request Them



If it has become difficult to complete your daily tasks, the services offered by home care providers can make life easier while allowing you to preserve your independence. Here are a few reasons you might want to consider this type of care.

YOUR HOUSEHOLD CHORES EXHAUST YOU

If cleaning the bathroom or washing the floors is too taxing, delegate these jobs to a qualified professional. This will leave you with more energy for activities you enjoy such as walking, gardening and socializing.

YOU DON'T WANT TO MOVE INTO A RESIDENCE

Leaving your home to live in a retirement community may not be what you want to do. Fortunately, with the right home care services, you can continue to live safely at home for several more years.

YOU NEED HELP WITH A MEDICAL TREATMENT

Do you tend to forget to take your medication or lack the motivation to do rehabilitation exercises after an operation? If so, home care workers can give you the support you need during your recovery or an on-going treatment.

If you want to maintain your health and well-being in the comfort of your own house, home care services might be just what you need.

Home care providers offer a wide range of services that can help you safely live in your house. You can get assistance with:

ALL KINDS OF HELP

Home care providers offer a wide range of services that can help you safely live in your house. You can get assistance with:

- Housekeeping (vacuuming, laundry, taking out the garbage, etc.)
- Meal preparation according to your diet restrictions and preferences
- Grocery shopping and running errands
- Commuting to doctor's appointments
- Post-hospitalization wound or ostomy care
- Nursing care for chronic conditions like diabetes or high blood pressure
- Around-the-clock monitoring

A vertical rectangular image featuring a lush green forest with tall, thin trees. Sunlight filters through the canopy, creating a warm, golden glow. Overlaid on the right side of the image is a white silhouette of a person's head in profile, facing right. The person is holding a lit cannabis pipe (bong) in their mouth, with a small flame visible. Below the silhouette, the text "TOP SHELF CANNABIS" is written in a large, white, serif font. Underneath this, in a smaller white serif font, is the slogan "Top Quality. Top Service. Top Shelf." At the bottom of the image, on a dark grey background, is the address "353 SE BAKER ST. MC MINNVILLE" followed by a vertical bar and the phone number "503.472.2405". Below that, in the same white serif font, is "M-F 10AM-9PM" followed by a vertical bar and the website "WWW.TOPSHELFCANNABISMCMINNVILLE.COM".

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Safe Online Shopping



Many people have turned to online shopping as a way to protect their health and respect social distancing regulations during the coronavirus pandemic. Here are four tips to ensure you're doing it safely.

1. Learn how to spot a scam. Offers that sound too good to be true, websites that lack a professional design and requests for banking information when your cart is still empty are all red flags.

2. Confirm the company is legitimate. Check the National Corporation Directory to find out if the company is listed, and visit the Federal Trade Commission's Bureau of Consumer Protection website to find out whether any complaints have been filed against it. If it's not an American business, look for mention of it on other websites and confirm whether it has a good reputation by reading customer reviews.

3. Read the return policies beforehand. Find out whether the company offers exchanges, returns or reimbursements and under what conditions. This will help you avoid unpleasant surprises if there's an issue with your purchase. A lack of clearly stated policies is a sign you should shop elsewhere.

4. Double-check before you pay. Make sure the website's URL begins with "https" and has a closed padlock or unbroken key icon beside it. Confirm the price of each item and the total cost (including taxes and shipping fees) before you enter your credit card information.

Finally, remember that you should never provide unnecessary personal details, such as your social security number, when shopping online.

The Importance of A Will



A will is a legal document that allows you to dictate how you want your money and property to be distributed after you die. While not mandatory, it's highly advisable to create one, even if you have few assets.

ENSURE YOUR WISHES ARE CARRIED OUT

A will allows you to decide who will inherit your possessions, how your assets will be distributed and who will be the executor of your estate. In the absence of this legal document, the state steps in to make these decisions based on a set of rules that might not align with your wishes.

For example, if you're separated from your spouse but not officially divorced, your ex may be considered the legal heir whereas your current partner could end up with nothing. A will ensures your assets end up in the right hands based on your preferences.

Similarly, you can use your will to assign someone you trust to be the executor of your estate. This further guarantees that your wishes will be carried out and can help prevent family rifts.

Regardless of your age, it's never too early or late to create a will. For more information about this process, be sure to speak with a lawyer.

THE LITTLE THINGS

You might not leave behind much money, but what about family photo albums or a beloved pet? A will allows you to decide who will be entrusted to care for these treasures after your death.

Living Apart Together

A Growing Trend Among Older Adults



An increasing number of couples are choosing to live in separate homes. This lifestyle choice, referred to as living apart together, is particularly popular among adults over the age of 50 who get into a relationship after being divorced, widowed or finding a partner later in life.

MOTIVATIONS

There are several reasons why older adults might opt for this living arrangement, even if they've been in a committed relationship for years. For example:

- Some couples prefer to maintain their respective homes, finances, routines and independence while still enjoying the companionship and intimacy of a romantic relationship.
- Some people who've been divorced or were previously in an unhappy relationship might not want to feel tied down again.

- Some people who were previously a caregiver for a sick parent or spouse don't want to resume those responsibilities or the burden of running a household.
- Some people value their personal space and alone time, and they don't wish to have their lives completely intertwined with their partner's.

Living apart together isn't for everyone. However, the trend is a reminder that sharing your life with someone doesn't mean you need to move in with them. There are many perfectly happy couples in loving relationships who choose to live apart.



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Considered Writing a Memoir?



A memoir is a written account about a person's life that depicts a pivotal moment or a collection of experiences that shaped who they became. For many people, writing this type of autobiography can be an enjoyable and rewarding experience, even if it never gets published.

If you decide to write a memoir, you'll be able to preserve your family's legacy. Plus, sharing your story gives your descendants insight about who you were and what your life was like.

There are also many personal benefits to reflecting on your life experiences. Among other things, writing a memoir can

help you heal from a traumatic event, gain a better understanding of your relationships with others or simply remind you of the things worth celebrating in life.

What's more, by preserving your memories in writing, you'll strengthen your memory. Writing on a regular basis is an effective way to keep your mind active and slow cognitive decline.

Indeed, writing a memoir is an opportunity to explore a new hobby or develop an existing talent for writing. To help you get started, find out if memoir or creative non-fiction classes are offered in your community.

Signs You Need New Glasses



As you get older, your vision changes. This means that if you've been wearing the same eyewear for years, you're likely due for an upgrade. Here are five signs that it's time to get new glasses.

YOUR VISION IS A LITTLE BLURRY

If distant objects appear to be out of focus, or if you struggle to make out the words on a page even with your glasses on, you likely need a stronger prescription.

YOU GET FREQUENT HEADACHES

Even if you haven't noticed a change in your vision, your eyes might be straining to see clearly. This can lead to eye fatigue and headaches.

YOUR EYES OFTEN FEEL ACHY

Tired, watery, itchy and dry eyes are all signs that your eyes

might be working harder than normal to compensate for an outdated prescription.

YOU NEED TO SQUINT TO SEE

If you have the correct eyewear prescription, you shouldn't need to squint to see clearly. While squinting improves the focus and clarity of your vision, it also causes eye strain.

YOUR GLASSES ARE DAMAGED

Scratches on your lenses can impede your vision and lead to eye strain. Additionally, the arms of your glasses can stretch over time, causing them to no longer fit properly.

The best way to ensure you have the right prescription is to schedule an eye exam with your optometrist at least once a year.

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Accepting Getting Older



While it's easy to adopt a negative attitude about aging, consider that not everyone gets the opportunity to live to a ripe old age. If you still struggle with the idea of getting older, here's some advice that may help put your mind at ease.

EMBRACE A POSITIVE OUTLOOK

Rather than dwell on the things you may lose as you get older, focus on what you'll gain. For example, your retirement years present an ideal opportunity to explore new interests and dive into passion projects that you didn't previously have time for.

ACKNOWLEDGE YOUR ACCOMPLISHMENTS

One way to calm anxieties you may have about aging is to reflect on everything you've achieved during your lifetime and take pride in the legacy you'll one day leave behind. Reflect on your life, and be proud of your successes.

ATTEND TO CONCERNS ABOUT DYING

For some people, writing a will or pre-planning a funeral can be reassuring. If it puts your mind at ease, speak with a lawyer about writing or updating your will. You can also make your own funeral arrangements, thereby ensuring your family won't have to shoulder the responsibility after you're gone.

DEFINE YOUR PURPOSE

A key component to feeling vital as you get older is to engage in activities that are fulfilling. One rewarding option is to volunteer. Among other things, supporting a cause that you care about can reduce stress and improve your self-confidence, both of which contribute to health and happiness as you age.

Ultimately, getting older is an inevitable part of living. Make the best of it by adjusting your attitude, engaging in activities you enjoy and spending time with the people you love.



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