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Time OF YOUR Life



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Does reading slow down the effects of brain aging?

The normal aging process brings about various changes in the body and brain, especially in cognitive functions. Memory and concentration decline, and information processing slows down. Although these changes affect older adults differently depending on their age, gender and genetics, reading has been found to help slow down the progression of cognitive disorders. Whether you read a little or a lot, this activity offers significant benefits.

IMPROVED MEMORY

Studies have shown that seniors who read frequently and engage in other intellectual activities, such as doing puzzles and listening to music, are much less likely to develop memory problems than those who do not. People who are more intellectually active throughout their lives have also been observed to be at lower risk of developing Alzheimer's disease.

REDUCED STRESS

Reading helps reduce stress at any age, and the benefits are even more pronounced in more mature populations. As the brain ages, it becomes more susceptible to the effects of stress hormones, which can disrupt concentration and mood. By reading regularly, you can maintain better brain capacity and keep your spirits high.

Of course, aging comes with its own set of symptoms, some less desirable than others. But mentally stimulating hobbies like reading can help you age healthily. Now that you know all this, why not visit a local bookstore?

THE E-READER, A PRACTICAL DEVICE YOU CAN'T LIVE WITHOUT

Do you consider yourself a bookworm? E-readers can be a game-changer for seniors. If you're thinking about buying one, here are a few reasons why you should.

NUMEROUS ADVANTAGES

This gadget is designed to take your reading experience to the next level and enhance your comfort. First, you can easily adjust the font size to cater to your vision needs, making it perfect for those with reduced vision. Say goodbye to borrowing large-print books from the library or using a magnifying glass to decipher a text.

Secondly, e-readers are lightweight and easy to handle. You can read for longer without tiring or developing aches and pains. If you love reading hefty tomes of 500 pages or more, this is something to consider.

Additionally, e-readers have a matte-finish touch screen and built-in backlighting. This means you can read in the dark at night without having to turn on a lamp. You can also dim or brighten the screen to suit the ambient light in your surroundings—ideal for preventing eyestrain and glare.

Another interesting point about e-readers is their incredible storage capacity. You can “carry” thousands of books on the device without adding clutter to your home.

Finally, depending on the model, you can enjoy access to dictionaries, information that enriches your reading experience or practical functions like highlighting.

Visit your local electronics retailer to find the perfect e-reader for you.

4 stimulating activities for a healthy brain after 50

Have you passed the 50 mark and want to keep your mind sharp for as long as possible? Experts agree that you can slow cognitive decline by stimulating your brain every day. Simple, fun activities are sure to help. Here are four to explore.



Stay healthy with mental stimulation! It's one of the best ways to enjoy all the wonderful things life has to offer for many years to come.

Games

Sudoku, crosswords, brain teasers and chess all require strategy and concentration. They challenge your brain and keep it active. Board games give you the chance to play with your children, grandchildren or friends. The social aspect boosts your mood while you exercise your mind.

Foreign languages

Are you looking for a challenge? Learning a new language will surely put your brain to the test. Mobile apps and online courses can make it easy for you to explore Spanish, Italian, German and more. Why not set yourself the goal of practicing to become more fluent before your next trip?

Volunteering

Giving your time to people in need or an organization that shares your values is also a great way to keep your brain active. Meeting new people with similar interests can help break the cycle of loneliness and reduce anxiety and depression. Contact your local community center to find out what options are available to you.

Reading

Whether you prefer books, magazines, comics or newspapers, reading offers many benefits. It stimulates the imagination, strengthens focus and sharpens visual processing. Most importantly, reading has a direct impact on memory. Visit your neighborhood library, join a book club or read your local newspaper.



“Reading stimulates the imagination, strengthens focus and sharpens visual processing.”



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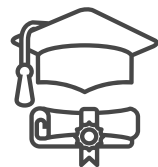


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5 tried-and-tested tips for healthy lungs

Lung disease affects many older adults. However, you can take several steps to keep your lungs healthy. Regularly visiting your doctor can lead to early diagnosis, improving your treatment options. Follow these expert tips for better lung health:

Protect yourself from respiratory infections

Wash your hands frequently and wear a mask in crowded places, especially during peak infection seasons. Stay up to date with vaccinations recommended for your age and health conditions, such as influenza and COVID-19.

Monitor your home's air quality

Ensure your home is well-ventilated and free from pollutants and irritants, such as smoke from fireplaces and chemical household products. If necessary, invest in an air purifier to enhance your indoor air quality.

Don't smoke

Smoking severely damages your lungs and increases your risk of diseases like lung cancer and chronic obstructive pulmonary disease (COPD). If you smoke, remember that it's never too late to quit. You can find various products and resources to support your journey.

Stay away from second-hand smoke

Avoid breathing in smoke from others—it can be just as harmful as smoking yourself. Maintain a smoke-free environment in your home, car and workplace, and steer clear of smoky areas.

Exercise regularly

Engage in physical activities that strengthen your lungs and improve their capacity. Walking, dancing, cycling and swimming all provide excellent benefits for your lung health.



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Exploring senior living options: retirement homes vs. assisted living



By carefully assessing your unique requirements, you can ensure you find a living arrangement that enhances your overall quality of life during this special time.

Growing older typically involves the need for additional support and care. Many seniors face the choice between retirement homes and assisted living facilities. Each offers distinct advantages and caters to different levels of independence.

RETIREMENT HOMES

Retirement homes cater to independent seniors seeking a vibrant community lifestyle. These residences offer a maintenance-free living experience, encouraging social engagement and a sense of camaraderie among residents. With amenities like communal dining and organized activities, retirement homes provide an environment where seniors can maintain their

independence while enjoying the benefits of community living.

ASSISTED LIVING

On the other hand, assisted living is designed for seniors requiring additional support with daily activities. Trained staff help residents with bathing, medication management and mobility tasks. Assisted living facilities balance independence and personalized care, allowing seniors to maintain autonomy while receiving the necessary assistance tailored to their needs.

FACTORS TO CONSIDER

The decision between a retirement home and assisted living depends on several factors:

Level of independence. Can you manage daily tasks independently, or do you require assistance?

Medical needs. Do you have any chronic health conditions requiring medical supervision? Do you need help managing your medication?

Social needs. Do you enjoy a vibrant social environment or prefer a quieter setting?

Financial considerations. Compare the costs of different communities and factor in available financial resources.

SEEKING GUIDANCE AND EXPLORING OPTIONS

Navigating the world of senior living can be overwhelming. Seeking guidance from a trusted elder care advisor or social worker can provide valuable support and help you identify the best option for your needs. Additionally, touring different communities lets you experience the atmosphere, amenities and care levels firsthand.



From left to right:
Dwight Mandimika - Administrator, Fircrest Assisted Living
Beth Jones - Executive Director, Fircrest Senior Living
Naddine Spare - Executive Director, Cherrywood Memory Care
Hugh Williams III - Executive Director, Maple Valley Memory Care

At Fircrest Senior Living, we understand that choosing a senior care community is about more than just finding a place to live—it's about finding a place to thrive. Our warm and welcoming environment feels like home, and everyone is treated like family. Our caring team offers personalized assisted living and memory care services, supporting seniors in a nurturing environment where they can flourish. We offer tailored care plans, engaging activities, and round-the-clock support. We aim to improve their quality of life while honoring their dignity and individuality.

Cherrywood Memory Care embodies the belief that "everyone deserves a place that feels like home." Our friendly community supports individuals with Alzheimer's and other forms of dementia, offering a warm, enriching environment where residents thrive through personalized care and heartfelt connections. We provide a range of activities designed to stimulate cognitive function and enhance social engagement. Our goal is to create meaningful experiences that inspire joy and make every moment matter.

Maple Valley Memory Care provides compassionate, personalized care for individuals facing cognitive, behavioral, and mood challenges due to Alzheimer's and dementia. An environment of warmth and understanding is provided by our experienced team to residents and their families. In addition to providing services aimed at protecting the dignity and honor of our residents, we understand each resident's journey is unique, and we are ready to join them on their journey.

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GRANDPARENTS' DAY

September 13, 2026



You are the roots that make our family tree flourish



If you or your grandchildren have a specific interest, like gardening, music, science or some other passion, encourage them to share it.



September 13, 2026, marks Grandparents' Day. It's the perfect opportunity to spend some quality time with your grandchildren. Get inspired by these intergenerational activities and create unforgettable moments together.

Cook together. Experiment with new decadent desserts or whip up your favorite family recipes. Then, of course, enjoy the delicious results together.

Play board games. You'll easily find something to keep you entertained for hours with board games that cater to every age and interest. Who will be crowned the winner?

Do an art project. Unleash your creativity by doing crafts, drawing or even putting on a puppet show. Let your imagination run wild and create something you can all be proud of.

Watch a movie. Go to the movie theater or settle in for a cozy movie marathon at home. Make sure to choose a movie everyone will enjoy.

Go for a walk. Take a leisurely stroll in the park, forest or around town. Explore stunning landscapes or revisit your favorite spots. Don't forget your camera!

Flip through family photo albums. Spend time reminiscing over old photos to relive your fondest memories and share your best stories with the younger generation.

Do puzzles. Work together to complete a puzzle or two. Choose images you all love, whether it's 36, 200, 750 or even 1,000 pieces. What challenge will you take on?

Sing. Enjoy a karaoke afternoon and take turns belting out your favorite songs. Everyone is sure to discover some new tunes.

Read stories. Organize a story time to read engaging tales to your grandchildren. Depending on their age, you might read together or even take turns.

Get active. Engage in activities like biking, swimming, mini golf, bowling, table tennis, yoga or bocce ball. There are all sorts of activities to choose from, whether you want to take it easy or go all out.

3 TIPS FOR STRESS-FREE TRAVEL WITH YOUR GRANDCHILDREN

As a grandparent, you cherish the time you spend with your grandchildren. If you're planning to travel with them this summer, follow these tips to ensure the experience goes off without a hitch.

Get them involved
Before you leave, take some time to discuss the trip with your grandchildren. What are their expectations? What activities do they want to do? By considering their opinions, you'll boost their excitement. Just remember to set realistic expectations. You may need to make compromises if your budget is limited.

Give yourself some leeway
Children, especially very young ones, can tire quickly while traveling. Instead of trying to cram too many activities into a single day, plan a flexible schedule that includes ample time for breaks. This way, everyone can enjoy the experience without feeling overwhelmed.

Bring the essentials
Avoid unnecessary stress by bringing a well-equipped tote or backpack wherever you go. Make sure to include:

- Several snacks, like candy bars
- Wet wipes
- A first-aid kit
- Disinfectant gel
- Water
- Tissues
- Sunscreen
- Mosquito repellent



If you're traveling abroad, make sure you have the necessary documents ready, including passports, letters of consent from parents and identity papers.



WAYS TO SHOW YOUR GRANDPARENTS THAT YOU LOVE THEM

If you're lucky enough to have grandparents in your life, take this opportunity to remember what they've done for you and give back.

Recognition strengthens bonds
If you want to show your beloved grandfather or grandmother how much you love and care for them on Grandparents' Day (and all year round!), you could try:

Helping them with technology by setting up their electronic devices or explaining how a new software program works.

Being their "private chauffeur" for a day by taking them to a doctor's appointment or haircut.

Preparing small dishes for them to reheat or offering to help them make one of their most beloved recipes, such as a marinade, dessert or sauce.

Inviting them to do something fun to shake things up, like eating at a new restaurant, going to the movies or seeing a show.

Setting aside time to spend quality time together. For example, you could play a board game, discuss current events or reminisce.

Helping them with household chores, such as mopping the floor or dusting, or helping with yard work, like raking leaves or repainting a fence.

Asking for their advice or opinion on issues concerning you, like your career, relationships or home renovation plans. Make the most of their vast experience!

On September 9, and every day, take the time to celebrate your grandparents. These wise elders deserve your respect and admiration!



What to eat to promote a healthy heart

A healthy heart is essential to maintaining your active, independent and vibrant lifestyle as you get older. But did you know that nearly half of the average American's calories come from foods that are detrimental to your heart health? Instead of choosing ultra-processed foods containing poor-quality fats, high sugar and excessive salt, try these nutrition tips to help you keep your heart healthy.

Focus on fiber

Fiber helps slow down sugar absorption and contributes to lowering bad cholesterol and blood pressure. Aim to “eat the rainbow” at every meal by including a variety of vegetables, fruits, whole grains and legumes.

Replace saturated and trans fats

Swap saturated and trans fats for healthier options like olive oil and avocado. You should also include foods like freshly ground flax seeds, chia seeds and natural

nut butters. These healthy fats help maintain healthy cholesterol levels and reduce the risk of arterial plaque buildup.

Get enough lean protein

Incorporate skinless poultry, beans and lentils into your diet as heart-friendly choices. Fatty fish such as salmon and mackerel are especially beneficial due to their omega-3 fatty acids, which help reduce inflammation and lower the risk of heart disease.

Lastly, make sure to stay hydrated and limit sugary drinks and alcohol. Talk to a dietician-nutritionist for personalized recommendations.

ARE YOU GETTING ENOUGH B VITAMINS?

As you get older, your body's natural repair systems need more support. A significant part of that help comes from B vitamins, especially B6, B12 and folate. These vitamins help regulate an amino

acid called homocysteine. Elevated levels of homocysteine can harm the lining in your artery walls and have been linked to faster biological aging, cognitive decline and cardiovascular issues. Here's what you need to know.

What does homocysteine do?

Homocysteine is a natural byproduct of protein metabolism in the body. While a certain level of homocysteine is normal, excessive amounts can pose serious health risks.

Signs you may have high homocysteine levels

High levels of homocysteine can lead to a range of symptoms, varying from mild to severe. Common indicators include fatigue, numbness, dizziness and heart palpitations. Older adults are especially at risk because aging bodies often have more difficulty absorbing key nutrients that help control homocysteine.

The role of B6 and B12

The good news is that you can help manage your homocysteine levels by increasing your intake of vitamin B6, vitamin B12 and folate. Eating a diet rich in these vitamins or taking supplements can provide effective support in managing your levels and reducing your health risks.

In addition to getting enough B vitamins, a healthy lifestyle plays a big role in keeping homocysteine in check. Avoiding tobacco, eating a low-salt diet and staying physically active can all contribute to better overall health and lower homocysteine levels.

Consider speaking with your doctor or a healthcare professional about the benefits of B vitamin supplementation and the importance of monitoring your homocysteine levels through blood tests.

Why you should eat less salt (and how to do it)

Eating too much salt can harm your health, and this risk increases as you age. Find out why adjusting your diet and reducing your salt intake are essential.

The health risks of excessive salt consumption

High salt consumption can lead to health problems that become more common as you age, such as high blood pressure, cardiovascular disease and stroke.

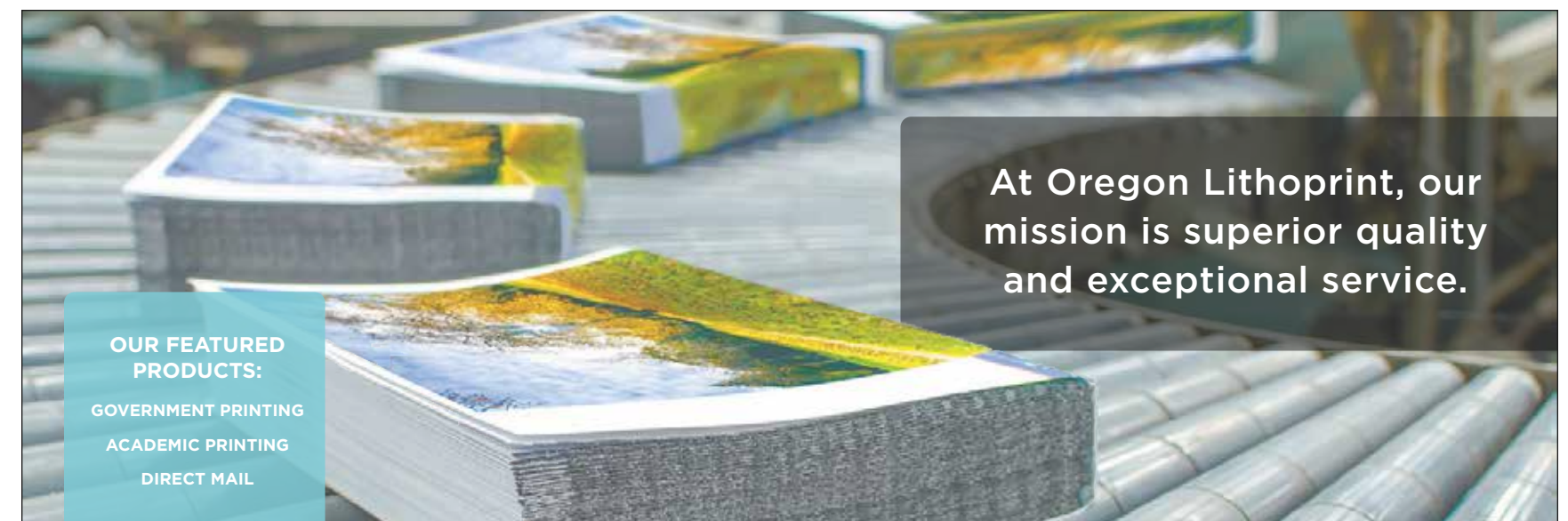


Tips for reducing your salt consumption

One way to reduce salt consumption is to avoid highly processed foods, such as cold cuts, packaged soups and junk food. These foods are often very salty.

Instead, try preparing more home-cooked meals and use herbs and spices to enhance the taste of your dishes. It's also crucial to learn how to read the nutritional labels of food products. Remember that you shouldn't eliminate salt from your diet — you just need to consume it in moderation.

Don't hesitate to make an appointment with a dietician-nutritionist to help you eat better. Reducing your salt intake is a crucial step in maintaining your overall health. A few adjustments to your eating habits can significantly impact your long-term health.



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Benefits of Tai Chi



From better balance to lower blood pressure, Tai Chi has several benefits for your overall health.

Tai Chi, a traditional Chinese martial art that originated centuries ago, has gained immense popularity among seniors for its many health benefits. Here's a look at what Tai Chi can do for you.

WHAT'S TAI CHI?

Tai Chi combines deep breathing techniques with slow, deliberate movements. It focuses on cultivating vital energy or "Qi" through fluid motions or sequences known as "forms." These forms are performed slowly and smoothly, with a strong emphasis on proper posture and alignment. Tai Chi's gentle movements make it an ideal exercise choice for seniors looking to stay active and healthy. Look for a Tai Chi class in your community today!

HOW TAI CHI CAN HELP OLDER ADULTS

Some health benefits of Tai Chi include:

Improved balance. One of the most significant concerns for seniors is the risk of falls. Tai Chi enhances balance and stability through slow, controlled movements, reducing the likelihood of accidents.

Enhanced flexibility. The gentle, flowing motions of Tai Chi help improve flexibility, making everyday tasks easier and reducing the risk of joint pain and stiffness.

Stress reduction. Tai Chi incorporates deep breathing and meditation, promoting relaxation and reducing stress levels. This can lead to better sleep, improved mood and overall mental well-being.

Increased muscle strength. Despite its gentle nature, Tai Chi is a weight-bearing exercise that strengthens muscles, particularly in the legs and core, which is crucial for mobility and independence.

Community engagement. Tai Chi classes allow seniors to socialize, fostering a sense of community and belonging.

Playing tennis: every reason is a good one



There's no age limit for enjoying tennis, at an outdoor court or at an indoor tennis club.

It's no exaggeration to say that tennis can change your life. You want to burn some calories and develop muscles? You want to build your endurance and flexibility? Increase your cardiovascular and respiratory capacities? Reduce stress? Meet new people? Whatever the reason, tennis makes you fitter and gets you mixing with people.

There's no age limit. It's not uncommon to see tennis courts swarming with beginners over the age of 40! The best way to get started is with a few introductory lessons; a few classes are enough to learn the basic techniques and get some great advice. After that, practice is the key to improvement—the more diligent you are where it comes to practicing, the faster you will get better at the sport. And the better you are, the more enjoyment you'll get and the fitter you'll be.

Tennis players don't need much equipment. To choose a good racket, ask for help at the sporting goods store. If you play regularly, it's worth the trouble of investing in a good quality racket. The only other equipment you need is light multi-sport shoes, which give good support, and a basket of balls.

A tennis match is a joy to experience when the participants are of equal strength. And practicing by playing up a level with a more skilled opponent is a sure way to improve your game. Then, after an enthusiastic rally, everybody is ready for a cool drink and a bit of socializing!



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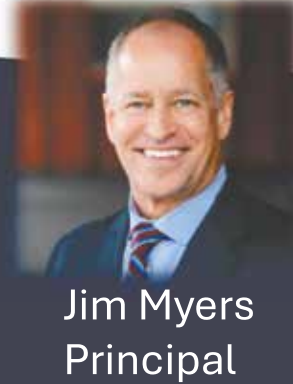
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Do you know about the benefits of regular stretching?

As you get older, your flexibility tends to decrease, which can lead to limited mobility and reduce your independence. Physical exercise is essential for staying fit, and stretching is vital to maintain overall functionality. Here's how regular stretching can benefit you.

It reduces pain

Everyday activities put varying degrees of stress on your bones and muscles. Regularly stretching helps maintain muscle elasticity, enabling you to better absorb impacts and protect your joints and spine from pain.

When you trip or lose your balance, your muscles work to correct your posture. Gently stretching five to seven times a week can help you keep your muscles flexible and strong to help prevent falls and avoid injuries.

It improves independence

By incorporating routines like stretching, yoga or Pilates into your daily life, you can make everyday movements easier. For example, flexible muscles allow you to bend down to pick up dropped items with less effort and lift your arms to put on a sweater more easily.

Ultimately, improved flexibility can help you complete your daily tasks with less fatigue, which is essential for maintaining your independence and boosting your psychological well-being. Short daily stretching sessions tailored to your abilities may be all you need to stay limber.

Additionally, you may want to consider massage therapy or other treatments to regain flexibility. If you're ever unsure or experiencing pain, don't hesitate to consult a healthcare professional.





Start the conversation about retirement today so you and your partner can enjoy a smooth, rewarding and fulfilling retirement together.

How can couples prepare for the transition to retirement?

Are you and your partner approaching the long-awaited moment of retirement? This major life change calls for careful planning so you can avoid misunderstandings and disappointment. Here's an overview of the best steps to take now to ensure a smooth transition for both of you.

REFLECTION

Have you or your partner been experiencing any frustrations or imbalances that have placed a strain on your relationship in recent years? Now's the time to address them. Take a moment to reflect on your own to identify bad habits you can improve before retirement. If your relationship is struggling, you might consider going together for counselling.

DISCUSSION

An essential step in good planning is to sit down and have a frank conversation about what each of you expects from retirement. Do you want to stay active, getting up at dawn to go jogging, or would you rather sleep in? Would you like to have a part-time job or do volunteer work to keep busy? Are you hoping to travel? Gaining clarity about these matters can help you avoid unpleasant surprises.

PLANNING

Retirement involves significant financial changes, especially in your sources of income. To stay on track and avoid regrets, start planning as early as possible. Whether you hope to achieve certain goals or simply want to maintain your desired standard of living, meet with a professional like a financial advisor for guidance on creating a realistic budget and savings strategy.

HOW TO SUCCESSFULLY TRANSITION TO RETIREMENT: MAKE A PLAN

If you've been working for several years, it may soon be time to retire. Whether you're looking forward to it or feeling anxious, these strategies can help you navigate the transition smoothly.

Take a gradual approach

Do you love your job? Are you in good health? If so, you don't necessarily have to stop working overnight. Talk to your employer about the possibility of gradually reducing your working hours over a few years.

This way, you can enjoy having more free time to care for your loved ones, pursue hobbies or take courses. The more familiar you become with your new routine before fully retiring, the less anxious you'll feel about the change.



Finances

Transitioning to retirement can significantly impact your income. Therefore, it's essential to carefully manage your finances before altering your work schedule. Speak with a financial expert to ensure you can achieve your retirement goals while maintaining your quality of life.

Retirement is a significant milestone that requires proper preparation. Your thoughtful planning can help you face this transition with confidence and peace of mind.

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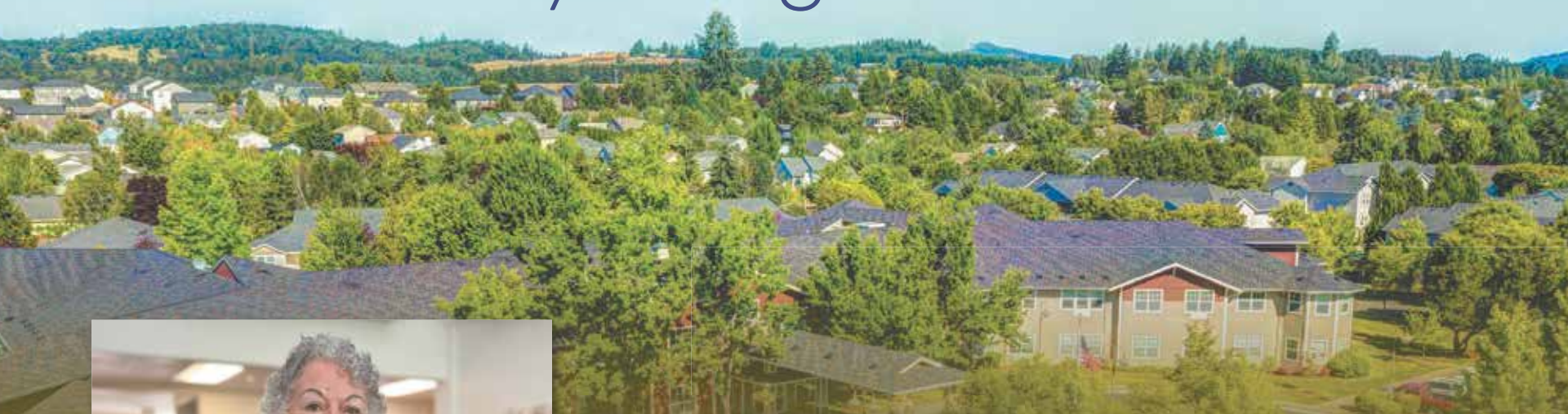
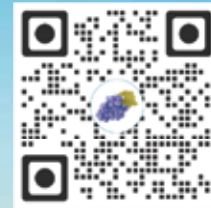
BAKER STREET
REAL ESTATE

"We feel fortunate to be a part of Yamhill County's ever-changing, growing and giving community. We enjoy creating connections for our clients as they grow to love where they live as much as we do!"

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At Vineyard Heights, we are guided by our compass true north values of goodness, loyalty, faith, and fun, ensuring every day is filled with enriching experiences.

Discover how we celebrate life at Vineyard Heights, where every detail is crafted to enhance your well-being and foster a spirit of community.



**Explore the difference at Vineyard Heights.
Call or email today to schedule a tour!**

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