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2019 Real Trends #6 State of Oregon
2020: Diamond Club Award
2020: #1 RE/MAX Broker in the State of Oregon
2021: Diamond Club Award
2021: Lifetime Achievement Award
2021: #1 Broker in the State of Oregon
2021: #1 RE/MAX Broker in the State of Oregon
2021: Real Trends Top 1000 List - #112 in the nation all agencies
2021: Real Trends #1 State of Oregon - Transactions



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Real estate agent honored

A Brookings broker/realtor has been ranked #1 in transactions for the entire state of Oregon, and #3 for volume in 2021. Jude Hodge was also the #1 RE/MAX broker in Oregon, in the Real Trends Top 1000, and ranked #112 in the Nation for All Agencies.

Jude said her success is directly related to her passion and her time commitment to real estate. "I am diligent with my time each and every day," said Jude. "I work 24/7— no kidding! You must make sacrifices for success, and for me the sacrifice is time."

Jude has lived in Brookings, Ore., for more than 30 years. With a background in internet marketing and sales, she has been a Top Multi Million Producer since her first year in real estate. "Currently I am in the top 0.5 percent of all agents in the U.S. in sales and volume," she said. "I love my career and serving my clients. I am dedicated to results."

The real estate industry has changed quite a bit since Jude first started her career. She said it has gone from foreclosures to waiting lists, to multiple offers and offers way over asking price. "Brookings is now a destination for buyers, and we have more buyers than we have inventory to sell," she said.

But as the industry has evolved, so has Jude. "I feel like real estate is literally in my blood. I am not hesitant to take on a luxury home, a commercial property, land, residential or otherwise. I have learned enough to be 100 percent confident in my abilities. I love people and working with the public. It is what I was supposed to do."

As for her future plans, Jude will continue to serve clients to the best of her ability. "I never want anyone to feel that they were just a transaction. I am honored for every seller and buyer that calls me. I look forward to helping others every day. It is wonderful to meet the people I get to work with and get to know them and their families."

As leader of her industry, Jude has some advice for other women seeking success. "Get up every day, give it your all, dress for success and never give up. Someone once told me that you must work as if the rent were due every day to gain success, and that is the truth. That is how you do it. Yesterday ended last night, so let yesterday stay where it is. You get a do over each day, and your attitude is everything! As my mentor Bill Pike of 25 years would say, 'Let go of stinking thinking'."

Jude also credits the support of her husband, Dave, for her continued success. "How fortunate I am to have a husband that supports my crazy schedule, late night phone calls, sitting on the side of the road while going somewhere so I can talk to a client. He does so much for me, hangs my signs, fills my fliers, and does all my filming. He's very supportive, and I am beyond blessed."

Paying for advertising has also played a part in Jude's success. "Not advertising is like winking in the dark — nobody knows," she said. Advertising isn't cheap, but it is money well spent. "If you think success is expensive, wait until you've paid for failure."

Jude has been published in Entrepreneur magazine, Networking Times, Cutting Edge Media, Home Business Connection, Youngevity's Magazine, Money Makers Monthly, Networker's Advantage and is a contributing author in "Build it Big," a book published by Dearborn Publishing for Direct Selling Women's Alliance.

Her awards have been numerous, but below are some of her most recent accomplishments:

- 2020-2021 Diamond Club Award
- 2017-2021 Readers' Choice Gold Award Best Local Realtor
- 2021 Real Trends #1 State of Oregon - Transactions
- 2021 Real Trends #112 in the Nation - All agencies
- 2020-2021 #1 RE/MAX Broker in the State of Oregon

To contact Jude, call 541-813-9261 or 541-801-3333, visit her website at homewithjude.com or email her at judehodge@gmail.com

Here is a list of some of my awards

2014: Executive Award
2015-2016: Platinum Award
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Our selling season does not end in this area. The majority of my clients have been over the age of 51 and retiring. Many were here for the busy season and went home without buying anything!! Our market has been so lean with listings that several of my clients check in with me weekly to see if there is anything new on the market. Everyday is a good day to get your home listed. Call me for a no obligation valuation of your home. It will be quick and painless I promise!!

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I offer cutting edge technology and marketing for every listing, it doesn't matter if it's a mobile or a mansion I appreciate every listing and go above and beyond for my sellers. "Not advertising is like winking in the dark, nobody knows".

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New Horizons

In-Home Care

New Horizons is the largest independent in-home care agency in Oregon that's been committed to providing personalized care to the Oregon community for over 30 years. New Horizons cares for older adults beginning to need some help around the house, seniors who want to continue living at home, adults with disabilities, and medically fragile children. New Horizons also invests in caring technologies like remote patient monitoring and voice activated medical alerts, so clients can count on them even when caregivers are not there.

What really makes New Horizons special is their incredible Care Advisor team that is always ready to help, 24 hours a day, 7 days a week to make sure our community gets the support they need. New Horizons proudly answers the phone at 2 in the morning, provides care at a moment's notice, and supports each other every step of the way.

New Horizons knows great care only happens with great caregivers. That's why they're a people-first company committed to the whole health of our community, starting with their caregivers. New Horizons offers industry-leading compensation and benefits including paid time off, paid maternity leave, scholarship grants for continued education, free rides to work and mentoring programs to hone skills.

When you're ready for some assistance at home, call New Horizons In-Home Care, and they will match you—the whole you (not just your condition)—to a caregiver who will meet your needs. Call 1-877-NH-CARES or visit NHcares.com today to schedule a free in-home care assessment.

Some benefits of growing older

Many people are quick to think of growing older in a negative light. Although there certainly are some side effects of aging that one may wish to avoid, people may find that the benefits of growing older outweigh the negatives.

Seniors are a rapidly growing segment of the population. With so many people living longer, it's time to celebrate the perks of getting older rather than the drawbacks. Here are some great benefits to growing old.

- **Higher self-esteem:** The insecurities of youth give way as one ages, and older people have less negativity and higher self-esteem. A University of Basel study of people ranging in ages from 18 to 89 found that regardless of demographic and social status, the older one gets the higher self-esteem climbs. Qualities like self-control and altruism can contribute to happiness.
- **Financial perks:** Seniors are entitled to discounts on meals, museum entry fees, movies, and other entertainment if they're willing to disclose their ages. Discounts are available through an array of venues if one speaks up. Seniors also can enjoy travel perks, with slashed prices on resorts, plane tickets and more.

- **Reasoning and problem-solving skills:** Brain scans reveal that older adults are more likely to use both hemispheres of their brains simultaneously — something called bilateralization. This can sharpen reasoning skills. For example, in a University of Illinois study, older air traffic controllers excelled at their cognitively taxing jobs, despite some losses in short-term memory and visual spatial processing. Older controllers proved to be experts at navigating, juggling multiple aircrafts simultaneously and avoiding collisions.

- **Less stress:** As people grow older, they are able to differentiate their needs from wants and focus on more important goals. This can alleviate worry over things that are beyond one's control. Seniors may realize how little the opinions of others truly mean in the larger picture, thereby feeling less stress about what others think of them.

Growing older may involve gray hair or wrinkling skin, but there are many positive things associated with aging.



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"An Extraordinary Company Balancing Your Life With Extraordinary Care"

Our mission is to enrich the lives of our elders by delivering services and care that nurtures the spirit, encourages independence and allows them to maintain a dignified lifestyle.

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Sandra Wonacott and Vickie Howell have been providing the highest quality of care for seniors for over 31 combined years. We started out very early in life as caregivers to people we loved and soon realized that this was a life calling. In partnership, we have created Guardians by the Sea, Inc., an exceptional In-Home Care Agency.



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Southern Coos Hospital & Health Center Strives to be Your Hospital of Choice

Southern Coos Hospital & Health Center (SCHHC) in Bandon is here for you. As a critical access hospital, SCHHC has a commitment to providing comprehensive healthcare services and access to the population of southern Coos County, northern Curry County and thousands of visitors. We focus on fostering optimal health and independence for our patients.

While you may need to travel to a larger metropolitan area for specialized services or surgeries, many services are available in Bandon.

SCHHC Laboratory

If you have a surgery scheduled in Eugene or Portland, you can have your lab work done here. SCHHC's team of highly skilled laboratory professionals take pride in providing a full range of diagnostic testing for inpatients and outpatients in routine and emergency situations.

The lab is accredited by COLA and the Centers for Medicare and Medicaid Services to perform testing in chemistry, hematology, coagulation, urinalysis, serology and other disciplines.

Medical Imaging

There are many reasons to trust SCHHC's Medical Imaging Department with your medical imaging care.

We offer Certified Technologists on site and state-of-the-art equipment for mammography, X-Ray services, ultrasound, Computed Tomography (CT), and MRI services.

Emergency Department

As a Critical Access Hospital, SCHHC must provide 24-hour emergency services, 7 days a week.

All of our staff meets the state of Oregon's licensure requirements. Our Emergency Department staff is competent and compassionate. They know how to triage a patient when seconds count.

SCHHC has been recognized repeatedly for its high quality care to critical cardiac patients in the community by acting quickly to stabilize and transfer a patient having a serious heart attack. Faster treatment times are associated with better patient outcomes, including decreased mortality rates.

Inpatient Services

Licensed for 21 acute and skilled nursing beds,

SCHHC has an integrated cardiac monitoring system, dedicated special care beds, board-certified providers, an RN staff certified in advanced cardiac life support and around-the-clock care.

Multi-Specialty Clinic

The Multi-Specialty Clinic offers board-certified providers, doctors and nurse practitioners, a licensed social worker, medical assistants, and wound and diabetes care professionals ready to assist you with your medical and mental health needs.

Respiratory Therapy

SCHHC is staffed with expert licensed Respiratory Therapists that are available 24 hours a day. These professionals provide our community with all aspects of care from basic treatment to many modes of pulmonary therapy to advanced ventilator care.

Surgery

SCHHC offers general surgeries on site including gallbladder removal, hernia repairs, colonoscopies, endoscopies and ophthalmology surgeries including cataract removal.

Transitional Care Program

SCHHC also supplies short-term, skilled nursing care in the form of our Swing Bed Program. This program allows less acutely ill patients a chance to convalesce for a short period prior to discharge from our hospital.

New Leadership

SCHHC has a new CEO, Raymond Hino, MPA, FACHE, who has more than 35 years of healthcare leadership and operations experience.

Along with a new Board of Directors, motivated Executive Team and dedicated managers and staff, SCHHC is implementing a 5-year Strategic Plan to continue to move the hospital forward in terms of quality, services and profitability.

The strategic plan's ultimate goal is ensure SCHHC is the "Hospital of Choice" for residents, guests, health professionals and healthcare workers in Bandon and the surrounding areas.

Stay proactive with your health and come see us today! Call 541-347-2426 or visit our website at www.southerncoos.org.

Add Dating to Your To-Do List

By Craig W. Armstrong

When people retire, they usually have a list of things they want to accomplish. Things that they never had time for when they were working. For some people, dating is something they didn't focus on for many years. They focused on their career, their children, or their hobbies. Let's face it, relationships take a lot of work and sacrifice and many people don't want the hassle. But now that they are in their "golden years," it might be nice to have a companion. Dating as a senior, in many ways, is easier than dating as a teenager.

Many people feel pressure in dating because they are afraid that they won't find anyone to share their life. You've already got that one knocked. You have proven your self-sufficiency and your ability to take care of yourself. Let this calm any anxiety, you are looking for someone to spend time with, nothing more at this point. Where do you begin? People your age are everywhere and it's likely many of them are looking for companionship too. Hopefully you have decided to be active in your retirement. The activities you choose will have people your age. Reach out, make friends and don't be shy. Of course one of the best ways to meet new people is through friends and family. Let them

know you are ready to "get back out there," and you would like their help. Do you go to church? This is another great place to meet people.

One way to meet people that may be new to you is online. There are dating sites that cater specifically to people your age. Normally, the process requires that you complete a profile with personal information and that you answer questions about your likes and dislikes. Any quality dating site will charge for their service. Be sure to read the fine print, before giving them your credit card information. It may be a good idea to have someone who is cyber-savvy to look at the site before you commit.

Online dating is not something to take lightly. There are a lot of people out there who will take advantage of it and others who have intentions that are less than admirable. Be very cautious when going on a date with someone who you met online. Always make sure someone knows who you are meeting and when and where. Take a friend or family member along on your first date, if that makes you feel better. Dating may be something you haven't considered for many years, but this is a new chapter in your life. Give it a try, see if it feels right. You may find a friend, a companion or something more.



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8 tips for senior travelers



Few demographics have the free time and the financial capacity to travel as much as retirees. Now that children have flown the coop and retirement papers have been filed, the world is many seniors' oyster.

According to a 2017 survey from AARP, travel is a top goal for more than 80 percent of Baby Boomers. Children may find that encouraging their aging parents to travel can promote more independence and help them live fulfilling lives in retirement.

These tips can make travel easier for any senior ready to see the world.

1. Seek the most direct route. Traveling may be a bit easier to endure when the route is as short and direct as possible. It may cost a little more to book nonstop flights or travel during peak hours, but that investment may be worth it.

2. Choose senior-friendly travel services. Working with a trusted travel advisor is often easier than booking your travel yourself. Travel agents often have inside information and may be privy to perks and discounts. Plus they can streamline the process, ensuring all you need to do is go along for the fun.

3. Senior discounts are waning. Most airlines have done away with senior discounts. In 2013, the price comparison resource Fare Compare looked at senior discounts of various airlines and found most of them were unreliable.

4. Inquire about accessibility. If mobility is an issue or if there are any disabilities, contact your carrier and hotel or tour company and be sure that there will be accessibility arrangements, such as wheelchair access or ground-level accommodations.

5. Pack light. Don't get bogged down by excess luggage. Pack only what you need, including medications, in a carry-on bag.

6. Consider a cruise. Cruises combine food, entertainment and comfortable rooms in one convenient package.

7. Manage medications. If prescription medications are needed, be sure to consult with the doctor and pharmacy about getting a supply that will last the course of the trip.

8. Bring along a companion. You may feel more comfortable bringing along one of your children, another young relative or a close friend, especially if you are traveling internationally. This extra person can help navigate and ensure all your needs are met.

Seniors have the opportunity to travel more and can make such travel easier in various ways.



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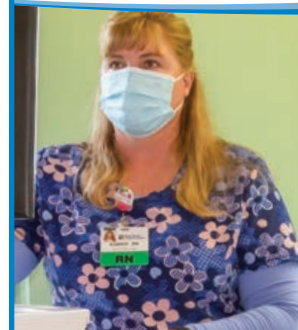


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OPAL - Coos: Kayln Clinkenbeard, 541-756-6232 ext. 113, kclinkenbeard@wfall.org
OPAL - Curry: Olivia Davis, 541-661-6332, oliviad@brookingsharborfoodbank.org

Telestroke Available at CHN's Two Emergency Department Locations

As Curry County's only provider of emergency medical services, Curry Health Network is continuously improving healthcare for the area's residents, including providing two locations for 24/7/365 emergency medical care, telestroke service and a new Director of Emergency Services.

"At CHN's emergency departments, we are striving to create an environment of timely, effective, patient-centered care," said Director of Emergency Services Doug Hollander.

Hollander joined CHN's staff earlier this year and oversees the EDs at both Curry General Hospital in Gold Beach and Curry Medical Center-Emergency Care in Brookings, both which provide full lab, radiology and ancillary services, as well as a complete staff of physicians, nurses, and techs on duty 24 hours a day throughout the week.

"We've recently added a mid-level provider in Brookings during hours of peak patient volume to ease the wait time for our patients," said Hollander. "CHN is also working with providers and staff to add additional clinical support at key times, in order to further its commitment to the community to be the region's premier rural healthcare system."

Two Locations

While emergency services are similar at the Gold Beach and Brookings EDs, Hollander explained that the main difference between the two locations is that Brookings is exclusively an ED - the State's first and only free-standing emergency department - whereas Curry General provides inpatient and surgical services.

The hospital in Gold Beach is also a state-designated Level IV Trauma Center, while Curry Medical Center-Emergency Care has no such designation.

"Should a patient need to be admitted or surgery is required, transport is arranged to move them to the Gold Beach campus," explained Hollander.

Transportation

Ground and air transportation to hospitals that offer a higher level of care is available from both locations.

"If transport is required, CHN staff will coordinate with other regional hospitals to find an accepting physician and appropriate treatment options for them," explained Hollander.

"We directly report any findings we have to the receiving facility and give their providers and staff a full verbal report on what we have found and the treatments we have provided so far."

Hollander added that while patients await transport, CHN's ED staff is able to provide lifesaving care including ventilation, vasoactive medications and clot busting agents, if needed.

"Giving our patients this initial treatment and allowing them to be monitored by highly trained healthcare professionals while en route to another facility will lead to better outcomes," explained Hollander.

Telestroke

In addition, both of CHN's EDs offer Telestroke, allowing providers to coordinate with remote healthcare

professionals who specialize in stroke services.

CHN has partnered with Providence Brain and Spine Institute to bring the most advanced stroke care to their EDs, with on-demand telemedicine utilizing remote visualization, examination, consultation, and determination of the best course of treatment by expert neurologists. Having Telestroke available 24/7 can lead to faster intervention and better outcomes for stroke patients.

"There is a saying in healthcare that time is tissue, and that is definitely true when it comes to some of our most severe cases, including heart attack and stroke," said Hollander. "A matter of minutes can possibly add irreversible damage to the heart and brain. In fact, it can mean the difference between life and death."

"CHN is proud to be able to offer emergency services for the southern Oregon coast. We have a strong culture of continuing to find ways we can better serve the residents of Curry county and the surrounding areas. While it is our hope that you will never actually need to visit one of our emergency departments, when life happens, you can be confident that we are here when you need us," he added.



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