

# Our Time

North Coast  
**CITIZEN**  
GAZETTE

THE **NEWS** Guard

Tillamook  
Headlight Herald



Spring  
2022



# Finding the Right Senior Living Community

There is so much to consider when it comes to starting the search for senior living, but as you begin the process, it helps to not only consider big picture questions about health and safety, but also a simpler one: how do they keep residents engaged and fulfilled?

Residents will have lots of time during the day, and more than ever, older adults seek active lifestyles. To that end, consider the following questions as you embark on your search and start visiting communities:

## ***What's life like at the community?***

If you're touring a community and asking about activities, a busy calendar with a wide variety of options is a sign that they put a lot of thought into helping residents take part in enriching, fulfilling activities. The more innovative and interesting their event calendar is, the happier the residents will be.

## ***What kind of fitness programming is offered?***

A senior living community should have comprehensive fitness programming in place to help residents build and maintain muscle mass, which can help reduce the chance of falling.

## ***What are the wellness programs?***

Wellness is more than the physical element related to fitness. It's the overall nourishment of mind, body and spirit. We know the importance of wellness in our lives, something that becomes even more important as we age. Senior living communities should be creating a rich, fulfilling life for each resident through a varied events calendar.

## **Finding the Right Fit**

At Prestige Senior Living Five Rivers, our wellness program Celebrations guides our care philosophy for our residents, with healthy, fulfilled living to foster happiness and longevity. From happy hours to trivia to fashion shows, our full slate of activities means we are not your grandma's nursing home.

You can learn more about our community by visiting [prestigecare.com/FiveRivers](https://prestigecare.com/FiveRivers). You can also book either a virtual or in-person tour, where you will see our well-appointed apartments, our common areas and learn more about our industry-leading amenities.

For more information, or to book a tour, call our team at (503) 842-0918.



Are you ready to wake up in the morning and look forward to a day filled with friends, stimulating activities, wellness, delicious meals, and happy hours?

## ***That's life at Prestige Senior Living Five Rivers.***

Every day is a new adventure as our residents enjoy a wide variety of fun activities paired with wellness programs designed to help them celebrate life at every age.

Spring into Five Rivers with our special move-in offer and find out how you can receive \$2,022 off per month for three months while enjoying the best that life has to offer at our friendly, supportive community.



Learn more about  
our community  
and contact our  
team today!

[Learn More](#) ▶

***Call us at (503) 842-0918  
to schedule a tour.***



Managed by  
**Prestige Senior Living, L.L.C.**

**Prestige Senior Living Five Rivers**  
3500 12th St. · Tillamook, OR 97141 · (503) 842-0918 · [www.PrestigeCare.com](https://www.PrestigeCare.com)

# Summer fun activities for active seniors

Seniors may have more time for leisure and recreation than working adults, and the summer months provide ample opportunities to get active. After months of chilly temperatures, seniors in various parts of the country may be eager to get outdoors and enjoy some fun in the sun.

The U.S. Centers for Disease Control and Prevention recommends that adults age 65 and older get at least 150 minutes of moderate-intensity aerobic activity each week. There are plenty of ways for active seniors to meet this exercise goal and have some fun along the way. The following are some good starting points.

- Join or start a walking club. Walking is a great way to stay in shape and work the mind as well. View new sights along the way by changing the route each time you go. Walking with friends can pass the time and provide the motivation to keep going.

- Catch a sporting event. Attending a sporting event can be an entertaining way to spend several hours, and that includes amateur and recreational sports. Catch a grandchild's swim meet or a baseball game for an action-packed way to connect with loved ones and get out.

- Take a fishing charter. Casting a rod from a dock or pier is perfectly acceptable, but securing a spot on a fishing charter is a great way to spend hours out on the water enjoying the scenery and the sport of fishing. Plus, there's the added benefit of enjoying the fruits of your labors by cooking the day's catch for dinner once you arrive home.

- Be a tourist. Many cities and towns have their own tourism boards and showcase interesting spots that have historical significance or appeal to other interests. Be a tourist for the day — even



in an area with which you are familiar. Hop on a trolley or sightseeing bus to view the town as an outsider.

- Spend time swimming. Swimming is a low-impact activity that can work the body in many different ways. Devote time to doing a few laps in the pool. Or make a day of going to a lake or another body of water to wade out and enjoy some strokes in nature. Stick to swimming areas that are monitored by lifeguards for optimal safety.

- Tend to a garden. Gardening is a great form of light exercise that can produce rewarding results. If you don't have a garden or enough space for one at home, many neighborhoods have commu-

nity gardens in which you can secure a plot.

- Visit a fair or farmer's market. The warm weather months are a peak time for outdoor activities, including various community fairs and farmer's markets. Chances are you can find a farmer's market nearby most days of the week, but especially on the weekend. A town market or state fair is a great way to get out and walk, play games of chance or enjoy some live entertainment. Check your community calendar for local events.

Active seniors can embrace long, warm summer days to enjoy plenty of time away from home.

*Our Time* © Country Media, Inc.



**Country Media, Inc.**

Published at the office of the Headlight Herald  
1906 Second Street in Tillamook, OR 97141  
(503) 842-7535

**Publisher:** Joe Warren  
**Designer:** Stephania Baumgart  
**Advertising Sales:**

*Tillamook & Clatsop Counties:*

Katherine Mace, headlightads@countrymedia.net  
*Lincoln County:*

Robyn Smith, newsguardads@countrymedia.net  
541-994-2178

Advertising reservations are now being taken  
for the Fall 2022 edition.

TOP BRANDS. TAX-FREE SHOPPING. RV PARKING.

# Seaside

## OUTLETS



JANUARY-MARCH  
SUNDAY-THURSDAY  
10 A.M.-6 P.M.  
FRIDAY-SATURDAY  
10 A.M.-8 P.M.



APRIL-DECEMBER  
MONDAY-SATURDAY  
10 A.M.-8 P.M.  
SUNDAY  
10 A.M.-6 P.M.

ADVANTAGE DENTAL • BATH & BODY WORKS  
BOOK WAREHOUSE • CARTER'S • BROTHERS  
CMH COMMUNITY PHARMACY • COASTAL OCCASIONS  
COLUMBIA MEMORIAL HOSPITAL PRIMARY CARE CLINIC  
EDDIE BAUER • FAMOUS FOOTWEAR OUTLET  
FUNTASTIC ARCADE • HANES BRANDS • HELLY HANSEN  
LEGENDS PUBLIC HOUSE • NIKE FACTORY STORE  
PENDLETON • RACK ROOM SHOES • RUE21  
SCOUT NW TRADING COMPANY  
WINE AND BEER HAUS • TOKYO TERIYAKI • ZUMIEZ

**WWW.SEASIDEOUTLETS.COM**  
HWY 101 & 12TH AVE., SEASIDE, OREGON 503.717.1603



## Make some time for your health

For a longer and healthier life --

- Schedule your medical and dental exams
- Complete health screenings
- Stay current on vaccines

Routine health screenings and vaccines are covered benefits of many health plans. Ask your health care provider about your options.

It's your time -- be safe, be happy,  
but most of all, be healthy.

#ourtime

To schedule an appointment, please call:

**503-842-3938**

*Se habla español*

801 Pacific Avenue • Tillamook

503-842-3900 • 800-528-2938 • TTY 800-735-2900

[www.tillamookchc.org](http://www.tillamookchc.org)

## Outdoor activities that are perfect for seniors

The great outdoors beckons people of all ages. Fresh air can be hard to resist and the benefits of spending time outdoors are so numerous that it behooves anyone, including seniors, to answer the call of nature.

According to researchers with the U.S. Department of Agriculture's Forest Service, human beings benefit both physically and psychologically from spending time in nature. Such experiences can reduce stress and help lower heart rates, potentially decreasing individuals' risk for cardiovascular disease. In addition, the Forest Service notes that spending time outside in green spaces has been linked to a lower risk of depression.

Seniors who are retired or even aging empty nesters who are still in the workforce can make great use of their free time by venturing into the great outdoors. The following are a handful of senior-friendly outdoor activities that provide a great reason to get off the couch and take in all that Mother Nature has to offer.

• **Hiking:** Hiking provides a great workout and an ideal opportunity to spend time in an idyllic setting. The U.S. National Park Service notes that hiking helps individuals build stronger muscles and

bones, improves their sense of balance, has a positive effect on heart health, and can decrease the risk of certain respiratory problems. Hiking is an especially attractive outdoor activity for seniors, as many parks feature trails with varying degrees of difficulty, ensuring there's a trail for seniors whether they're seasoned or novice hikers.

• **Water aerobics:** The Centers for Disease Control and Prevention notes that water-based exercises can be especially helpful individuals with chronic diseases, a category many seniors fall into. The CDC notes that one study published in the journal *Arthritis & Rheumatology* found that improves the use of joints affected by arthritis without worsening symptoms. The U.S. Department of Health and Human Services also notes that swimming can lead to improved health for people with diabetes and heart disease. Seniors can reap these benefits by going for a dip in their own backyard pools or a local body of water, such as a lake or ocean. Many swim clubs also offer discounted memberships to seniors, making these another great and affordable way to reap the benefits of swimming.

• **Fishing:** Of course not all

outdoor activities need to make seniors huff and puff. Fishing provides a great reason to get outdoors, and many individuals devoted to fishing report feeling less stressed after a day spent casting for their favorite fish. Individuals who consume what they catch also can benefit by improving their diets, as the American Heart Association notes that consuming certain types of fish has been linked to a lower risk for heart disease and obesity.

• **Volunteering:** Local environmental groups often sponsor cleanups at parks and waterfront attractions like beaches and lakes. Volunteering with such organizations is a great way to get outside and give back, and working with like-minded individuals can be a great way for seniors to meet new people. In addition, a national study sponsored by the Corporation for National and Community Service in 2019 found that 88 percent of Senior Corps volunteers who initially reported a lack of companionship reported a decrease in feelings of isolation after volunteering.

The opportunities for seniors to enjoy the great outdoors are endless. Taking advantage of such chances can benefit seniors in myriad ways.



# Problem Gambling is Preventable

Gambling is an activity that carries risk for both individuals and families. Risks of gambling include relationship strain, financial trouble, increased depression and anxiety, and decreased physical health. Prevention strategies can help reduce the risks of harm. Strategies include, learning the warning signs of problem gambling, creating responsible gambling guidelines, and by having conversations about gambling. Continue reading to learn more.

## Warning signs

- Spending more and more time gambling.
- Increasing gambling time and places.
- Increasing bet sizes.
- Creating special occasions for gambling.
- Increasing intensity of interest in gambling.
- Gambling to escape problems.
- "Chasing" losses with more gambling.
- Decreasing desire to engage in other activities and interests.
- Frequent absences from school, work and home.

- Withdrawal from family and friends.
- Diversion of funds earmarked for other purposes.

## Responsible Gambling Guidelines:

- If you choose to gamble, do so for entertainment purposes.
- Set a time and dollar limit and stick to it.
- Expect to lose.
- Make it a private rule not to gamble on credit.
- Create balance in your life.
- Avoid "chasing" lost money.
- Don't gamble as a way to cope with emotional or physical pain.
- Drinking alcohol while gambling carries additional risk. (Alcohol and gambling are not a good combination. If your night out includes drinking its best not to gamble).

## Conversation Tips:

- Show concern
- Keep talking
- Discuss the impact
- Set clear expectations



- Listen
- Provide information
- Provide encouragement

Local problem gambling prevention and treatment services are available at the Tillamook Family Counseling Center. For more information, call (503)842-8201 or visit [www.tfcc.org](http://www.tfcc.org). For more information about problem gambling treatment, call 1(877)695-4648 or visit [www.opgr.org](http://www.opgr.org).

These prevention strategies are an excerpt from the Oregon Problem Gambling resource website, for more online prevention resources visit [www.opgr.org](http://www.opgr.org).

## We Talk About Everything

Friends talk about everything, family, relationships, work, life, and gambling. Talking about gambling may help prevent your friend from developing a problem with gambling.



## Conversation Tips:

- Show Concern
- Provide Information
- Discuss the Risk of Gambling
- Let them know you can be a Source of Support
- Share Information for Problem Gambling Resources
- For More Conversation Tips Visit [www.opgr.org](http://www.opgr.org)

**Problem Gambling Treatment is Free and it Works:**



**Tillamook Family  
Counseling Center**  
(503) 842-8201



**Oregon Problem Gambling  
Resource(OPGR)**  
(877) 695-4648

## Hablamos sobre todoa

Los amigos hablan sobre todos los temas: la familia, las relaciones, el trabajo, la vida y las apuestas. Hablar sobre las apuestas puede ayudar a evitar que tu amigo desarrolle problemas con las apuestas.



## Consejos para la conversación:

- Muestra preocupación
- Proporciona información
- Habla sobre el riesgo de apostar
- Hazle saber que tú eres una fuente de apoyo
- Comparte información sobre recursos para problemas con las apuestas
- Para ver más consejos para la conversación, visita [www.opgr.org](http://www.opgr.org)

**El tratamiento para los problemas con las apuestas  
es gratuito y funciona:**



**Centro de asesoramiento  
familiar de Tillamook**  
(503) 842-8201



**Recurso de Ludopatía  
de Oregon**  
(877) 695-4648



It's time to unwind.  
**Retire at the  
Oregon coast!**

Cozy senior  
living in beautiful  
Seaside, Oregon

**INDEPENDENT LIVING** to maximize your independence  
**ASSISTED LIVING** to help you with the day-to-day  
**SENIOR LIVING** to enhance your life



**SUZANNE ELISE**  
ASSISTED LIVING COMMUNITY

**ASSISTED LIVING**  
101 Forest Dr. Seaside, Oregon  
**(503) 738-0307**  
[SuzanneElise.com](http://SuzanneElise.com)



**AVAMERE**  
at SEASIDE

**INDEPENDENT LIVING  
MEMORY CARE**  
2500 S Roosevelt Dr. Seaside, Oregon  
**(503) 738-0900**  
[AvamereAtSeaside.com](http://AvamereAtSeaside.com)



## Suzanne Elise Assisted Living Community

Suzanne Elise Assisted Living Community is located in Seaside, Oregon, situated in a quiet residential area surrounded by soaring alder trees and just minutes from the spectacular Oregon Coastline.

Suzanne Elise provides full service assisted living in a warm, home like environment. Live life fully while enjoying the comfort you expect and deserve.

Give us a call and find out what it means when we say...  
*Your Life. Our Commitment.*

Josie Davis  
Director of Sales & Outreach  
503-738-0307

## MISSION

To Enhance the  
Life of Every  
Person We Serve

## CORE VALUES

Integrity above  
all else

Passion for  
the quality of  
people's lives

Quality that is  
obvious

Innovation, not  
emulation

A culture of trust  
and respect

Reaching to  
learn, grow and  
embrace change

Teamwork,  
camaraderie,  
and fun



## Independent Living at Avamere at Seaside

At Avamere at Seaside, we're here to help you feel comfortable so you can focus on what's most important in your life. Experience retirement to its fullest in a community you'll enjoy calling home.

Everything about the innovative, interior space, and landscaping is sensitively scaled to provide a warm, and welcoming setting. Each of our studio, or 1-bedroom apartments include a kitchenette, although you can always enjoy meals in our renovated dining room. There are many common areas for socialization and relaxing.

Laurie Mespelt  
Director of Sales & Outreach  
971-326-5137

UNIFIED. TRANSPARENT.  
COMPASSIONATE.



AVAMERE  
LIVING

# Fibre Financial Group

RETIREMENT AND INVESTMENT SERVICES



## Our Goal Is To Be Your Valued Financial Partner

Scott Thompson is a LPL Financial Advisor with Fibre Financial Group, located at TLC, a Division of Fibre Federal Credit Union. He's available to consult with you at no cost! **Call: 360.575.5705**

Securities and advisory services are offered through LPL Financial (LPL), a registered investment advisor and broker-dealer (member FINRA/SIPC). Insurance products are offered through LPL or its licensed affiliates. Fibre Federal Credit Union and Fibre Financial Group **are not** registered as a broker-dealer or investment advisor. Registered representatives of LPL offer products and services using Fibre Financial Group and may also be employees of Fibre Federal Credit Union. These products and services are being offered through LPL or its affiliates, which are separate entities from, and not affiliates of, Fibre Federal Credit Union or Fibre Financial Group. Securities and insurance offered through LPL or its affiliates are:

Not insured by NCUA or Any Other Government Agency	Not Credit Union Guaranteed
Not Credit Union Deposits or Obligations	May Lose Value

## How to make a bucket list a reality

The idiom “kick the bucket” is a euphemism for passing away that does not paint such a rosy picture if you consider its origins. However, the phrase “bucket list,” though undeniably related to “kick the bucket,” definitely sheds a brighter light on the topic of mortality.

A bucket list is a plan for living life to its fullest and prioritizing opportunities to engage in all sorts of activities. A bucket list can be made at any point in life and is not exclusive to individuals facing their own mortality. Here are some tips for putting bucket list plans into action.

- Stop and think about what you really want to experience in your lifetime. Leave factors like money or proximity out of it. No ideas are off-limits. This is your opportunity to brainstorm, and nothing is too crazy or silly.
- Write the bucket list in a comfortable or inspiring place,



- which may help ideas flow more freely. The place might be a cozy nook at a bookstore or a quiet spot on the beach.
- Choose things that are

meaningful to you as well as ideas that are frivolous and fun. Make your list a mix of each, and don't take yourself too seriously.

• Divide the bucket list by time. Are there items you can check off in a particular season, such as skiing the Alps? If your bucket list involves moving to a bustling city, determine if you'd like to do that after your children have reached adulthood or if you want to expose them to city life as youngsters. Categorizing the list by periods of your life can make it easier to prioritize certain activities over others.

• Determine if each bucket list activity will be a solitary or joint pursuit. Various activities are more enjoyable when shared with others, but some you might be more inclined to do alone.

• Set aside a budget for funding bucket list activities. Bucket lists may include some costly activities, so start saving now so money does not stand in your way. Open a savings account specifically for funding bucket list excursions and set up automatic deposits.

Bucket lists can encourage people to live life to the fullest and it's never too early to get started on a list of your own.

### Jane's Fabric Patch

**PATTERN OF THE MONTH**

Patterns • Fabrics • Notions  
Quilt Books • Quilt Kits • Classes  
**1110 Main Ave., Tillamook • (503) 842-9392**

# Active adult living is the 'new kid on the block'

Housing needs may change as adults grow older and their children move out. Adults nearing retirement may want to reduce their cost of living and could find a big house is more than they need at this stage in life.

According to the financial management resource The Motley Fool, in 2019 48 percent of seniors planned to downsize, while 52 percent wanted to remain in their existing homes.

A lower cost of living could be the primary motivator to sell, but less house to maintain and the extra free time that comes with fewer chores can be powerful motivators as well.

Many adults age 50 and older consider adult communities when seeking to downsize their homes. Senior home options are categorized based on the level of care they provide. "Active adult living" is a relatively new option that reflects a growing desire for

residences that afford aging adults a chance to downsize their homes and engage in their favorite activities.

Active adult living, leisure living or active adult communities include single-family homes, townhouses, condominiums, and other housing options within a community that offers an array of amenities and services. According to Retirement Living, residents in active adult communities enjoy country club settings with amenities like swimming pools, clubhouses, golf courses, exercise centers, walking trails, computer labs, hobby centers, and even on-site restaurants. Active adult living communities may provide transportation options and have their own travel clubs. Though active adult residences do not typically provide medical services, many communities are conveniently located close to local shopping centers and complexes, ensur-

ing that the doctor's office is not that far away.

Other features of active living covered by homeowner's association fees include outdoor maintenance like landscaping, snow removal and sanitation services. Security, internet service and cable also may be included in the monthly fees. Active communities emulate the benefits afforded by all-inclusive vacations, where day-to-day details are handled by management so residents can focus on fun and leisure.

Unlike general neighborhoods, seniors may appreciate active living communities because they have access to an array of services within the community. Some promote a resort vacation feeling, while others may focus on sports or cultural life. What's more, since age is restricted, residents know that many people in these communities have



shared experiences.

Active adult communities also are amenable to adults who like to travel. Residents get the peace of mind to lock up their homes and leave knowing

lawns will still be mowed and shrubs trimmed — removing signs that the residence is unoccupied. This is an ideal situation for a snowbird who spends time in a different location for

part of the year.

Active adult living is the relatively new kid on the block for senior communities, filling an important niche for independent retirees and near-retirees.

## How to create structure after retirement

Professionals typically look forward to retirement and the freedom that comes with it. The notion that commuting and deadlines will one day be a distant memory is enough to make anyone excited for retirement. But when the day to leave the daily grind behind arrives, many retirees admit to feeling a little anxiety about how they're going to find structure.

Retirement is a big transition, and Robert Delamontagne, PhD, author of the 2011 book "The Retiring Mind: How to Make the Psychological Transition to Retirement," notes that some retirees experience anxiety, depression and even a sense of loss upon calling it a career. Some of those feelings can undoubtedly be traced to the perceived lack of purpose some individuals feel after retiring. Without a job to do each day, people can begin to feel

useless. Overcoming such feelings can be difficult, but finding ways to build daily structure can make the transition to retirement go smoothly.

- Find something to truly engage in. Professionals who truly enjoy their work tend to be fully engaged, so it's no surprise if such individuals have a hard time adjusting to retirement. Some may suggest volunteering can help fill the void created by retirement, but researchers with the Sloan Center on Aging and Work at Boston College have found that only those individuals who are truly engaged in their post-retirement volunteering enjoy the psychological benefits of such pursuits. So before retirees dive right in to volunteering as a means to creating structure, they should first exercise due diligence and find an opportunity they'll find genuinely engaging.

- Embrace the idea of "bridge employment." "Bridge employment" is the name given to the trend that has seen retired individuals take on part-time or temporary employment after they have retired from full-time working. COVID-19 has no doubt skewed post-retirement working statistics since the World Health Organization first declared a pandemic in March 2020, but a 2019 survey from the LIMRA Secure Retirement Institute found that 27 percent of pre-retirees with at least \$100,000 in assets planned to work part-time in retirement. Even part-time work can provide enough daily structure to help retirees feel as though each day is not just a free-for-all.

- Make a concerted effort to be more social. Volunteering and working are not the only ways to create structure in retirement. A concerted effort to

be more social can help retirees fill their days with interactions with like-minded individuals who may be experiencing the same feelings. Join a book club, a local nature group that goes on daily or semi-daily morning hikes or another local community organization. These are great ways to build structure and meet new people. Retirees can create social media accounts to find local community groups that cater to their interests. Even if it seems hard to believe, plenty of retirees are seeking to create structure in retirement life, and social media can make it easier to find such individuals in your community.

Structure and retirement may seem like strange bedfellows. But many retirees seek structure after calling it a career, and there are many fun ways for seniors to create more organization in their lives.



**ALL STAR APPLIANCE**

100% FAMILY OWNED

**Sales • Service • Parts • Reconditioned**

**Call Us 503-842-2211**

**2111 Third Street, Tillamook**

CCB #202914 [www.allstarappliance.net](http://www.allstarappliance.net)

  
**Danby**  
Life's Good Designer

  
**beko**

  
**FULGOR MILANO**  
**BROAN**

  
  
**SHARP**

  
**FISHER & PAYKEL**

# Travel perks and discounts for all seniors to enjoy

Having made it to their golden years, seniors enjoy not only the privilege of earned wisdom, but also a few perks that come with aging. Many adults who have reached a certain age are entitled to an array of discounts, which take into consideration seniors' fixed retirement incomes. Discounts are available on various services, including many travel options.

Seniors have a lot of time to devote to recreational pursuits. This list of available travel discounts can help seniors get the most bang for their vacation bucks.

### Airline tickets

Before booking a flight, it is worth investigating if a particular airline carrier offers senior discounts. The global pandemic has changed how some airlines do business,

and many have faced significant adversity since early 2020. Airlines may offer more affordable flights to drum up business. In the past, American Airlines, Southwest Airlines, British Airlines, and United Airlines have offered various discounts for people ages 65 and older.

### Ground travel

Flying isn't the only mode of travel available. AARP partners with various car rental companies to offer senior discounts. Seniors also may be entitled to discounts of 5 percent or more on tickets from Greyhound, Amtrak, and Trailways. Seniors who live in metropolitan areas also may get reduced fares on public buses and trains through providers like New York City's Metropolitan Transportation Authority.

### Accommodations

Getting there is one thing, but seniors also can receive discounts on hotel stays or cruise cabins. AARP reports that many major hotel and motel chains offer senior discounts between 5 and 15 percent. Royal Caribbean has offered senior discounts on select sailings and state-room categories. Smarter Travel notes that most chains require travelers to book directly rather than through an online booking agency/deal site to be eligible for discounts.

### Dining out

Many restaurants, and national chains in particular, offer senior discounts with or without AARP membership. Applebee's offers 10 to 15 percent off to those age 60 or older. Brick House Tap & Tavern, Carrabba's Italian



Grill, Denny's, IHOP, Outback Steakhouse, and many others provide discounts or special senior pricing.

### Tours and more

Seniors also can speak with travel agents or booking services about discounts on sightseeing tours and other

vacation excursions.

One of the perks of getting older is the chance to save money on travel-related services.



## Electric Lift Chairs Assist With:

- Pain & Weakness
- Mobility Issues
- Unaided Standing
- Surgery Recovery
- Positioning & Comfort
- Alternate Sleeping Options
- Independent Living

**Call us for assistance:**  
Astoria (503) 325-9906  
Tillamook (503) 842-8755  
Seaside (503) 738-4043  
Lincoln City (541) 996-5102  
Newport (541) 265-2888  
Florence (541) 997-9495  
(888) 271-8078 Toll Free

**www.NCHC.net**

**North Coast HOME CARE**  
Home Oxygen • Medical Equipment

*"Providing Quality Service for your Home Medical Equipment needs since 1985"*

## Electric Lift Chairs Assist With:

- Pain & Weakness
- Mobility Issues
- Unaided Standing
- Surgery Recovery
- Positioning & Comfort
- Alternate Sleeping Options
- Independent Living

**Call us for assistance:**  
Astoria (503) 325-9906  
Tillamook (503) 842-8755  
Seaside (503) 738-4043  
Lincoln City (541) 996-5102  
Newport (541) 265-2888  
Florence (541) 997-9495  
(888) 271-8078 Toll Free

**www.NCHC.net**

# Day trips seniors can enjoy

Though day trips might not require the planning of more traditional vacations, these brief getaways can still be a great way to spend a day, especially for seniors.

When considering day trips, seniors should look for locales that are no more than two to three hours away. Need day trip inspiration? Here are some ideas to get started.

### Botanical gardens

Botanical gardens are beautiful and relaxing places to spend a day. The Botanic Gardens Conservation International reports that there

are between 296 to 1,014 botanical gardens and arboretums in the United States, while there are roughly 70 botanic gardens across Canada.

### Seaside towns

Visits to the coast make for memorable, scenic excursions. Many boast quaint shops to purchase coastal trinkets or decor. Seaside spots also may boast their share of fishing charters or sightseeing cruises, and seafood fans will appreciate what these regions have to offer in the way of dining.

### Zoos and aquariums

Interacting with wildlife is on the itinerary when visiting zoos and aquariums, and such establishments typically offer discounted admissions to seniors.

### Wine tasting

A recent study from Wine & Vines magazine said there are 8,391 wineries in North America, and that number is on the rise.

### Museums

Museums are ideal day trip destinations because many are indoors. That means weather never needs to be an issue while visiting.



WE OFFER  
**LONG**  
DISTANCE!

YOU'VE WAITED  
**LONG**  
ENOUGH!

## LONG DISTANCE IS NOW AVAILABLE FROM RTI

You no longer have to pay a separate long distance provider on top of paying RTI for local phone service. Now you can also get your long distance service from us and enjoy the ease of just one provider. Choose from these options:

- **Usage Rate Plan** - \$0.10 per minute with no monthly plan charge\*
- **Monthly Plan** - \$0.07 per minute plus a monthly charge of \$4.95\*
- **Unlimited Calling Plan** - Monthly charge of \$19.95\*

IT DOESN'T TAKE LONG TO MAKE THE SWITCH!  
**Call 1-800-350-5036**

\*Hawaii and Alaska \$0.18 per minute.



35790 7th St. Nehalem, OR  
97131.1-800-350-5036 •  
[www.rtc.net](http://www.rtc.net)

# Your Lincoln County Neighbors Need You!

## Senior Health Insurance Benefits Assistance (SHIBA) utilizes community volunteers to educate Oregonians with Medicare.

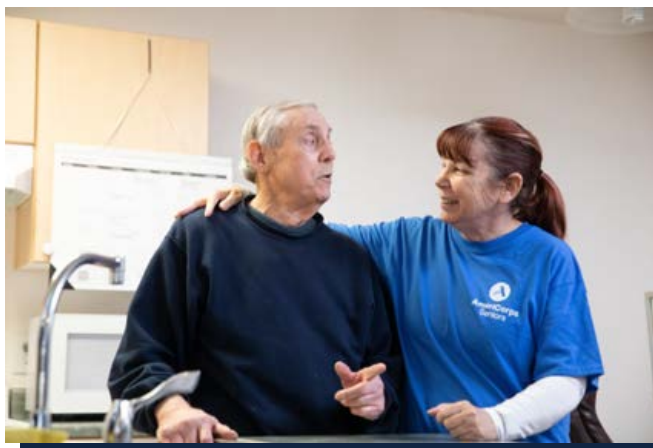
The SHIBA program offers free, local health insurance options counseling and assistance to people with Medicare and their families. We need YOU to help us serve those in need in the area!

SHIBA counselors help people in their community understand their Medicare insurance choices and their rights. They do this by offering one-on-one counseling, classes, and referrals.

### Counselors:

- \* Enjoy helping others and are empathetic
- \* Protect client confidentiality
- \* Have no conflict of interest
- \* Have computer skills or are willing to learn
- \* Work well alone and in a team

If interested in either program, please call the AmeriCorps Seniors office at **541-574-2684** or email **aseniors@ocwcog.org** to request an application.



## AmeriCorps Seniors volunteers in OCWCOG's Senior Companion Program offer long term assistance to homebound seniors.

OCWCOG's Senior Companion Program is recruiting volunteers in the Lincoln County area! The AmeriCorps Seniors volunteers help seniors live independently in their own home. These

service assignments could include respite, socializing with peers, and providing transportation to doctor appointments. Volunteers receive an hourly tax exempt stipend and mileage reimbursement for their service.

You may qualify to be an AmeriCorps Seniors volunteer if you are 55 years of age or older, qualify as having a lower income, and are able to serve five hours or more each week.

### Senior Companion Volunteers **do not**:

- \* Provide services usually performed by a home health worker
- \* Handle money or medication
- \* Perform household repairs or major cleaning
- \* Do any heavy lifting

AmeriCorps is the federal agency connecting individuals and organizations through service and volunteering to tackle the nation's most pressing challenges.

