

HEALTHY LIVING DIRECTORY

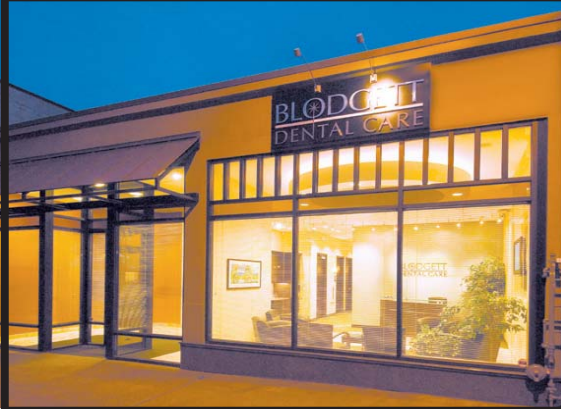
NAME & LOCATION

SERVICES OFFERED



Beaverton Lodge
Retirement Residence
12900 SW 9th St.
Beaverton, OR 97005
503-646-0635
www.BeavertonLodge.com

We believe healthy lifestyle and active living should not be compromised.
Healthy Foods: Homemade soups, healthy fish & free-range chicken, salads using organic produce when possible, plus vegetarian & gluten-free options.
Physical Activities: Schwinn 3-wheeled bicycles to get out & see the sights. Water aerobics in our indoor mineral saline pool & stretch-balance exercise classes. Plus weekly scheduled shopping & event outings.
Mental Wellness & Personal Care: Sharpen your mental wellness; we feature weekly classes, brain games, arts/crafts & Spanish. Also available: in-house salon, massage, foot care & scheduled blood pressure monitoring. Call us or stop by today, we'll show you around.



Blodgett Dental Care
*Innovative Options
Exceptional Care*
522 SE Belmont Street
Portland, OR 97214
503-285-3620
www.BlodgettDentalCare.com

Blodgett Dental Care — Innovative Options, Exceptional Care.
Dr. Kelly Blodgett, a general dentist, strives to provide his patients with the most comprehensive, up-to-date treatments. It is his priority to provide high quality, minimally-invasive dental care.
Dr. Blodgett offers state-of-the-art treatments such as dental implants, 3-D X-rays, various laser treatments and single-visit crowns, treatment to stop gum recession.
We take all major insurance plans.



**Good Samaritan Society
Eugene Village**
3500 Hilyard Street
Eugene, OR 97405
*Kelcy Maxwell,
Social Services Director*
541-687-9211
www.good-sam.com

A history of caring, Good Samaritan Society Eugene Village provides:

- Rehabilitation / skilled care
- Inpatient / Outpatient therapy
- Senior living apartments
- Home healthcare services
- Hospice
- Menu choices for dining
- **Now offering Private Rehab Rooms**

We are Medicare and Medicaid Certified.



**Kaiser Foundation
Health Plan of the
Northwest**
500 NE Multnomah St., Ste. 100
Portland, OR 97232
1-866-935-0449
1-800-735-2900 TTY
7 days a week,
8 a.m. to 8 p.m.

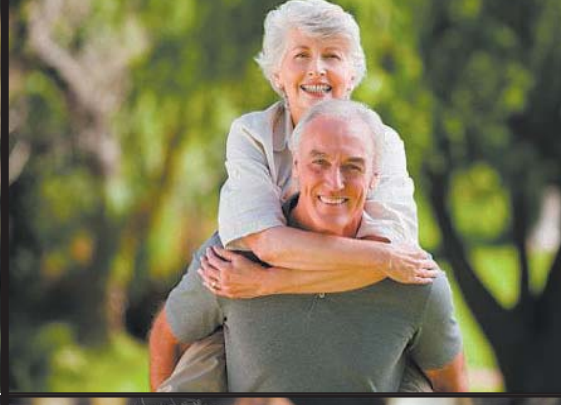
With Kaiser Permanente Senior Advantage (HMO), you may get more benefits and services than Original Medicare alone, which can help you stay healthy, active, and independent.
So, give us a call for more information — we look forward to talking with you soon.



**National
Cremation Service**
9800 SW Shady Lane
Tigard, OR 97223
503-598-9002
1-855-4MY-WISH
Available 24 hours a day
www.nationalcremation.com

People choose cremation because it is affordable, flexible, and gentler on the environment.

- **Avoid Costly Services.** Plan a dignified, loving tribute for less money.
- **Flexibility.** Cremation offers the family more accommodating options, all allowing family, near and far, to participate in the remembrance celebration of a loved one.
- **A Unique Tribute.** Celebrate your loved one's spirit through a variety of options, like a scattering at sea ... or in a ceremony closer to family and friends.



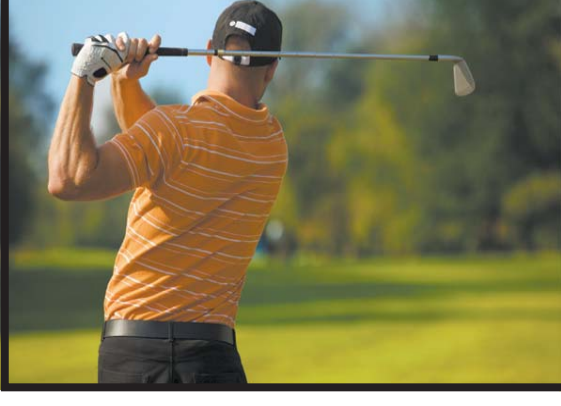
**The Oregon Dental
Care Plan
Oregon Dental Care**
1800 Valley River Drive, Suite 200
Eugene, OR 97401
541-790-2922
Oregondentalcare.com
Oregondentalcareplan.com
Oregondentalcare@mail.com

Dental Coverage for just \$4/month! All services are covered. Compare to other plans and see the difference!
Call us or visit our website to find out why the Oregon Dental Care Plan is better!
Oregon Dental Care is the largest Dental Practice in Lane County and accepts most insurance.



**Osher Lifelong
Learning Institute
at the University of Oregon**
UO Baker Downtown Center
975 High Street
Eugene, OR 97401
541-346-0697
osher@uoregon.edu
osher.uoregon.edu

The Osher Lifelong Learning Institute at the University of Oregon (OLLI-UO) celebrates the joy of learning, encouraging academic exploration without the pressures of grades or tests. Learners from all backgrounds and levels of education are welcome to enjoy the benefits of membership.
A reasonable fee provides unlimited access to the year-round curriculum offerings led by our members, current and retired university faculty, and by professionals in the community.



**PeaceHealth
Sacred Heart Spine
Center**
RiverBend Pavilion
3377 RiverBend Dr., 2nd Floor
541-222-6070
www.peacehealth.org/phmg/
eugene-springfield/spine

When you have back or neck pain, you simply want relief. Schedule an appointment at the new PeaceHealth Sacred Heart Spine Center:

- Comprehensive care, ranging from noninvasive therapies and healing arts to surgical services
- Tailored treatment plan for each patient
- One-stop destination for mobility restoration and rehabilitation