



### “I’m Looking Forward to Being the Bionic Woman” – Alice Carter

Lifelong volunteer Alice Carter hasn't let mobility issues slow her down. After serving in the Peace Corps in her 80s, she had both her hip and knee replaced and is still serving her community in the 9th decade of her life.

[Read Alice's inspiring story.](#)



### Focus On What You Can Control as Communities Reopen

If heading back out into the community worries you, know that those feelings are normal for a time like this. Psychologist Bella Vasoya offers some suggestions for making the transition easier.

[Find peace of mind during uncertain times.](#)



### Are You Eating Too Much Processed Food?

If you're trying to eat well and lose weight, many convenience foods promise healthy options. But are they? Dietitian Bonnie Buckingham compares processed vs. unprocessed foods.

[Be informed about your options.](#)



### Wearing a Mask Can Reduce the Spread of Coronavirus

Whether you sew your own or use a bandanna, wearing a face covering can cut your risk of inhaling the virus that causes COVID-19. Bobbie O'Connell, RN, demonstrates three types of masks and how to wear them.

[See mask tips and recommendations.](#)



### Try Savory Lentil Street Tacos

Building flavor is the secret to a meatless recipe and this healthy filling delivers. It's so delectable you won't even miss the meat! Pair these tasty tacos with our [guacamole recipe](#).

[Watch the video and get the recipe.](#) (~ 1 min.)

If your work situation has changed, you may qualify for health insurance through the Oregon Health Plan.

[Learn More](#)

### News

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### Classes & Events

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Every Thursday

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May 20 & 26

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