

My name is Peggy Anderson, and I am the founder of [Canna Help You?](#), an organization that helps seniors understand the benefits of living a more healthy and productive life through the use of natural alternative cannabis medicines. I collaborate with the Knox doctors who founded the American Cannabinoid Clinic and Victoria Starr who is a pharmacist and founded Sage Advice.

I am here today to ask you to support HB 2909, which will, as you've heard, make the delivery of cannabis products safer and more reliable for those who are homebound, including thousands of Oregon seniors.

Modern research suggests that cannabis is a valuable aid in the treatment of a wide range of clinical applications. These include pain relief — particularly neuropathic pain — nausea, spasticity, glaucoma, and movement disorders. Medicinal cannabis is also a powerful appetite stimulant, specifically for patients suffering from HIV/AIDS or dementia. Emerging research suggests that cannabinoids and terpenes found in cannabis work together synergistically to help protect the body against some types of malignant tumors. More health benefits are coming to light every day.

Ensuring that everyone can have equal access to cannabis is incredibly important to me, both for the seniors I work with, and for me, personally. I have been a medical marijuana card holder since 1999. I was diagnosed with fibromyalgia in 1983, and after “living” on over-the-counter pain relievers and prescriptions for 15 years, I decided to give cannabis a try. Cannabis has made it easier for me to sleep, exercise, and

enjoy a more active life. For many people I work with, cannabis provides an alternative to taking sleeping pills, anti-anxiety medications, and pain management prescriptions, especially narcotics.

In my work, I educate seniors on the difference between buying cannabis products from a dispensary or someone just down the street. HB 2909 will help put an end to dangerous illegal market cannabis sales by making it easier for seniors and others to make purchases by making the delivery process extremely safe and reliable. Many of the seniors I work with, want to understand the benefits of cannabis but don't feel comfortable going into a dispensary. This bill would help allow for product education and access to seniors from the comfort of their own home.

Furthermore, this bill will create more access for seniors in rural areas and areas without a dispensary by permitting cities to allow deliveries from adjacent cities or counties. There are so many seniors I work with currently who feel as if they cannot try cannabis because their nearest dispensary is 40 miles away and they can't drive that far. This will open up medicinal cannabis and new opportunities to heal and thrive for them.

Thank you very much for considering this bill.

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