



SENIOR MOMENTS

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Redmond Senior Center Launches “Thanks to You” Campaign to Support Vital Programs



The Redmond Senior Center is a vibrant hub of activity, a place where laughter echoes through the halls, friendships blossom over shared meals, and seniors find connection and support. But maintaining this crucial community resource requires the ongoing generosity of caring individuals like you. That’s why the Redmond Senior Center is thrilled to announce the launch of its “Thanks to You” campaign, a fundraising initiative aimed at ensuring the continuation and expansion of essential programs for our senior community.

A Year of Gratitude: Celebrating Our Donors

This past year has been filled with heartwarming moments at the Redmond Senior Center, all made possible by the incredible generosity of our donors. Thanks to them, we’ve delivered thousands of nutritious Meals on Wheels to homebound neighbors, ensuring they receive vital nourishment and a friendly face. Our dining room has buzzed with lively conversation during daily lunches, fostering a sense of belonging and combatting social isolation. The Wellbeing Series has kept bodies moving and spirits high, promoting physical and mental wellness. From dances to painting classes, games to celebrations, countless activities and events have brought joy and enrichment to the lives of seniors throughout our community. We are profoundly grateful for the support that has made all of this possible.

The Need is Real: Why Your Help Matters

As we look ahead to the new year, the need for our services continues to grow. The senior population in Redmond is increasing, and with it, the demand for programs that address food insecurity, social isolation, and access to vital resources. To keep pace with this growing need and continue providing high-quality services, the Redmond Senior Center has launched the “Thanks to You” campaign with a goal of raising \$100,000 by December 31st. These funds are crucial for ensuring that we can continue to meet the evolving needs of our senior community.

Investing in Our Seniors: How Your Donations Will Be Used

Every dollar donated to the “Thanks to You” campaign will directly impact the lives of seniors in Redmond. Your contribution will help us:

- Maintain the Meals on Wheels program: Ensuring that more homebound seniors receive nutritious meals and regular check-ins.
- Expand the daily lunches: Providing a welcoming and social environment where seniors can enjoy a healthy meal and connect with others.
- Enhance the Wellbeing Series: Offering a wider range of exercise classes, health workshops, and mental wellness programs.
- Support engaging activities and events: Creating opportunities for seniors to socialize, learn new skills, and experience joy.
- Provide caregiver support: Offering resources and assistance to those caring for aging loved ones.

Your gift ensures that no senior eats alone, no caregiver feels lost, and no one is left behind. It keeps our doors open, our hearts full, and our community connected.

Join Us: Let’s Keep It Going

The Redmond Senior Center is more than just a building; it’s a lifeline for many seniors in our community. It’s a place where they can find friendship, support, and a sense of belonging. With your help, we can continue to provide these vital services and ensure that our seniors thrive.

We invite you to join us in the “Thanks to You” campaign and help us reach our goal of \$100,000. Every contribution, no matter the size, makes a difference. You can donate online at RedmondSeniors.org/eoy or scan the QR code with your phone.

Let’s build on everything we’ve accomplished together and continue to make a positive impact on the lives of seniors in Redmond. Thank you for your generosity and support. Together, we can keep it going! 



From the Director

The Giving Season



Randy Graves
Executive Director

As we enter this season of gratitude and giving, I am filled with immense appreciation for all the wonderful individuals our Redmond Senior Center serves each and every day. From our dedicated volunteer drivers and Meals on Wheels recipients, to our committed board members and the vibrant community members who utilize the Center daily, you are the heart of everything we do.

The Redmond Senior Center is a lifeline for many in our community. Each week, we have the privilege of impacting thousands of lives—helping to combat loneliness, providing a variety of exercise and art classes, hosting cooking workshops, line dancing, social gatherings, and, of course, offering warm, nutritious meals. These programs are about more than just activities; they foster connection, wellness, and joy for our seniors.

However, as the year draws to a close, we find ourselves at a critical juncture. Historically, our funding begins to slow down at this time of year. Over the next two months, we need to raise a total of \$100,000 to continue providing these much-needed daily services.

As you reflect on what matters most this giving season, I invite you to consider making a gift to the Redmond Senior Center. Your support will help us reach our goal and ensure that our seniors continue to have access to vital resources, companionship, and care.

Thank you, from the bottom of my heart, for considering this request and for being a valued part of our Redmond Senior Center family.

With gratitude,

Randy Graves

Executive Director, Redmond Senior Center



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**"We all work together in Redmond
to care for each other."**



Partners In Care

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**Thank you to all our Partners In Care
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During May and June, we celebrate the hard work that nurses and certified nursing assistants do every day to take care of medically fragile patients and their families across Central Oregon. These team members provide exceptional, skilled support that helps improve quality of life for those they serve.

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- + Regain their independence with home health care after a surgery or hospitalization
- + Enhance their quality of life by compassionately listening and supporting unique needs
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- + Learn more about medication usage by providing information and education
- + Connect with resources throughout the community for additional support

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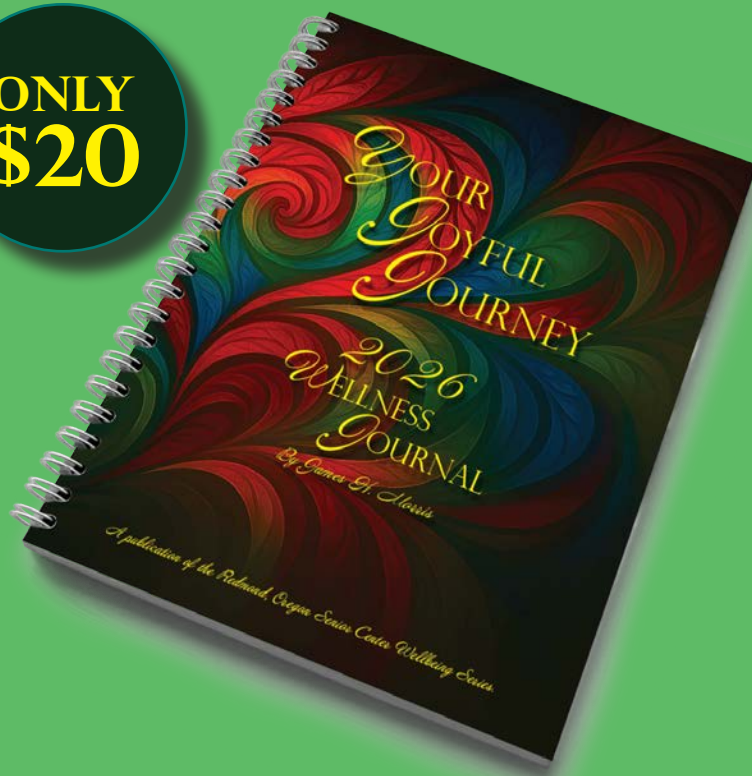
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How to Respond to Someone Experiencing Brain Change

(Reprinted from Hospice of Redmond)

When a loved one begins to show signs of cognitive change, it can be a confusing and emotional time. You might hear terms like ‘dementia’ or ‘Alzheimer’s,’ but the most important thing to focus on isn’t the label—it’s the person you love. This month’s blog focuses on brain change and how you can support and respond to someone who is experiencing it.

Understanding Brain Change

It’s easy to get hung up on a label like “dementia,” but the term itself is simply an umbrella for a variety of brain changes. It’s often misunderstood to be a single disease, but dementia is really a set of symptoms that can be caused by many different factors. Not all brain changes point to dementia. Things like chronic stress, medication side effects, or even vitamin deficiencies can affect a person’s memory and cognitive abilities.

Instead of focusing on a diagnosis, it’s more helpful to focus on the person you love and what they are experiencing. Paying attention to their daily challenges and what they are still able to do will give you the most valuable insights and help you provide the best possible support.

Meeting Them Where They Are

As a person’s brain changes, the way they communicate and interact with the world changes too. Behavioral shifts often begin long before loved ones recognize them. You may notice your loved one withdrawing from hobbies, becoming less interested in social activities, or acting in ways that seem uncharacteristic. These behaviors are often signs of their struggle to navigate a changing world.

Rather than trying to force your loved one back to their “old self,” you can learn to meet them where they are. Taking this approach helps preserve their dignity and sense of self-worth.

A Positive Approach to Communication

When communicating with someone who is experiencing brain change, it’s important to remember that their reality may be different from yours. Renowned dementia expert Teepa Snow’s “Positive Approach to Care” offers valuable tips for connecting with your loved one.

- Approach from the front. Always stand where the person can see you. Approach slowly and at their eye



level to prevent startling them and help them feel safe.

- Keep it simple. Use short, simple sentences and speak in a calm, gentle tone. Avoid complex questions or abstract concepts that can be confusing.
- Give them time to respond. People with brain change often need more time to process what you’ve said and find the right words to reply. Be patient and wait, avoiding the urge to interrupt or fill the silence.
- Use visual cues and gestures. Point to objects you are talking about. For example, if you ask, “Do you want some water?”, hold up a glass of water. This visual support reinforces your words.
- Don’t argue or correct. This is one of the most important principles. Arguing will only cause distress and agitation. Instead of trying to convince them of “reality,” try to accept their reality in that moment. You can validate their feelings by saying, “It sounds like you’re feeling worried,” and then move on.
- Give simple choices. Offering choices gives them a sense of control and autonomy. Instead of asking, “What do you want to wear today?”, you could say, “Would you like to wear this blue shirt or this yellow shirt?” This reduces overwhelm and makes decision-making easier.
- Mirror and reflect. Repeat what they’ve said back to them to show that you’ve heard and understood. This can help them feel validated and may help them find the next word or thought they want to express.

How Hospice of Redmond Can Help

Caring for someone experiencing brain change can be overwhelming. A diagnosis, regardless of the cause, is enough to qualify for our free Transitions program at Hospice of Redmond. We provide a range of services designed to support both you and your loved one.

If you or a loved one is experiencing brain changes, please contact us at Hospice of Redmond. We’re here to provide guidance, support, and a fresh perspective on a challenging journey.

Community & Volunteerism

Highlighting volunteer opportunities, member highlights, and ways seniors can give back.

Volunteer Spotlight

A Heartwarming Portrait of Daniel Walker: A True Community Gem

By James Morris



It's not every day you meet someone like Daniel Walker—someone whose life journey, generous spirit, and humble nature quietly uplift everyone around him. As the host of Daniel's recent interview at the Senior Center, I had the privilege to hear his story firsthand and, more importantly, witness his impact on our community. I'm honored to share what makes Daniel such an inspiration and a dearly valued part of our extended "family" here at the Redmond Senior Center.



Daniel's story begins in the heart of California's Central Valley, in the town of Tulare. His formative years were full of change, moving from the valley to the desert town of Lancaster, and experiencing a patchwork of adventures across the state. As a young man, Daniel chased experience: he hitchhiked up and down California, explored the Bay Area, spent time in Chico, and even backpacked through Western Europe. (On his 25th birthday, he found himself celebrating in Paris with new friends from a youth hostel—a testament to his warm, open-minded spirit.)

His passion for working with his hands began early. At just 20, Daniel took up metalwork on a friend's challenge, tapping out dents from antique fenders. He went on to spend 25 years specializing in restoration for classic cars and old motorcycles. Notably, Daniel owned a Harley Davidson for 50 years before passing it on to his son-in-law—just one example of how his life is filled with craftsmanship, sentiment, and generosity.

Daniel's talents led him to the Mojave Airport, where he set up shop and collaborated with his brother's aircraft business. Their projects included subcontract work for NASA—an adventure Daniel speaks about with awe and pride. He helped with laminar flow testing on NASA's unique F16XL "hot rods," even installing airflow sensors on the wings. He tells of building the full-scale plug and molds for a cutting-edge lifting-body escape aircraft, blending artistry with engineering at the highest level.

Several years ago, faced with a life-changing injury that ended his maintenance career in Tehachapi, Daniel and his wife relocated to Bend, Oregon. There, he delivered flowers for seven years—a job that he calls "delivering happiness." Eventually, Daniel settled in Redmond, and it was our lucky day when he joined the Senior Center as a volunteer.

Here, Daniel has become indispensable. Whether pitching in with Meals on Wheels, tackling odd jobs, or keeping the building in good shape, he gives selflessly and takes care of the space and the people with equal dedication. "I love being down here," he told me with a smile, "It kind of restores my

faith in humanity." In a world that can seem rough around the edges, Daniel finds joy and optimism in the welcoming, laughter-filled community we've built together.

He has a talent for bringing beauty to everyday life—from his intricate metal garden sculptures given to neighbors and staff, to his plans of learning stand-up bass. Daniel's artistry goes beyond physical materials; it's stitched into every interaction, every thoughtful gesture, and every friendship he's cultivated at the Senior Center.

Daniel sums up his time here simply: "I love keeping busy and I love working with my hands. So it gives me that outlet." Ask him for advice and he'll encourage anyone thinking of joining us: "It's a fun place. There's a lot of laughter, rarely any talk of politics—just a refreshing, friendly place to hang out." Daniel exemplifies the spirit of giving back—not just through work but through camaraderie. The staff are all his friends, and the warmth he shares is contagious.

Even as he faces challenges—including supporting his wife Julie through back surgery—Daniel remains optimistic, always extending kindness and looking for ways both he and Julie can contribute more to our community.

As I finish this article, I'm reminded that the Senior Center is so much more than just a building—it's a vibrant home where kind, hardworking people like Daniel Walker make all the difference. He's humble about his achievements and the artistry that flows naturally from his hands. But as someone fortunate to know him, I can say: Daniel's presence uplifts us, inspires us, and reminds us that the best parts of humanity are often found in simple acts of service and creativity.

Thank you, Daniel, for all you do—for us, for the Senior Center, and for your family. You're living proof that "giving back" starts at home, and home is exactly what you've helped create for all of us.

If you see Daniel around the Senior Center—possibly looking a bit like Sam Elliot—be sure to say hello. You might just leave with a smile, a piece of wisdom, and renewed faith in the world around you.

Activities & Events

Upcoming events, recaps of past activities, and recommendations for outings.

November Activities

Cozy, Creative, and Full of Cheer!

By James Morris

Hello Redmond friends!

As autumn's chill settles in, we're turning up the warmth inside the Redmond Senior Center with a month packed full of laughter, learning, and good company. Grab your calendar (and maybe your favorite sweater), here's a sneak peek at the fun coming your way this November!



Stirring Up Fun: Cooking with Angela

If you love good food and better company, don't miss Cooking with Angela! She'll be sharing her favorite recipes to help you discover your next favorite dish.

- November 3rd: Kick off the month with a surprise recipe. Come ready to learn your next favorite dish.
- November 17th: A Christmas-themed cooking project. Expect festive flavors and a sprinkler of holiday cheer!



Happy Hour Highlights

Who says happy hour is just for evenings? We're doubling the fun this month:

- November 7th: Join us for an afternoon of toe-tapping tunes with the talented Simeon Rose.
- November 21st: The lovely Lindy Gravelle returns, so bring your friends and enjoy some great music and refreshments!

Both events start at 1:00 PM.



Get Crafty & Creative

Let your imagination soar at our Arts and Crafts session on November 10th! The project is still under wraps, but we promise it'll be festive, fun, and perfect for brightening up your home (or gifting to someone special).



Honoring Our Heroes

On November 11th, we'll gather for a heartfelt Veteran's Day tribute. Join us as a special guest speaker shares stories and honors those who've served—bring your gratitude and applause!



Wellbeing for All

We care about your health and happiness! For November, the Redmond Senior Center recognizes Alzheimer Awareness and Hospice Care. Mark your calendar for:

- November 12th: The Wellbeing Series welcomes experts from St. Charles & Hospice of Redmond to share valuable tips and resources.
- November 26th: Join us for Wellbeing Connect—a perfect chance to check in, share, and support one another before the holiday season.



Adventures Await: Road Trip!

Pack your curiosity and join us on November 19th as we hit the road for a day at the High Desert Museum. Explore local history, culture, and maybe even spot some critters—sign up early, seats fill fast!



Thanksgiving Closure

Our center will be closed November 27th and 28th for Thanksgiving. We hope your holiday is filled with warmth, gratitude, and (of course) plenty of pie!

See You Soon!

No matter your interests, there's something for everyone this November at the Redmond Senior Center. Bring your friends, your smile, and your spirit for adventure, we can't wait to spend another wonderful month together! 

The Heartbeat of Redmond

How Your Senior Center Nurtures Our Community and Wellbeing

By James Morris



Do you ever feel that familiar tug, that yearning for connection, for laughter, for a place where you truly belong? We all do, especially as we journey through our golden years. That's where the Redmond Senior Center steps in, a vibrant hub, a warm embrace, and a vital lifeline for our community. It's more than just a building; it's a place where friendships blossom, memories are made, and lives are enriched. Let's take a closer look at how the Redmond Senior Center makes a real difference in our lives, fostering community and nurturing our social wellbeing.

A Table Set with Love: Nourishing Body and Soul

We all know that a good meal is more than just sustenance; it's a shared experience, a moment of connection, a source of comfort. At the Redmond Senior Center, the daily lunch program is so much more than just a meal. It's a chance to gather with friends, old and new, and enjoy a nutritious, delicious meal prepared with care.

Think about it: instead of preparing a meal for one, you can join a table filled with laughter and conversation. The aroma of home-cooked food fills the air, and the friendly faces around you create a sense of belonging. For many, this is the only hot, balanced meal they have each day. And that makes a world of difference.

The Redmond Senior Center served over 30,000 meals last year alone! This statistic isn't just a number; it represents thousands of moments of connection, nourishment, and care. It represents a commitment to ensuring that our seniors have access to the healthy meals they need to thrive.

More Than Just Bingo: Activities That Spark Joy and Connection

Remember the joy of learning something new, the thrill of friendly competition, the simple pleasure of sharing a laugh? The Redmond Senior Center is brimming with activities and events designed to spark joy, foster connection, and keep our minds and bodies active.

From gentle yoga classes that ease aches and pains to engaging book clubs that stimulate our minds, there's something for everyone. Imagine yourself learning to cook something new, mastering the art of watercolor painting, or joining a lively discussion group. These activities aren't just about filling time; they're about enriching our lives, expanding our horizons, and connecting with others who share our interests.

The Center also hosts regular social events, like happy hours, themed lunches, and holiday celebrations. These gatherings provide opportunities to mingle, make new friends, and celebrate life's milestones together. The sound

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of music, the taste of delicious food, and the warmth of shared laughter create a sense of community that is truly special.

Beating Boredom, Embracing Life: Getting Out and Staying Connected

Loneliness and isolation can be significant challenges for seniors. The Redmond Senior Center is a powerful antidote to these feelings, providing a welcoming space where seniors can connect with others, engage in meaningful activities, and feel a sense of purpose.

The Center offers a variety of programs designed to get you out of the house and into the community. Think about joining a walking group to explore Redmond's beautiful parks, participating in a volunteer project to give back to the community, or taking a day trip to a nearby museum or attraction.

These activities not only provide a change of scenery but also offer opportunities to socialize, learn new things, and stay active. They remind us that life is full of possibilities, no matter our age.

More Than Just a Center: A Community of Care

The Redmond Senior Center is more than just a building; it's a community of care, a place where seniors can find support, friendship, and a sense of belonging. It's a place where we can age with grace, dignity, and joy.

The dedicated staff and volunteers at the Center are passionate about serving the senior community. They go above and beyond to create a welcoming and supportive environment where everyone feels valued and respected. They are always there to lend a listening ear, offer a helping hand, and provide information and resources to help seniors navigate the challenges of aging.

A Legacy of Connection: Let's Keep the Heart Beating Strong

The Redmond Senior Center is a vital resource for our community, providing essential services and programs that enhance the lives of our seniors. It's a place where friendships are forged, memories are made, and lives are enriched.

As we look to the future, it's more important than ever to support the Senior Center and ensure that it continues to thrive. Whether it's through volunteering our time, making a donation, or simply spreading the word about the Center's programs and services, we can all play a role in keeping this vital resource strong.

The Redmond Senior Center is the heartbeat of our community, a testament to the power of connection, compassion, and care. Let's work together to ensure that it continues to beat strong for generations to come. Come visit us today! You'll find a warm welcome and a community ready to embrace you. 🌟

Veterans' Day Speaker

First Sergeant Ed Owens to Share Stories of Service and Healing

By James Morris



The Redmond Senior Center is proud to welcome First Sergeant Ed Owens as the Veterans' Day speaker this November. Born in Pasco, WA, Owens joined the Air Force in 1988 and served in key security and leadership roles, including deployments to Desert Storm, Iraq, Saudi Arabia, and Qatar. He earned honors such as Strategic Air Command Airman of the Year and was nominated for Air Force Top 12 Airman of the Year.

After retiring as a First Sergeant from the Air Force Reserves in 2009, Owens continued serving others through a 23-year law enforcement career. He is now Vice President of the Grief Recovery Institute, specializing in helping veterans, first responders, and their families cope with trauma and loss.

Join us to hear his inspiring story of service, sacrifice, and healing on Veteran's Day, November 11 at 1:00 PM.

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Health & Wellness

Navigating the Alzheimer's Journey

Compassion, Care, and the Comfort of Hospice

By James Morris

Hey everyone! Let's talk about something important today – Alzheimer's disease. It's a topic that touches many of us, either directly or through loved ones. While thinking about Alzheimer's can feel daunting, remember that knowledge is power. Today, we'll explore the realities of Alzheimer's, from early detection to the crucial role of hospice care, all while emphasizing the compassion and support that can make a real difference. Let's dive in!

Covering physical health, mental well-being, and exercise.



Opening Reflections: Facing Alzheimer's with Compassion

Imagine a world where memories fade like old photographs, where familiar faces become strangers, and the simplest tasks feel like climbing a mountain. This is the reality for millions living with Alzheimer's disease, a progressive brain disorder that gradually destroys memory and thinking skills.

Alzheimer's isn't just about forgetting where you put your keys; it's about a slow, heartbreaking erosion of identity. It's about a husband forgetting his wife of 50 years, a grandmother not recognizing her grandchildren, a vibrant individual slowly losing their ability to communicate and care for themselves.

But amidst the challenges, there's hope. Hope in early detection, hope in supportive care, and hope in the unwavering compassion of families, caregivers, and healthcare professionals. We can face Alzheimer's not with fear, but with understanding and a commitment to providing the best possible quality of life for those affected.

Early Detection and Diagnosis: The Power of Knowing

Early detection of Alzheimer's is crucial. While there's currently no cure, early diagnosis allows for interventions that can slow the progression of the disease and improve quality of life. Think of it like catching a leak in your roof early – the sooner you address it, the less damage it will cause.

So, what are the warning signs? Keep an eye out for these:

- **Memory Loss That Disrupts Daily Life:** Forgetting important dates, asking the same questions repeatedly, relying heavily on memory aids.
- **Challenges in Planning or Solving Problems:** Difficulty following a recipe, managing finances, or concentrating.
- **Difficulty Completing Familiar Tasks:** Trouble driving to a familiar location, remembering the rules of a favorite game, or preparing a simple meal.
- **Confusion with Time or Place:** Getting lost in familiar surroundings, forgetting the date or time of day.
- **Trouble Understanding Visual Images and Spatial Relationships:** Difficulty reading, judging distances, or recognizing colors.
- **Problems with Words in Speaking or Writing:** Struggling to find the right words, repeating stories, or having difficulty following conversations.
- **Misplacing Things and Losing the Ability to Retrace**

Steps: Putting things in unusual places, being unable to find them, and suspecting others of stealing.

- **Decreased or Poor Judgment:** Making poor financial decisions, neglecting personal hygiene, or dressing inappropriately for the weather.
- **Withdrawal from Work or Social Activities:** Losing interest in hobbies, avoiding social gatherings, or feeling overwhelmed by social situations.
- **Changes in Mood and Personality:** Becoming confused, suspicious, depressed, fearful, or anxious.

If you or a loved one are experiencing several of these symptoms, it's essential to consult a doctor. Diagnosis typically involves a physical exam, neurological exam, cognitive and memory tests, and sometimes brain imaging. Early diagnosis empowers individuals and families to make informed decisions about treatment, care planning, and legal and financial matters.

Living with Alzheimer's: Daily Realities

Living with Alzheimer's presents a unique set of challenges each day. As the disease progresses, individuals require increasing levels of care and support. Daily realities might include:

- **Cognitive Decline:** Memory loss, confusion, and difficulty with language and problem-solving become more pronounced.
- **Functional Decline:** Difficulty with activities of daily living (ADLs) such as bathing, dressing, eating, and toileting.
- **Behavioral Changes:** Agitation, aggression, wandering, sleep disturbances, and hallucinations can occur.
- **Communication Challenges:** Difficulty expressing thoughts and understanding others, leading to frustration and isolation.

Creating a safe and supportive environment is crucial. This might involve:

- **Simplifying the Home:** Removing clutter, minimizing hazards, and ensuring adequate lighting.
- **Establishing Routines:** Maintaining a consistent daily schedule to provide structure and reduce anxiety.
- **Using Memory Aids:** Labeling items, posting reminders, and using visual cues to help with orientation.
- **Communicating Clearly and Patiently:** Speaking slowly, using simple language, and avoiding complex instructions.
- **Engaging in Meaningful Activities:** Participating in activities that provide enjoyment and stimulation,

such as listening to music, looking at photos, or spending time outdoors.

Remember, patience and understanding are key. Alzheimer's affects each individual differently, and their needs will change over time.

Support for Families and Caregivers: You Are Not Alone

Caring for someone with Alzheimer's is a marathon, not a sprint. It's physically, emotionally, and financially demanding. Caregivers often experience stress, burnout, and isolation. It's crucial to remember that you are not alone and that seeking support is a sign of strength, not weakness.

Here are some resources available to families and caregivers:

- **Support Groups:** Connecting with others who understand the challenges of caregiving can provide emotional support, practical advice, and a sense of community.
- **Respite Care:** Taking breaks from caregiving to recharge and attend to your own needs is essential for preventing burnout. Respite care can be provided in the home, at adult day care centers, or in residential facilities.
- **Educational Programs:** Learning about Alzheimer's disease, caregiving techniques, and available resources can empower you to provide the best possible care.
- **Professional Counseling:** Talking to a therapist or counselor can help you cope with the emotional challenges of caregiving and develop healthy coping strategies.
- **Online Resources:** Websites like the Alzheimer's Association (www.alz.org) offer a wealth of information, resources, and support tools.

Don't hesitate to reach out for help. Remember the saying, "You can't pour from an empty cup." Taking care of yourself is essential for providing quality care to your loved one.

When Hospice Becomes Part of the Journey

As Alzheimer's progresses, the focus of care shifts from managing symptoms to providing comfort and support. Hospice care becomes an option when the disease reaches a stage where medical treatments are no longer effective in slowing its progression or improving quality of life.

Hospice is not about giving up; it's about embracing a

philosophy of care that focuses on relieving pain and suffering, providing emotional and spiritual support, and helping individuals and families make the most of their remaining time together.

Hospice care can be provided in the home, in assisted living facilities, or in dedicated hospice centers. It involves a team of professionals, including doctors, nurses, social workers, chaplains, and volunteers, who work together to provide comprehensive care.

Benefits of hospice care for individuals with Alzheimer's include:

- **Pain and Symptom Management:** Hospice provides medications and therapies to manage pain, agitation, anxiety, and other distressing symptoms.
- **Emotional and Spiritual Support:** Hospice provides counseling and support to help individuals and families cope with grief, loss, and spiritual concerns.
- **Family Support:** Hospice provides education, training, and respite care to help families navigate the challenges of end-of-life care.
- **Coordination of Care:** Hospice coordinates all aspects of care, ensuring that individuals receive the support they need in a timely and efficient manner.

Knowing when to consider hospice can be difficult. Talk to your doctor about whether hospice is right for your loved one.

End-of-Life Planning and Emotional Support

Planning for the end of life is never easy, but it's an important part of ensuring that your loved one's wishes are honored and that their final days are as comfortable and peaceful as possible.

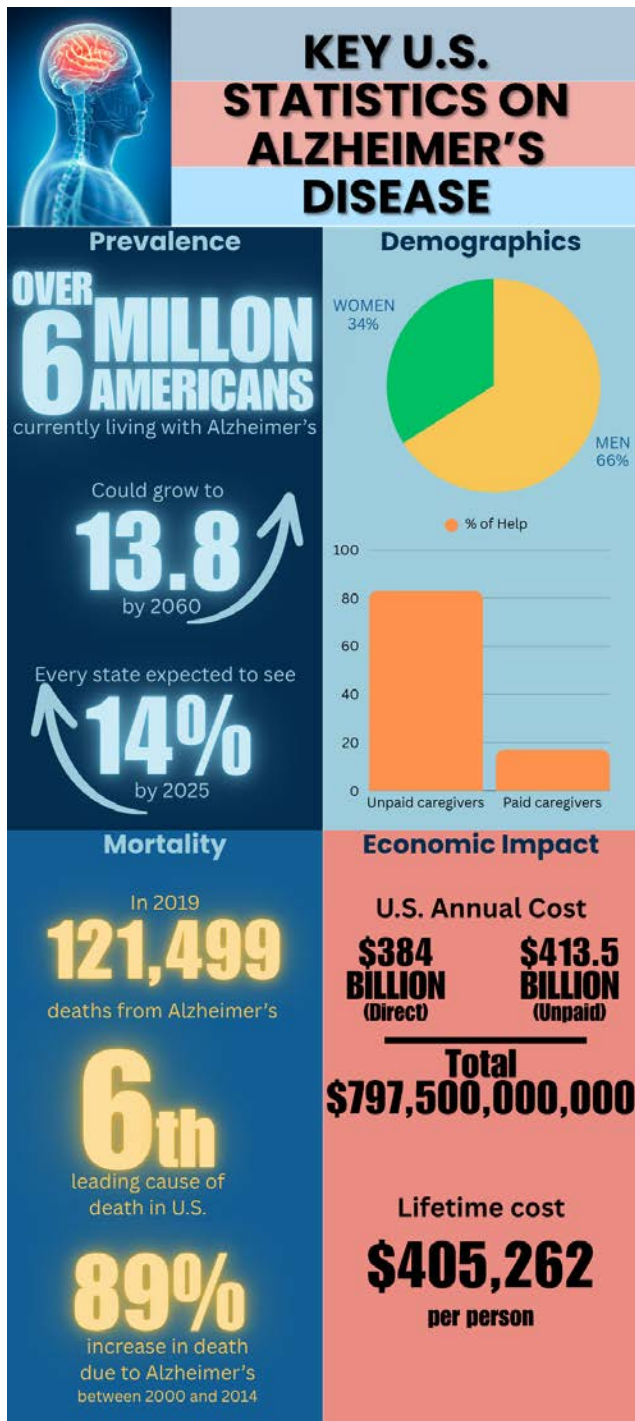
End-of-life planning might include:

- **Advance Directives:** Creating documents such as a living will and durable power of attorney for healthcare allows individuals to express their wishes regarding medical treatment and appoint someone to make decisions on their behalf if they are unable to do so.
- **Funeral Arrangements:** Making arrangements for funeral or memorial services can provide comfort and closure for families.
- **Financial Planning:** Addressing financial matters, such as paying bills and managing assets, can help ease the burden on loved ones.

Remember, emotional support is crucial during this time. Allow yourself to grieve, seek counseling if needed, and lean on your support network.

In Conclusion

The Alzheimer's journey is undoubtedly challenging, but it's also an opportunity to demonstrate compassion, provide unwavering support, and celebrate the enduring spirit of those affected. From early detection to the comforting embrace of hospice care, we can make a difference in the lives of individuals living with Alzheimer's and their families. By staying informed, seeking support, and advocating for better care, we can create a more compassionate and understanding world for those facing this disease. Remember, you're not alone, and together, we can navigate this journey with grace and strength. 



*Need Support?
You're Not Alone.*

National Resources

Alzheimers.gov

Provides comprehensive, expert-reviewed information on dementia, caregiving, planning, and support services.
www.alzheimers.gov | 1-800-438-4380

National Institute on Aging (NIA)

Offers educational materials, caregiver toolkits, and research updates on aging and Alzheimer's.
www.nia.nih.gov | 1-800-222-2225

National Hospice and Palliative Care Organization (NHPCO)

Connects families with hospice providers and offers guidance on end-of-life care.
www.nhpc.org | 1-800-646-6460

National Partnership for Healthcare and Hospice Innovation (NPHI)

Provides dementia care guides and resources for navigating hospice with compassion.
www.nphihealth.org | 1-844-438-6744

Local Resources

Hospice of Redmond

Offers hospice care, grief support, and a Transitions program for individuals with Alzheimer's and dementia.
www.hospiceofredmond.org | (541) 548-7483

Partners In Care – Redmond Services

Provides hospice, palliative care, home health, and emotional support for patients and families.
www.partnersbend.org | (541) 382-5882

Redmond Senior Center

Hosts Alzheimer's awareness events and connects seniors with local hospice providers and caregiver support.
redmondseniors.org | (541) 548-6325

Council on Aging of Central Oregon

Supports caregivers with respite services, education, and Alzheimer's resources.
www.councilonaging.org | (541) 678-5483

Navigating the Alzheimer's Maze

A Lively Guide for Caregivers

By James Morris

Alzheimer's. The word alone can be daunting, conjuring up images of forgotten faces and lost moments. But wait! Caring for someone with Alzheimer's isn't just about sorrow and struggle, it's also about love, patience, and finding joy in the little things. Consider this your trusty map through the Alzheimer's maze. Coffee in hand? Let's go!

1. What Is Alzheimer's, Really?

Alzheimer's is more than misplaced keys or forgotten birthdays. It's a progressive brain disorder that chips away at memory, reasoning, and daily functioning. Responsible for 60-80% of dementia cases, Alzheimer's brings a mixed bag of symptoms:

- **Memory Loss:** Especially new information.
- **Cognitive Decline:** Trouble solving problems or making decisions.
- **Language Hurdles:** Difficulty finding words or following conversations.
- **Spatial Confusion:** Getting lost or misjudging distances.
- **Personality Shifts:** Increased irritability, anxiety, even depression.

Not everyone's Alzheimer's journey looks the same. Symptoms can fluctuate, so flexibility is key.

2. The Caregiver's Many Hats

Caregiving is more marathon than sprint. Some days you're a superhero; others, you're just trying not to lose your cape. Your roles include:

- **Advocate:** Ensuring your loved one's needs are met.
- **Companion:** Providing much-needed company.
- **Guardian:** Keeping them safe.
- **Taskmaster:** Overseeing daily routines.

It's tough, yes. But it's also a chance to give comfort, dignity, and love when it matters most.

3. Daily Strategies: Making Each Day Better

A little structure goes a long way! Here's how to make daily life smoother:

- **Stick to a Routine:** Predictability reduces anxiety.
- **Simplify Tasks:** Break them into easy steps. ("Here's your shirt—let's put your arm in!")
- **Use Visual Cues:** Labels and pictures help with orientation.
- **Encourage Independence:** Let them do what they can, even if it takes longer.
- **Play to Strengths:** Focus on what they can do—sing, garden, look at old photos.

4. Handling Challenging Behaviors

Alzheimer's can bring mood swings and odd behaviors. Expect:

- **Agitation and Restlessness:** Pacing or fidgeting.
- **Aggression:** Occasional outbursts.
- **Wandering:** Getting lost is a real risk.
- **Sleep Issues:** Trouble sleeping or mixing up day and night.
- **Hallucinations:** Seeing or hearing things that aren't there.

When these pop up:

- **Stay Calm:** Your mood sets the tone.
- **Find Triggers:** Hunger? Pain? Overstimulation?
- **Redirect:** Change the subject or activity.
- **Keep Things Safe:** Remove hazards, keep the environment calm.
- **Call the Doctor:** Sometimes there's a medical cause.

5. Safety First: Creating a Secure Haven

Safety is non-negotiable. Here's how to protect your loved one:

- **Home Modifications:** Install grab bars, remove tripping hazards, boost lighting.
- **Prevent Wandering:** Lock doors/windows, consider GPS trackers.
- **Medication:** Keep meds locked and organized.
- **Fire Safety:** Smoke and carbon monoxide detectors—check!

Happy Birthday!

Adams, Janette
Adams, Susan
Albin, Kathlene
Arnett, Barbara
Barney, Sandra
Bean, Sylvine
Berrett, Debra
Bjerk, Lavern
Bryant, Cecilia
Cross, Vicky
Cumming, Carol
Day, Stephen

Deamon, Tina
Dito, Victoria
Fastenow, Debbie
Foley, Christopher
Hafner, Gwyneth
Hasha, Charlene
Hodge, Kathleen
Johannesen, Judi
Josse, Beverly "Wendy"
Linda, Larsen
Majors, Jan

Manis, Susan
Mauer, Jack
Mc Ginnis, Paul
Mertl, Karen
Miller, Barbara
Oster, Bill
Palmer, Dixie
Poulsen, David
Ray, Allen
Seniff, Heidi
Southern, Roni
Spillane, Nancy

Storey, Patricia
Tambellini, Gordon
Tierney, Kathy
Timm, Cindy
Unger, Al
Vetterick, Kenneth
Warnaca, Dawn
White, Janet
Zimmerman, Jeanie

Welcome New Members!

Adams, Janette
Coffman, Alice
Cutler, Wanda

Elvsaas, Patty
Hewitt, Sandra
Panther, Christel

Smith, Aletha
Stalling, Valerie
Stepp, Harold

- Fall Prevention: Encourage gentle exercise and use mobility aids as needed.

6. Care for the Caregiver: Don't Forget You!

You can't pour from an empty cup. Here's how to stay afloat:

- Acknowledge Your Feelings: Frustration, sadness, and even anger are normal.
- Prioritize Self-Care: Make time for hobbies, exercise, and rest.
- Eat Well & Rest: Good food and sleep matter.
- Ask for Help: Friends, family, even professionals—don't be shy!

7. Support Systems: You're Not Alone

Caregiving can feel isolating, but help is out there:

- Alzheimer's Association: Education, support groups, and a 24/7 helpline.
- Area Agency on Aging: Local resources and services.
- Respite Care: Take a break without guilt.
- Support Groups: Swap tips and stories with fellow caregivers.
- Lean on Family & Friends: Delegate chores and share the load.

8. Legal and Financial Planning

Don't get caught off-guard. Plan ahead:

- Legal Documents: Power of attorney, healthcare proxy, will—get these sorted early.
- Financial Planning: Review assets and insurance with a pro.
- Long-Term Care: Research assisted living or nursing home options, and prepare for the costs.

9. End-of-Life Care: Compassion Above All

As Alzheimer's advances, comfort is key:

- Hospice and Palliative Care: Specialized support for end-of-life needs.
- Advance Directives: Make sure your loved one's medical wishes are documented.
- Emotional Support: Be there for your loved one—and yourself.

The Road Ahead: Stay Positive

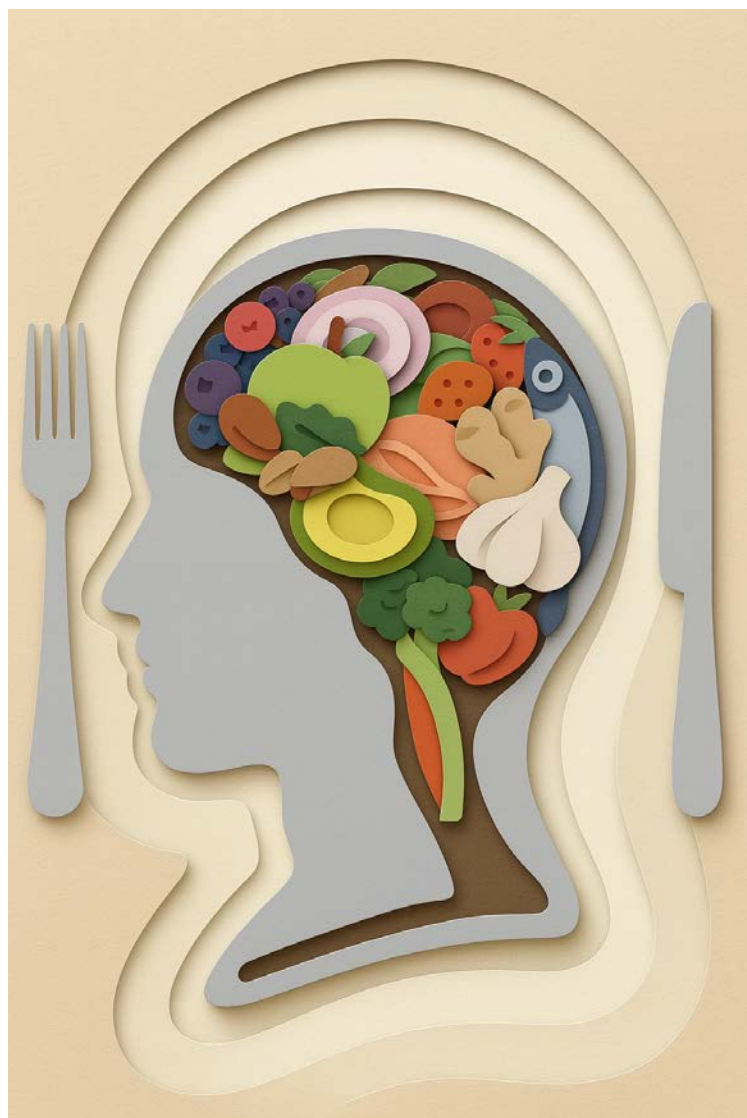
Caring for someone with Alzheimer's is challenging, but it's also an act of deep love. You'll have good days and tough ones, but every moment counts. Celebrate small victories, cherish memories, and remember: you're not alone. With patience, preparation, and support, you can find your way through the Alzheimer's maze—with heart, humor, and hope. 🌈

Diet and Alzheimer's Disease Prevention

What Science Says

By James Morris

Scientific research strongly supports the idea that certain dietary patterns can help reduce the risk of Alzheimer's disease and slow cognitive decline. The most evidence-backed approaches are the Mediterranean, DASH, and especially the MIND diets, which emphasize plant-based foods, healthy fats, whole grains, fish, nuts, and berries, while limiting red meat, processed foods, and saturated fats. These diets are rich in antioxidants, omega-3 fatty acids, vitamin E, B vitamins, and polyphenols, all of which are linked to better brain health.



Fun fact

Eating just two servings of berries per week—especially blueberries or strawberries—has been linked to slower cognitive decline and better memory in older adults.

Berries are rich in flavonoids, particularly anthocyanins, which have powerful antioxidant and anti-inflammatory effects. These compounds help reduce brain inflammation, improve blood flow, and support communication between brain cells. Even people with genetic risk factors for dementia have shown cognitive benefits from eating more berries.

Key Alzheimer's-Fighting Ingredients

- **Fatty fish (e.g., salmon, sardines):** Rich in omega-3s, which support brain health.
- **Leafy greens (e.g., spinach, kale):** High in vitamin K, folate, and antioxidants.
- **Nuts (e.g., walnuts, almonds):** Provide healthy fats and vitamin E.
- **Whole grains (e.g., quinoa, barley):** Support vascular health and provide fiber.
- **Berries (e.g., blueberries, strawberries):** Packed with antioxidants and polyphenols.
- **Olive oil and avocado:** Healthy fats with anti-inflammatory properties.
- **Legumes (e.g., chickpeas, beans):** Fiber and plant-based protein.
- **Spices (e.g., turmeric):** Anti-inflammatory effects.



A Delicious, Easy Recipe:

Salmon with Roasted Red Pepper Quinoa Salad

This recipe is a standout because it combines several Alzheimer's-fighting ingredients, is highly rated for taste, and is easy to prepare in about 30 minutes. It's also flexible—swap in your favorite leafy greens or grains as needed.

Ingredients

- 2 salmon fillets (about 4–6 oz each)
- 1 cup quinoa (uncooked)
- 1 cup roasted red peppers (jarred or homemade), chopped
- 2 cups fresh spinach or kale, chopped
- 2 tablespoons olive oil
- 1 lemon (zest and juice)
- Salt and pepper, to taste
- Optional: fresh herbs (parsley, dill), sliced avocado, or a handful of walnuts

Directions

1. **Cook the Quinoa:**
Rinse quinoa under cold water. In a saucepan, combine quinoa with 2 cups water and a pinch of salt. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes or until water is absorbed. Fluff with a fork.
2. **Prepare the Salmon:**
While quinoa cooks, preheat oven to 400°F (200°C). Place salmon fillets on a baking sheet lined with parchment. Drizzle with 1 tablespoon olive oil, season with salt, pepper, and lemon zest. Bake for 12–15 minutes, or until salmon flakes easily with a fork.
3. **Make the Salad:**
In a large bowl, combine cooked quinoa, roasted red peppers, and chopped spinach or kale. Drizzle with remaining olive

oil and lemon juice. Toss to combine. Season with salt and pepper.

4. **Assemble:**

Divide the quinoa salad between two plates. Top each with a salmon fillet. Garnish with fresh herbs, sliced avocado, or walnuts if desired.

Why This Recipe Works

- **Nutrient-dense:** Combines fatty fish, leafy greens, whole grains, and olive oil—all shown to support brain health and reduce Alzheimer's risk.
- **Quick and easy:** Minimal prep, one pot for quinoa, one pan for salmon, and a simple salad assembly.
- **Highly rated:** Similar recipes receive thousands of 5-star reviews for flavor and ease of preparation on major recipe sites.
- **Flexible:** Swap in other vegetables, grains, or nuts based on what you have on hand.

Tips for Success

- Use pre-washed greens and jarred roasted peppers to save time.
- Batch-cook quinoa for use in other meals during the week.
- For extra anti-inflammatory benefits, sprinkle a little turmeric on the salmon before baking.

Other Easy, Brain-Healthy Recipe Ideas

- **Egg and Leafy Green Breakfast Scramble:** Eggs, spinach, onions, olive oil, turmeric—ready in 10–15 minutes.
- **Chickpea & Quinoa Grain Bowl:** Chickpeas, quinoa, spinach, avocado, olive oil, lemon—plant-based and meal-prep friendly.
- **Avocado and Berry Salad:** Avocado, mixed berries, walnuts, spinach, balsamic vinaigrette—no cooking required, ready in 10 minutes.

Conclusion

A diet rich in vegetables, berries, nuts, whole grains, and fish—like the Mediterranean or MIND diet—offers the strongest evidence for reducing Alzheimer's risk. The Salmon with Roasted Red Pepper Quinoa Salad is a delicious, easy-to-make recipe that brings together many of these protective ingredients, making it a great choice for both taste and brain health. For more ideas, look for recipes that are simple, use common ingredients, and have high user ratings for flavor and ease. 🍷



Coming Soon: Redmond ReStore Opens Mid-November!

Get ready to shop with purpose! The new Redmond ReStore is opening its doors in mid-November, offering a treasure trove of new and gently used furniture, appliances, home improvement materials, and décor—all at prices that make your wallet smile. Every purchase helps keep usable items out of the landfill and supports affordable homeownership right here in Central Oregon.

Want to roll up your sleeves and be part of something meaningful? The ReStore is also looking for volunteers—individuals, businesses, and community groups alike. Whether you're greeting customers, sorting donations, or styling the sales floor, it's a fun way to give back and connect locally.

Redmond ReStore
2744 NW 7th St, Redmond, OR 97756
volunteer@brhabitat.org



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How Smart is Your Smartphone... Really?

A Senior's Guide to Staying Safe in the Digital Age

By James Morris

Okay, folks, let's talk smartphones. These pocket-sized computers are amazing, aren't they? They connect us to family, let us video chat with grandkids, and even help us order groceries without leaving our comfy armchairs. But here's the thing: are we really as smart as our smartphones? In today's digital world, understanding the potential pitfalls of these powerful devices is just as important as knowing how to use them. So, grab a cup of tea, settle in, and let's explore how to keep ourselves safe and sound while enjoying the benefits of our tech.

The Digital Privacy Puzzle: Who's Watching You?

Our smartphones know a lot about us. They track our location, remember our browsing history, and even listen to our conversations (yes, really!). All this data is valuable, and unfortunately, not always used for good.

Apps and Permissions: Think about all the apps you've downloaded. Each one asks for permission to access certain features on your phone – your contacts, your camera, your location. Do you really need a flashlight app to access your contacts? Probably not! Be mindful of the permissions you grant. A good rule of thumb is: if an app asks for access to something that doesn't seem relevant to its function, deny it.

Location, Location, Location: Many apps track your location, even when you're not actively using them. This data can be used to target you with ads or, in more concerning scenarios, even track your movements. To limit location tracking, go to your phone's settings and review which apps have access to your location. Choose "Only while using the app" or "Never" for apps that don't need constant access.

The Cookie Monster (Online Tracking): Websites use "cookies" to track your browsing activity. These cookies can be used to personalize your online experience, but they can also be used to build a profile of your interests and habits. Consider using a privacy-focused browser like DuckDuckGo or Brave, which block trackers and protect your privacy. You can also clear your browser's cookies regularly in your phone's settings.

Cybersecurity Snafus: Locking the Digital Door

Just like your home, your smartphone needs a strong security system. Cybercriminals are constantly developing new ways to steal your information, so it's crucial to stay vigilant.

Phishing Frenzy: Phishing scams are designed to trick you into giving away your personal information. These scams often come in the form of emails or text messages that look legitimate but are actually fake. Be wary of any message that asks for your password, bank account details, or other sensitive information. Never click on links or download attachments from unknown senders. Remember, banks and reputable companies will **never** ask for your password via email or text.

Password Power: A weak password is like leaving your front door unlocked. Use strong, unique passwords for all your online accounts. A strong password should be at least 12 characters long and include a mix of uppercase and lowercase letters, numbers, and symbols. Consider using

a password manager to generate and store your passwords securely.

Software Updates: The Digital Vaccine: Software updates are essential for protecting your phone from security vulnerabilities. These updates often include patches that fix security flaws that hackers could exploit. Make sure to install software updates as soon as they become available. Don't put it off!

Wi-Fi Woes: Public Wi-Fi networks are often unsecured, making them a prime target for hackers. Avoid using public Wi-Fi for sensitive transactions, such as online banking or shopping. If you must use public Wi-Fi, consider using a Virtual Private Network (VPN) to encrypt your internet traffic.

Physical Phone Fails: Keeping Your Device (and Yourself) Safe

Smartphones are expensive and easily stolen. Plus, distracted walking while glued to your screen can lead to accidents. Let's cover some basics of physical safety.

Theft Prevention: Keep your phone in a secure place, such as a zipped pocket or handbag. Be aware of your surroundings, especially in crowded areas. Consider using a phone case with a lanyard to keep your phone attached to your wrist. Enable the "Find My Phone" feature on your device, so you can track it if it's lost or stolen.

Distracted Walking Dangers: It's tempting to scroll through social media while walking, but it's also incredibly dangerous. Pay attention to your surroundings, especially when crossing streets or navigating stairs. Put your phone away when you're walking or driving. Nothing is so important that it can't wait until you're in a safe place.

Emergency SOS: Familiarize yourself with your phone's emergency SOS features. Many smartphones allow you to quickly call emergency services or send a message to your emergency contacts by pressing a button a certain number of times. This can be a lifesaver in an emergency situation.

Staying Smart About Your Smartphone: A Recap

Smartphones are powerful tools that can enhance our lives in many ways. However, it's important to be aware of the potential risks and take steps to protect ourselves. By being mindful of our digital privacy, practicing good cybersecurity habits, and being aware of our physical surroundings, we can enjoy the benefits of our smartphones without compromising our safety and security. So, go forth and explore the digital world, but remember to stay smart and stay safe! 🍷

Save the Date

WEDNESDAY

November 05

11:00 AM

Meet & Greet RSC Staff



TUESDAY

November 19

10:00 AM

Road Trip! High Desert Mus.



WEDNESDAY

November 12

10:00 AM

Wellbeing Talk: Alzheimer's



FRIDAY

November 26

10:30 AM

Wellbeing Connect



FREE DROP-IN EVENTS

The following events are FREE and available at no cost. Drop in and enjoy!

Card Sharks

Tuesday @ 10 AM

Meet & Greet

1st Wednesday @ 11:00 AM

Poker w/Friends

Wednesday @ 1:00 PM

Cards w/Friends

Thursday @ 10 AM

Prestige High Desert

Every Friday, except 2nd @ 1:00 PM

Ping Pong

Friday @ 1:00 PM

Just 4 Fun Time Band

Last Friday @ 10:00 AM

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connections that make the Redmond Senior
Center thrive.

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scan the QR code with
your phone.



Find Randy!



Somewhere in this newsletter, our cartoon friend Randy is hiding. Your mission: Find Randy!

Once you spot him, email James@RedmondSeniors.org and say where he's hiding.

All correct entries will go into a raffle, and one lucky detective will win a prize!

Last Month's Randy Location:

... Pg. 17, in the bottom left in the abstract illustration.

Alzheimer's Disease and Hospice: Awareness Test

Instructions: Choose the best answer for each question.

Question 1:

Which of the following is the MOST accurate description of Alzheimer's disease?

- a) A sudden and temporary loss of memory.
- b) A progressive brain disorder that gradually destroys memory and thinking skills.
- c) A normal part of the aging process that affects everyone equally.
- d) A disease that only affects older adults over the age of 85.

Question 2:

Early detection of Alzheimer's disease is important because:

- a) It guarantees a complete cure for the disease.
- b) It allows for interventions that can slow the progression of the disease and improve quality of life.
- c) It immediately qualifies the patient for hospice care.
- d) It prevents any further cognitive decline.

Question 3:

Which of the following is NOT typically considered a warning sign of Alzheimer's disease?

- a) Difficulty completing familiar tasks.
- b) Occasional misplacing of items.
- c) Changes in mood and personality.
- d) Confusion with time or place.

Question 4:

Which of the following is an example of "functional decline" in someone living with Alzheimer's disease?

- a) Experiencing hallucinations.
- b) Difficulty with bathing or dressing.
- c) Becoming agitated and aggressive.
- d) Forgetting the names of family members.

Question 5:

Which of the following strategies is MOST helpful in creating a supportive environment for someone with Alzheimer's disease?

- a) Frequently changing the layout of the furniture to provide mental stimulation.
- b) Maintaining a consistent daily schedule and routine.
- c) Providing complex instructions to challenge their cognitive abilities.
- d) Discouraging social interaction to minimize confusion.

Question 6:

Respite care is important for caregivers of individuals with Alzheimer's disease because it:

- a) Provides a complete cure for the caregiver's stress.
- b) Allows the caregiver to take breaks and recharge, preventing burnout.
- c) Is only necessary in the very late stages of Alzheimer's.
- d) Eliminates the need for professional medical care.

Question 7:

Hospice care for individuals with Alzheimer's disease focuses on:

- a) Aggressively treating the underlying cause of the disease.
- b) Providing comfort, managing symptoms, and offering emotional and spiritual support.
- c) Attempting to reverse the cognitive decline.
- d) Providing a short-term cure for the disease.

Question 8:

Which of the following is a key benefit of hospice care for individuals with Alzheimer's?

- a) Reversal of memory loss.
- b) Elimination of all behavioral symptoms.
- c) Pain and symptom management.
- d) Complete independence in daily living.

Question 9:

Advance directives, such as a living will, are important in end-of-life planning because they:

- a) Guarantee a longer lifespan.
- b) Allow individuals to express their wishes regarding medical treatment.
- c) Automatically qualify the individual for hospice care.
- d) Prevent any need for family involvement in decision-making.

Question 10:

The primary goal of end-of-life planning for individuals with Alzheimer's disease is to:

- a) Minimize costs associated with care.
- b) Ensure the individual's wishes are honored and their final days are as comfortable and peaceful as possible.
- c) Prolong life at all costs, regardless of quality of life.
- d) Transfer all assets to family members.

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- **The UPS Store** | 946 SW Veterans Way Ste. 102, Redmond, OR 97756 | (541) 504-8600 | www.theupsstore.com | Page 2
- **McDonald's of Redmond** | 895 SW Rimrock Way, Redmond, OR 97756 | (541) 504-0073 | www.mcdonalds.com | Page 13
- **The Redmond Spokesman** | 361 SW 6th St, Redmond, OR 97756 | (541) 548-2184 | www.redmondspokesman.com | Page 6
- **Partners in Care** | 141 NW 6th St Suite B, Redmond, OR 97756 | (541) 382-5882 | www.partnersbend.org | Page 7
- **Fitz Insurance Agency, Inc.** | 62910 OB Riley Rd, Ste 130, Bend, OR 97703 | (541) 398-7552 | www.insurancethatfitsyou.com | Page 13
- **Que Bola? Catering** | (971) 344-0455 | JLPP97230@yahoo.com | Page 22

Valuable Resources for Seniors

- **Alzheimer's Association**
https://www.alz.org/alzheimer_s_dementia
- **Advanced Mobility | Providing Solutions for Mobility**
<https://www.advancedmobilityofbend.com/>
- **Chamber of Commerce:**
Redmond | <https://www.visitredmondoregon.com/>
Bend | <https://bendchamber.org/>
- **Central Oregon Council on Aging**
<https://www.councilonaging.org/>
- **Financial & Legal**
<https://www.councilonaging.org/find-help/financial-legal/>
- **Deschutes County Resource List**
<https://www.deschutes.org/health/page/community-resource-list>
- **Hospice of Redmond**
<https://www.hospiceofredmond.org/>
- **In-Home Health Care Resources from Council on Aging:**
<https://3v9xgga2gzq2bs9vm26vya5g-wpengine.netdna-ssl.com/wp-content/uploads/sites/42/2019/03/In-HomeCareAgencyList.CouncilonAging.2019.pdf>
- **Low Cost Pet Resources**
<https://3v9xgga2gzq2bs9vm26vya5g-wpengine.netdna-ssl.com/wp-content/uploads/sites/42/2019/06/Low-Cost-Pet-Resources.pdf>
- **Oregon Association of Area Agencies on Aging & Disabilities (O4AD)**
<http://www.o4ad.org/>
- **Redmond Economic Development Inc (REDI)**
<https://www.rediinfo.com/quality-life>
- **Oregon Senior Living Guide**
<https://www.caring.com/senior-living/oregon>

Membership Registration

☐ New ☐ Renewal



Redmond, Oregon
Senior Center
Engage. Connect. Thrive.

☐ \$50 1 per year ☐ \$5 per month
☐ Scholarship (approval required) ☐ Volunteer ☐ Staff

Last Name: _____

First Name: _____ M.I.: _____

Nickname: _____

Date of Birth: _____

Home Phone: _____

Email: _____

Cell Phone: _____

☐ Male ☐ Female ☐ Other/Prefer not to answer

Address Line 1: _____

Address Line 2: _____

P.O. Box: _____ City: _____ State: _____ Zip: _____

Emergency Contact Name: _____

Relation: _____

Phone: _____

RELEASE:

I understand and agree that the information contained on this form may be released for statistical purposes and I agree to the release of information for that limited purpose only. I understand that any release of information in identifiable form must be accompanied by a signed consent form and that the information will not be used as an eligibility determination or effect participation as a recipient unless law has specifically restricted program participation.

Signature: _____ Date: _____

Office Use Only

Amount Paid \$_____ by: ☐ Cash ☐ Check #_____ ☐ Credit Card

FOB #: _____ Processed by: _____