



# SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

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Awareness  
Month*

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mean being afraid. It  
means being empowered  
and proactive!*

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# 12 for 12 — A Small Gift, A Big Impact

At the Redmond Senior Center, we believe that aging should be met with dignity, joy, and community. That's why we launched the 12 for 12 Campaign—a heartfelt initiative inviting 1,000 supporters to give \$12 a month for 12 months. It's a modest commitment with mighty results.

Each monthly gift helps us:

- Deliver meals and wellness checks to homebound seniors
- Host workshops, support groups, and social gatherings
- Keep our doors open as a warm, welcoming space for all

## Where We Stand

As of today, just over 200 generous donors have joined the movement—bringing us 20% of the way to our goal. That's 250 people saying, "I care," every single month. But we still need 750 more to reach the finish line.

## You Can Help Us Get There

If you've already joined: thank you. You're part of something beautiful. If you haven't yet, now's the perfect time. And here's the most powerful thing you can do today: share the campaign with your friends, family, and neighbors.

Imagine if each of our current donors inspired just three more people to join. We'd reach our goal—and triple the impact for our seniors.

[www.RedmondSeniors.org/12for12](http://www.RedmondSeniors.org/12for12)

Let's build a legacy of care—twelve dollars at a time.



Redmond, Oregon  Senior Center



## What Is "12 for 12"?

At the Redmond Senior Center, we believe that every senior deserves a vibrant, connected, and supported life. That's why we're launching the "12 for 12" Campaign — a simple yet powerful way for you to make a lasting impact. Your generosity will help provide meals, wellness programs, social activities, and essential support services that keep our seniors active, healthy, and engaged.

**PLEASE SELECT:** ☐ \$12/mo ☐ \$144 one payment ☐ Other:

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**Thank you for your generous donation!**



[www.RedmondSeniors.org/12for12](http://www.RedmondSeniors.org/12for12)

# From the Editor

A personalized greeting from the real man in charge.



James Morris  
Editor/Contributor

Hello Redmond Senior Center friends,  
This is your Marketing Director, James, stepping out from behind my usual stack of flyers and digital doodads to fill in for our fearless leader, Randy, the Director—who, in a shocking twist, is currently not at the Senior Center. Instead, he's somewhere with sandy toes and a suspiciously large sunhat, probably perfecting his cannonball skills at the hotel pool. Don't worry, we've told him sunscreen is his friend.

While the Director is bravely navigating all-you-can-eat buffets, I've commandeered this month's introduction to steer our newsletter ship. And trust me, I'm resisting the urge to replace the whole thing with a crossword puzzle and a recipe for "Marketing Director's World-Famous Coffee" (Step 1: Buy coffee. Step 2: Add more coffee).

## This Month's Theme: Cancer Awareness

On a more serious note, October is all about cancer awareness at the Center. We might not be able to cure cancer with our world-class bingo skills, but together, we can make a difference

by staying informed, supporting each other, and maybe even raising a few eyebrows along the way.

We've packed this issue with helpful information, inspiring stories, and upcoming events—all designed to keep you proactive, positive, and, as always, laughing in the face of adversity. After all, laughter may not be the best medicine, but it's certainly the most contagious (and comes with fewer side effects than whatever the Director is drinking out of a coconut right now).

## Stay Connected

So please, dive into this month's articles, join our workshops, and don't forget to send your best "Wish You Were Here" postcards to our vacationing Director. If we all pitch in, we might just convince him that sunscreen is better than SPF 5, and that we've got things under control back at the Center (well, mostly).

Here's to good health, good humor, and another month of supporting each other!

With a wink and a wave,

James Morris, Editor and Contributor 



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# Cancer Awareness: Know the Facts and Tips

**1 in 3**

One in three people will be diagnosed with cancer in their lifetime. This statistic highlights the importance of awareness and early detection in fighting this disease effectively.

**“An ounce of prevention is worth a pound of cure.”**

— Benjamin Franklin

**70%**

of cancer cases are preventable through lifestyle changes such as diet, exercise, and avoiding tobacco. Making informed choices is crucial for reducing risk.

**90%**

of cancers found early can be treated successfully, highlighting the importance of regular screenings and self-examinations for early detection and better outcomes.

**40%**

of cancer types have a genetic component, which emphasizes the need for genetic testing and personalized healthcare approaches for at-risk individuals.

**20%**

of cancer cases are linked to environmental factors. Reducing exposure to harmful substances can significantly lower the risk of developing certain cancers.



Understanding cancer statistics and prevention tips is vital in **combatting this disease**. By promoting awareness and encouraging proactive health measures, we can improve outcomes for countless individuals. Together, we can make a difference.

***Take charge of your health today!***



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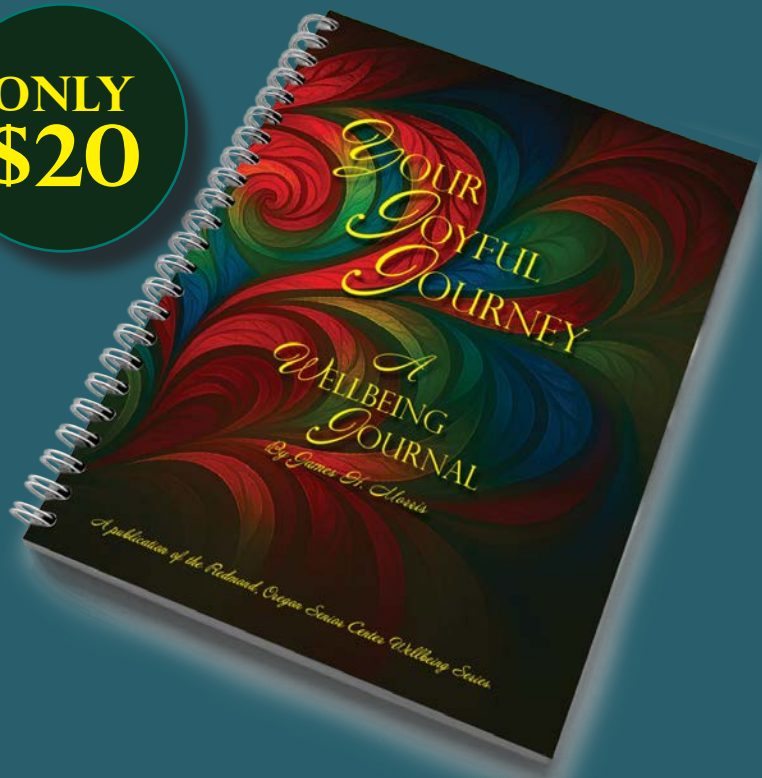
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**"We all work together in Redmond  
to care for each other."**



## **Partners In Care**

**Hospice  
Home Health  
Hospice House  
Transitions  
Palliative Care**

**Thank you to all our Partners In Care  
Nurses and Home Care Aides who  
care for our Redmond neighbors!**

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.

**Each day our nurses and home care aides are helping Redmond neighbors:**

- + Regain their independence with home health care after a surgery or hospitalization
- + Enhance their quality of life by compassionately listening and supporting unique needs
- + Improve wounds by helping with dressing changes
- + Maintain dignity while seriously or terminally ill with regular bathing and grooming
- + Learn more about medication usage by providing information and education
- + Connect with resources throughout the community for additional support

If you or someone you know needs hospice, home health, or palliative care support,  
**contact Partners In Care at (541) 382-5882 or visit [PartnersBend.org](https://PartnersBend.org)**



## The Unbroken Circle of Caring

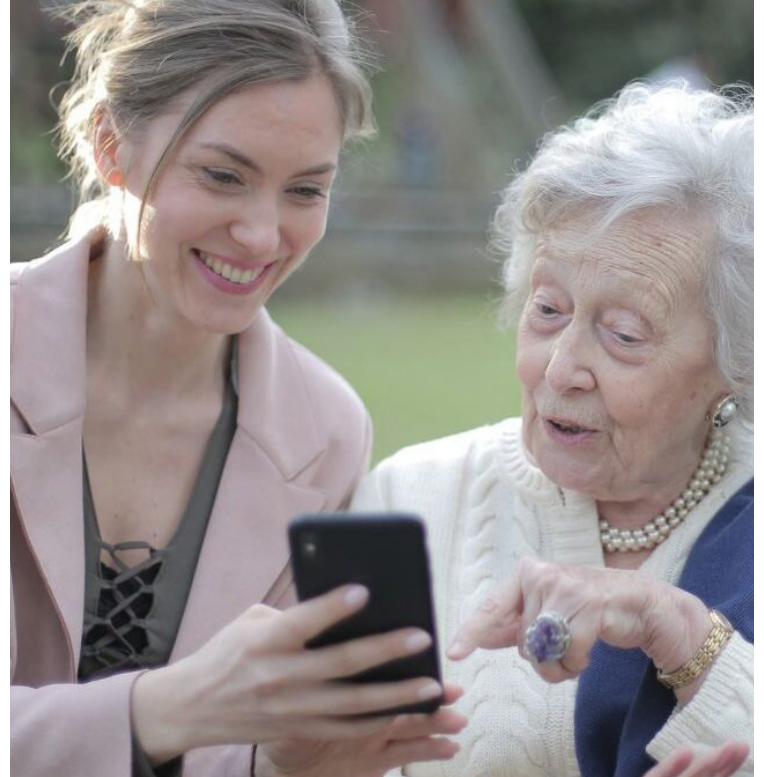
### An Interview with a Hospice Volunteer

By James Morris


Sitting across from me, the hospice volunteer is calm and unassuming, but as the conversation unfolds, it becomes clear that their role is anything but ordinary. They are part of a community tradition that stretches back decades—a legacy rooted in the vision of pioneers like Dame Cicely Saunders, who, in the 1960s, saw the need for care that prioritized dignity and comfort over cure. That spirit crossed the ocean, inspiring the first American hospice in the 1970s and shaping the programs we see today. Despite the shift in the industry toward for-profit models, local programs like Hospice of Redmond remain committed to a community-based, nonprofit circle of care.

The volunteer describes their work not as medical, but as deeply human. Their presence offers patients and families something unique: companionship without expectation. They may read aloud, play music, or simply sit in silence—whatever brings comfort in the moment. The impact, they note, is often profound. Patients, initially uncertain, find ease in the volunteer's company, sometimes sharing thoughts and concerns that are difficult to voice elsewhere. This dynamic can offer a safe space for worries about loved ones, and a sense of relief for both patient and family.

Caregivers, the volunteer observes, are often exhausted. Stepping in, even for a short while, gives these family members a chance to breathe, run errands, or simply rest, knowing their loved one is in trustworthy hands. For the volunteer, these experiences bring perspective to their own life, stripping away daily frustrations and allowing them to be fully present in the moment.



It's clear that volunteers are essential to the hospice model. The program itself is designed to rely on them—federal guidelines even mandate that volunteers provide at least 5% of all patient care hours. Without this support, the quality and warmth of hospice care would be impossible to maintain. The volunteer stresses the need for a diverse team, noting especially the value of male volunteers and veterans, who can offer unique connections to certain patients.

As we wrap up, the message is simple but sincere: more volunteers are needed, and every new addition to the team strengthens the unbroken circle of caring that defines the hospice experience. For those interested, reaching out to learn more could be the first step in making a meaningful difference at life's most vulnerable moments. 



# Volunteer Spotlight

## The Baldwins: Delivering More Than Just Meals

By James Morris



Every Wednesday morning, Fred and Debbie Baldwin drive through the neighborhoods of Redmond on a mission that goes far beyond delivering food. For over six years, the Baldwins have volunteered as Meals on Wheels drivers for the Redmond Senior Center, quietly touching lives and forging bonds that nourish far more than hunger.

“It’s rewarding,” Debbie shares simply. “We care. You want to check on them, make sure they’re okay.” That sentiment sums up why the Baldwins have become beloved faces on their route—known as the “D route”—which they’ve delivered with unwavering commitment since day one. “We live out that direction, so it’s handy for us,” Fred adds, but it’s clear convenience isn’t the only thing that has kept them going all these years.

Originally from Idaho, with deep farming roots, Fred settled in Redmond back in 1969. Debbie, a native Central Oregonian, born in Prineville, grew up in Bend and eventually moved to Redmond, where she and Fred would not only make a home but build a life together, working side by side for decades in real estate and, for more than four decades, in marriage.

Despite full careers, the Baldwins felt compelled to give back. They found meaning in the small but powerful interactions with those they served. “Some of them, we’re the only people they see all day,” Fred reflects. It’s a role they take seriously, checking in and making sure each recipient is doing alright. Their kindness goes beyond a warm greeting and a meal—each Christmas, Debbie hand-assembles gift baskets and cards for every person on their route. And when

their garden is bursting, the Baldwins make sure to share fresh tomatoes for a little taste of summer.

The volunteer work isn’t always easy. There have been urgent moments—calling ambulances for clients in crisis—and bittersweet ones, as clients move away, pass on, or simply disappear from the route, leaving Fred and Debbie to wonder about their wellbeing. “You do build relationships,” Debbie says, candidly reflecting on the heartache that sometimes comes with caring.

Yet there is laughter, too, and quirky stories that keep things light. “You learn your clientele and the little idiosyncrasies of each,” Debbie says with a smile, recalling some unexpected surprises on the route.

Above all, volunteering has brought them joy and a sense of togetherness—as a couple, as community members, and as friends to those who often look forward to nothing more in a day than a knock at the door and a friendly face. “If there’s someone considering being a volunteer, I’d tell them it’s rewarding. They should do it,” Debbie encourages.

For the Baldwins, giving back is second nature. Whether it’s bringing a meal, a notepad, a homegrown tomato, or simply a smile, Fred and Debbie Baldwin remind us that the smallest gestures can make the biggest difference. Their story is a reminder of the heart in Redmond—and the power of showing up, week after week, to care for our neighbors.



*Interested in volunteering for Meals on Wheels? The Redmond Senior Center would love to hear from you, and you never know—you might just find yourself inspired, too.*



# Activities & Events

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

## October Events at the Redmond Senior Center

By Angela Boock, Program Director



Hello Redmond Seniors and Friends!

As the leaves turn and autumn arrives, the Redmond Senior Center is buzzing with exciting activities and special events. October is packed with opportunities to connect, learn, and have fun. Whether you're a regular or thinking about joining us for the first time, there's something for everyone this month!

### Special Events This October

- **October 3rd: Happy Hour (1:00–2:00 PM)** Kick off the month with friends at our classic Happy Hour! Enjoy light refreshments, lively conversation, and music in a relaxed atmosphere. It's the perfect chance to unwind and catch up with your fellow members.
- **October 8th: Wellbeing Talk – Cancer Awareness (10:00–11:30 AM)** Join us for an informative session with leading health experts as we focus on Cancer Awareness. Learn about prevention, early detection, and resources available in our community. Bring your questions and empower yourself with knowledge!
- **October 14th: Flu Clinic Hosted by Partners in Care (1:00–3:00 PM)** Stay healthy this season by getting your annual flu shot right here at the Senior Center. Partners in Care will be on-site making it convenient and easy. No need to make an appointment—just drop by!
- **October 17th: Happy Hour with Lindy Gravelle (1:00–2:00 PM)** Our second Happy Hour of the month

features live music with the talented Lindy Gravelle! Enjoy her classic tunes, sip on your favorite beverage, and dance if you'd like. It's an afternoon you won't want to miss.

- **October 22nd: Wellbeing Connect with Sharon Lanier (10:30–11:30 AM)** Wellbeing Connect brings together a variety of wellness topics in one engaging session. Sharon Lanier will guide us through practical tips and group discussion covering physical, mental, and social wellbeing. Come for inspiration and community support!

### Ongoing Activities

Don't forget about our regular favorites! Join us for weekly exercise classes, card games, arts & crafts, book club, and more. Check the monthly calendar or stop by the front desk for a full schedule.

### How to Join

All events are open to Redmond Senior Center members, and guests are always welcome. Most activities are free or low-cost. Have questions? Call us at (541) 548-6325 or visit our website, [www.RedmondSeniors.org](http://www.RedmondSeniors.org), for more details.

Let's make October a month to remember at the Redmond Senior Center. We can't wait to see you! 🎉





# Golden Years Fall Fest

Friday, October 31  
1:00 PM

- Costume Contest
- Games
- Prizes
- Food
- Drinks

FREE Admission  
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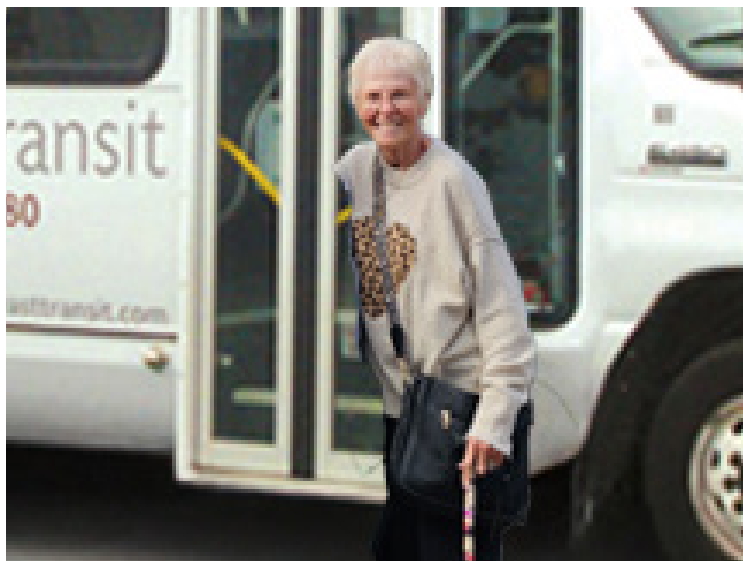




# Living Life on Her Own Terms

## How Sandy Crenshaw Rolls Without a Car

By James Morris



### **Sandy's Tips for Successful Senior Transit:**

1. **Start Small:** Try a short ride to a familiar place, with a friend if possible.
2. **Don't Be Afraid to Ask Questions:** Most drivers and transit staff are happy to help.
3. **Be Patient With the Process:** Mistakes happen—especially in the beginning or on busy days. It gets easier.
4. **Plan Ahead:** Leave a cushion for possible delays, especially if you have to be somewhere at a specific time.
5. **Stay Connected:** Sandy walks her dog, Shadow, three times a day and chats with neighbors, keeping loneliness at bay.
6. **Get Involved:** The senior center has endless activities—there's something for everyone. If you don't find your favorite, suggest starting a new club!

If you ask Sandy Crenshaw what independence means, she'll talk about the freedom of the open road—even if these days, she's riding the bus instead of driving herself. Sandy's story is one of resilience, adaptation, and the quiet determination to keep living life on her own terms, even when circumstances change.

Sandy moved to the area last October from Burlington, Washington, but her journey of adaptation began years before. After the passing of her husband in 2017, Sandy continued driving for a while, but as her doctor noticed some memory loss, he advised her to hang up the keys. For someone who'd been "totally independent" her whole life—regularly hopping in the car to visit family scattered from Canada to Southern California—the transition was deeply emotional. "When I lost my car, I lost my independence totally," she recalls.

There's a truth most of us don't like to admit: losing the ability to drive can feel like losing a part of your identity. For Sandy, that feeling was compounded by a childhood memory of getting on the wrong bus and being dropped off alone on a country road. "From that point on, I would not be in an airplane by myself. I wouldn't get on a bus myself. I was terrified that I wouldn't get off at the right place," she admits. For decades, public transportation was associated with anxiety and uncertainty.


But Sandy is not one to give up on living fully. Encouraged by friends and other seniors, she began exploring her local bus system. Her first foray into public transit was daunting, but positive experiences with helpful and caring drivers soon turned that fear into enjoyment. "I learned from the system

over in Bremerton how fun it was—having the freedom. It was almost like I got my freedom back," she says, smiling. Today, Sandy uses dial-a-ride services regularly and has nothing but praise for the drivers and the system. Sure, there are occasional hiccups—a missed pickup, or an unfriendly driver here and there—but the kindness she's received far outweighs those moments. "The drivers are just, you know, amazing. I've made so many friends."

Her secret? Embracing the possibilities and letting go of what she can't control. Sandy still can't spontaneously head out to garage sales or go wherever she pleases at a moment's notice, but she focuses on what she *can* do. She's a regular at the senior center, playing bingo, taking chair yoga classes, and making new friends. "The amount of things available to do here is just amazing. And the companionship—you can't beat that," she enthuses.

Sandy is also candid about the importance of self-advocacy as a transit rider. If a pickup is missed, she calls and explains her situation. When something doesn't go right, she speaks up—but she never lets setbacks keep her from trying again.

Today, Sandy is more than just a bus rider—she's an inspiration. For every senior who's nervous about giving up the car keys or who feels isolated at home, Sandy offers living proof that the open road can take many forms. "I talk to everybody about the senior center and the buses. Because I really think that seniors, particularly over 60—like me—tend to just sit at home. There's a better way."

Sandy Crenshaw found her freedom again—wheels or no wheels. And she wants you to know you can, too. 

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Oct 8 - 1:00 pm

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For accommodations of persons with special needs at meetings call TTY 711-888-511-2196.  
We have no affiliation with the U.S. Government or the federal Medicare program.



# Health & Wellness

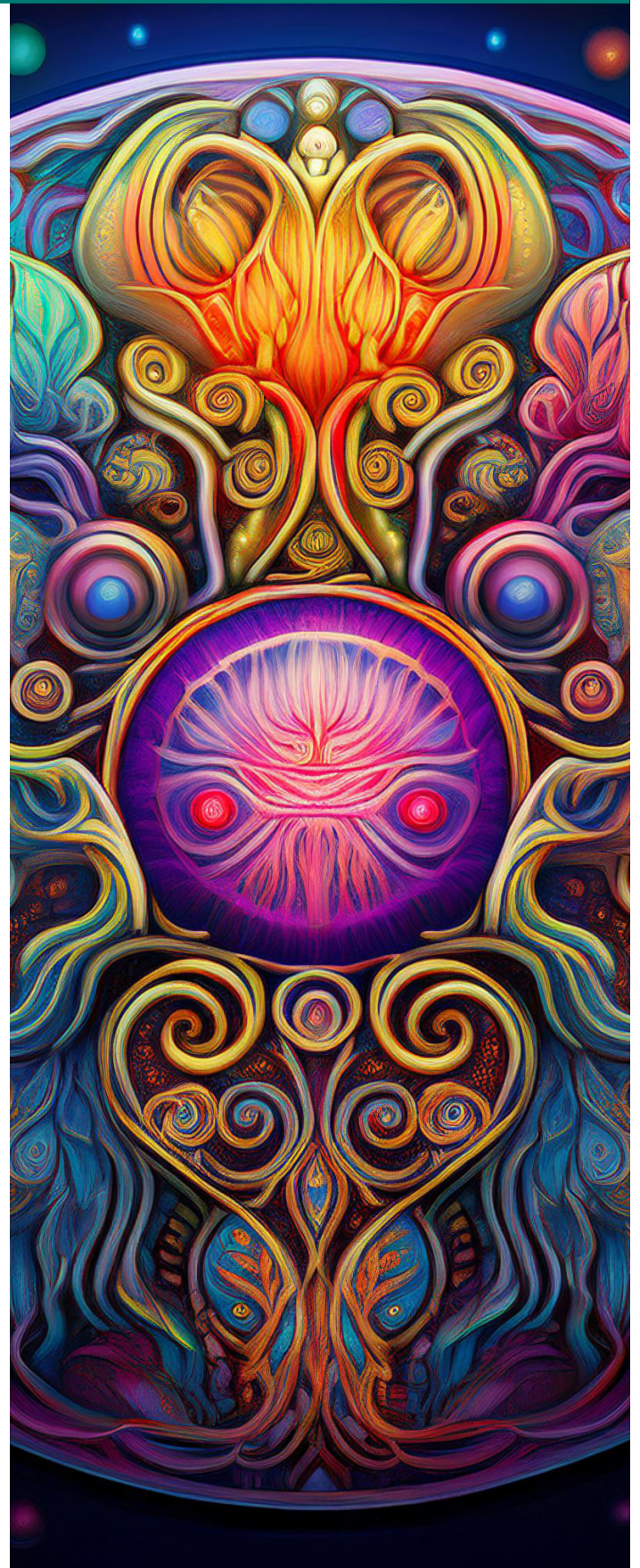
## Cancer

## Awareness

Staying Savvy, Strong, and Smiling!  
By James Morris

**H**ey there, fabulous readers! Let's talk about something nobody wants on their bingo card but just might show up anyway: cancer. Now, before you turn the page looking for the crossword, stick with me! This article isn't about gloom and doom—it's about staying sharp, keeping strong, and living your best life (with maybe a few extra checkups along the way).

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



## What is Cancer, Anyway?

Think of your body like a well-run senior center—everyone has a job, and things work best when all the rooms are in order. Cancer happens when certain “cells” (think: rowdy party crashers) decide to do their own thing, growing when and where they shouldn’t. The good news? We know more than ever about spotting these troublemakers early and showing them the door!

## Why Should Seniors Pay Extra Attention?

Let’s be honest: just like vintage wine and classic cars, our bodies change with age. Unfortunately, some cancers become more common as we rack up those birthdays. But don’t worry, being aware doesn’t mean being afraid. It means being empowered and proactive!

## The “Big Four” Cancers for Seniors

Let’s meet the usual suspects that like to hang around the senior crowd:

### 1. Lung Cancer

You might think, “I never smoked, so I’m safe!” Not so fast! While smoking is the main cause, anyone can get lung cancer—even lifelong non-smokers. (More on that in a moment with a real-life story.)

### 2. Colorectal (Colon & Rectal) Cancer

This one likes to keep things moving... or not. It’s sneaky but often very treatable if caught early. That’s why doctors talk so much about colonoscopies—better safe than sorry!

### 3. Prostate Cancer

Gentlemen, this one’s mostly for you. Prostate cancer is one of the most common cancers in men, especially after age 65. The good news? It’s usually slow-growing and manageable if you keep up with checkups.

### 4. Breast Cancer

Ladies, you’re not off the hook. Breast cancer is still a concern, even after menopause. Regular screenings and knowing what’s normal for your body are your best friends.

Other Cancers to Know About: Skin cancer, bladder cancer, and pancreatic cancer also show up more often as we age. No need to panic—just add them to your “things to ask the doctor about” list.

## Real Life, Real Lessons: Stories from the Heart

Let’s pause for a moment and talk about something more personal—because sometimes, lessons hit home hardest when they’re about someone we know.

### Story #1: “But I Never Smoked!”

One reader shared that her dad was diagnosed with lung cancer, even though he never smoked a day in his life. The takeaway? Cancer doesn’t always follow the rules.

Sometimes, it shows up when you least expect it, which is why regular checkups matter, no matter your history.

### Story #2: The Power of Hope and Taking Your Meds

The same reader’s dad stopped taking his medication when her mom was hospitalized. Overcome by fear and sadness, he lost hope. Sadly, by the time his wife recovered, it was too late for his own treatment.

What can we learn? Taking care of yourself—physically and emotionally—is just as important as caring for others. And, as hard as it is, never give up hope. Loved ones need each other, and sometimes the best way to help is to keep yourself strong.

## Early Detection: Your Secret Weapon

Here’s the scoop: the earlier cancer is found, the better the odds. Most cancers start small and slow. Catching them early means more options and a much better chance at beating them.

## How do you do it?

- **Screenings:** Colonoscopies, mammograms, PSA tests, skin checks—your doctor knows which ones are right for you.
- **Checkups:** Don’t skip those annual visits, even if you feel fine.
- **Know Your Body:** Any new lump, bump, or change? Mention it! (You’re not “bothering” your doctor; you’re being smart!)

## Busting Cancer Myths (With a Smile!)

- **Myth:** “I feel fine, so I don’t need to see the doctor.”  
**Fact:** Many cancers don’t cause symptoms right away. Screenings can catch them before you feel a thing.
- **Myth:** “If I get cancer, there’s nothing I can do.”  
**Fact:** Treatments keep getting better! Many cancers are treatable, especially when caught early.
- **Myth:** “Getting older means I’ll definitely get cancer.”  
**Fact:** Age is a risk factor, but it’s not a guarantee. Many seniors live long, cancer-free lives!

## Simple Steps to Lower Your Risk

You don’t need to overhaul your life to stay safer. Here are some easy tips:

- **Stay Active:** Even a daily walk helps.
- **Eat the Rainbow:** More fruits, veggies, and whole grains, please!
- **Don’t Smoke/Stop Smoking:** It’s never too late.
- **Limit Alcohol:** Everything in moderation.
- **Protect Your Skin:** Sunscreen isn’t just for kids at the beach.



- **Keep Up With Vaccines:** Some, like the HPV and Hepatitis B vaccines, can prevent cancers.

## Taking Care of Your Mind, Too

Cancer can feel scary, but mental health matters! Stay connected with friends, join a club, or volunteer. And if you're feeling anxious or down, talk to someone. Laughter and love are excellent medicine.

## Talking With Your Doctor: It's a Partnership!

Be honest with your healthcare team. Bring a list of questions, jot down notes, and take someone with you if you need support. Your doctor is there to help you live well, not just treat illness.

### Your Personal Cancer Awareness Checklist

- ☐ Have I had my yearly checkup?
- ☐ Am I up-to-date on recommended screenings?

- ☐ Do I know my family's health history?
- ☐ Am I eating well and staying active?
- ☐ Do I have a support system if I need it?
- ☐ Have I laughed today? (Don't forget this one!)

## Wrapping Up: Living Life to the Fullest

Growing older is a privilege. Staying healthy isn't about being perfect, it's about being aware, taking action, and enjoying the ride. Remember, you're in the driver's seat!

Stay tuned for our next issue's Cancer Awareness Quiz—because knowledge is power, and a little friendly competition never hurt anyone (except maybe those rowdy cancer cells)!

Stay strong, stay sharp, and keep smiling, everyone! 

# Need Support? You're Not Alone.

### National Resources

- **American Cancer Society:**  
Provides comprehensive information on all types of cancer, prevention, treatment options, local support groups, and a 24/7 helpline.  
Phone: 1-800-227-2345  
Website: <https://www.cancer.org>
- **National Cancer Institute (NCI):**  
Offers up-to-date research, clinical trials, statistics, and educational materials about cancer prevention, diagnosis, and treatment.  
Phone: 1-800-422-6237  
Website: <https://www.cancer.gov>
- **CancerCare:**  
Delivers free professional support services, including counseling, support groups, education, and financial assistance for patients and families.  
Phone: 1-800-813-4673  
Website: <https://www.cancercare.org>



### Central Oregon & Local Resources

- **St. Charles Cancer Center (Bend, OR):**  
Offers cancer screenings, treatment, support groups, integrative therapies, and survivorship programs for patients in Central Oregon.  
Phone: (541) 706-5800  
Website: <https://www.stcharleshealthcare.org/services/cancer-care>
- **KIDS Center (Bend, OR):**  
Provides support and education for families and children, including cancer support resources for young people.  
Phone: (541) 383-5958  
Website: <https://www.kidscenter.org>
- **Oregon Cancer Foundation:**  
Supports Oregon residents affected by cancer through financial assistance, education, and survivorship programs.  
Phone: (541) 632-3654  
Website: <https://www.oregoncancerfoundation.org>
- **Partners In Care (Bend, OR):**  
Delivers hospice, palliative care, and support services for cancer patients and families in Central Oregon.  
Phone: (541) 382-5882  
Website: <https://www.partnersbend.org>
- **Deschutes County Health Services:**  
Local public health department providing cancer prevention programs, screenings, and referrals to support services.  
Phone: (541) 322-7400  
Website: <https://www.deschutes.org/health>

# The Colors of Courage

## How Ribbons Became Symbols of Cancer Awareness

By James Morris

Before the ribbon became a universal emblem of cancer awareness, it was a quiet gesture of solidarity. In the early 1990s, the pink ribbon emerged as a symbol of breast cancer advocacy — inspired by earlier uses of yellow ribbons to honor soldiers. The pink ribbon's rise was grassroots, born from survivors and supporters who wanted to make the invisible visible. Its success sparked a movement: soon, ribbons of every color began representing different cancer types, each chosen with care, meaning, and emotional depth.

Below, we explore the stories behind these colors — not just what they represent, but why they were chosen.

- **Pink – Breast Cancer**

Pink was chosen for its association with femininity, compassion, and nurturing. It evokes softness and strength, making it a natural fit for breast cancer awareness. The color also symbolizes hope and the importance of early detection.

- **Gold – Pediatric Cancer**

Gold represents how precious children are. It's a color of value, warmth, and light — chosen to honor the bravery of young patients and the urgent need for research to protect their futures.

- **Gray – Brain Cancer**

Gray reflects the brain's "gray matter." It's a somber, thoughtful color that symbolizes the complexity and seriousness of brain tumors, both malignant and benign.

- **Orange – Leukemia and Kidney Cancer**

Orange is vibrant and energetic, chosen to reflect the fight against leukemia and kidney cancer. It's a color of determination and visibility, often used to rally support and action.

- **Burgundy – Multiple Myeloma**

This deep, rich hue evokes the depth of bone marrow, where multiple myeloma originates. Burgundy was selected to reflect the seriousness of the disease and the strength of those affected.

- **Violet – Hodgkin Lymphoma**

Violet is a regal, healing color. It was chosen for Hodgkin lymphoma to represent dignity, resilience, and the hope that comes with its high treatability.

- **Lime Green – Non-Hodgkin Lymphoma**

Lime green is fresh and bold, symbolizing renewal and awareness. It was selected to bring attention to the immune system's role and the importance of early diagnosis.

- **Light Blue – Prostate Cancer**

Light blue conveys calm and clarity. It was chosen to represent prostate cancer, one of the most common cancers in men, and to promote open conversations and routine screenings.

- **Dark Blue – Colorectal Cancer**

Dark blue is strong and steady, reflecting the seriousness of colorectal cancer. It encourages regular screenings and represents the quiet strength of those affected.

- **Yellow – Sarcoma and Bone Cancer**

Yellow is bright and bold, chosen to represent the resilience of those facing sarcomas and bone cancers. It also symbolizes hope and the fight for visibility in rare cancer types.

- **Black – Melanoma and Skin Cancer**

Black was selected for its association with the skin and the need for vigilance. It's a stark reminder of the importance of sun safety and regular skin checks.

- **White or Pearl – Lung Cancer**

White and pearl evoke breath, purity, and fragility. These colors were chosen to represent lung cancer, a disease often diagnosed late, and to advocate for improved screening and care.

- **Purple – Pancreatic Cancer**

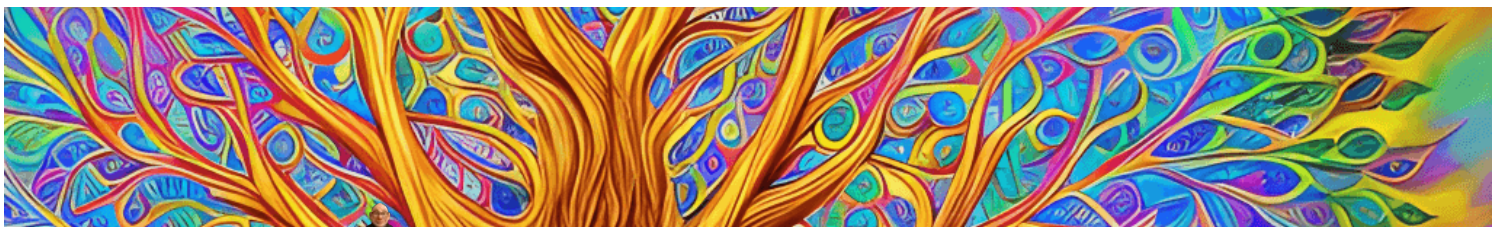
Purple is deep and mysterious, reflecting the difficulty of detecting pancreatic cancer early. It was chosen to symbolize advocacy, remembrance, and the push for better treatments.

- **Teal – Ovarian Cancer**

Teal is serene and strong, chosen to represent ovarian cancer's subtle symptoms and the need for awareness. It's a call to listen to the body and trust intuition.

- **Blue and White – Cervical Cancer**

This two-toned ribbon reflects clarity and care. It was selected to represent cervical cancer and the life-saving power of screenings like Pap and HPV tests.





## Living with Cancer

A Guide to Navigating the Journey with Strength and Compassion By James Morris



### Honoring the Journey

Whether you're living with cancer or walking beside someone who is, this journey is not just medical—it's deeply human. It's about resilience, tenderness, and the quiet courage of everyday moments. As we honor Cancer Awareness Month this October, the Redmond Senior Center community offers support, understanding, and hope to all who are touched by cancer—patients, caregivers, friends, and loved ones.

### Understanding the Emotional Landscape

#### For Those with Cancer:

A cancer diagnosis can feel like stepping onto a rollercoaster—there are ups and downs, sudden turns, and moments of uncertainty. Many find themselves navigating fears about the future, changes in their bodies, and shifts in how they see themselves. Yet, even in the midst of illness, there can be moments of meaning and connection—shared laughter with a friend, a comforting cup of tea, or a quiet walk outdoors.

#### For Caregivers:

Supporting a loved one with cancer is an act of love, but it can also bring feelings of exhaustion, guilt, and worry. Caregivers often walk a delicate balance between being present for their loved one and caring for themselves. It's important to remember that simply listening—without

always trying to fix or solve—can be a tremendous gift. As one caregiver shared in an online support group:

“Sometimes, the most loving thing you can do is just sit beside them and hold their hand.”

### Practical Tips for Daily Life

#### For Patients and Caregivers:

- **Managing Fatigue:** Prioritize rest, and don't be afraid to ask for help with daily tasks.
- **Nutrition:** Focus on small, nourishing meals and snacks throughout the day.
- **Appointments:** Keep a journal or calendar to track appointments, questions, and symptoms.
- **Comforting Routines:** Simple rituals—like morning stretches, enjoying music, or journaling—can bring comfort and structure.
- **Difficult Conversations:** Be honest about feelings and needs with family and medical teams. Sometimes, a simple “I'm not okay today” opens the door to support.

#### Caregiver Strategies:

- **Organize Medications:** Use pill organizers and set reminders to stay on track.
- **Coordinate Support:** Don't hesitate to reach out to





# Happy Birthday!

Avery, Justin  
Benz, Mary  
Boyd, Ofilia  
Brines, Denise  
Clark, Joyce  
Cramer, Thomas  
Cupp, Sherry  
Draudt, Karen (KT)  
Fiet, Irene  
Fiet, Norman  
Foster, James  
Funston, Karen  
Graves, Randy

Gross, Jane  
Howe, Joanne  
Huber, Roberta  
Jordan, robert  
Mann, Victoria  
Mauer, Janette "Jan"  
McCarn, Glenda  
O'Halloran, Dan  
Ohlemann, Jane  
Pichette-Dubisar, Rene'  
Pinto, Nancy  
Porter, Gail  
Pyne, Ann

Richlie, Lawrence  
Rockholt, Sherri  
Schimming, Pat  
Skidgel, Gloria  
Smith, Sharon  
Stabler, Linda  
Stage, Gary  
Storm, Carol  
Vasconi, Richard  
Wells, Ronald  
Wilcox, Louis  
Wolgammott, Gina

# Welcome New Members!

Brockett, Ellen  
Cardillo, James

Cokenour, Colleen  
Knox, Margie

Spillane, Nancy  
Walsh, Sandra

friends, family, or local volunteers. Sharing the load helps everyone.

- **Ask for Help:** Remember, accepting help is a sign of strength, not weakness.

## Finding Light in the Dark

Even in difficult times, there are moments of light—laughter over a cherished memory, the soothing presence of a pet, or the beauty of nature right outside your window. Many find comfort in creating legacy projects such as memory books, letters, or photo albums. These activities can bring joy and meaning, both for patients and their loved ones.

Connecting with others, whether through support groups, faith communities, or online forum reminds us that we are not alone. Together, we can share stories, offer encouragement, and celebrate moments of hope.

## Resources

- **American Cancer Society:** [www.cancer.org](http://www.cancer.org) | 1-800-227-2345
- **Cancer Support Community:** [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)
- **National Cancer Institute:** [www.cancer.gov](http://www.cancer.gov)

## A Message of Hope

Cancer may change the rhythm of life, but it cannot silence love, humor, or hope. Whether you're holding someone's hand or being held, your story matters. You are not alone.

Let this October be a reminder to care for ourselves and each other, to share our burdens and our joys, and to walk this journey with strength and compassion—together.

# From the Kitchen

## Sassy Spoonfuls

### The Salad That Outwits Cancer—And Your Taste Buds

By James Morris

Let's be honest: when you hear the words "cancer prevention recipe," your taste buds might brace for impact. Perhaps you picture a bowl of something suspiciously green, suspiciously bland, and—let's face it—suspiciously sad. But what if I told you that one of the most powerful tools in your healthy-eating arsenal is not only delicious, but so beautiful you'll want to snap a photo before you dig in? Enter: Quinoa Tabbouleh with Turkey, a dish that proves eating well can be equal parts healing, hearty, and downright happy.





This recipe, sourced from the Cancer Support Community's recipe gallery, isn't just another salad—it's a celebration in a bowl, brimming with vibrant colors and bold flavors that make healthy eating feel less like a chore and more like a culinary adventure. And if you're picturing some fussy, complicated ordeal, fear not! This dish is about as easy as it gets: chop, toss, and voilà! You're halfway to the Mediterranean, minus the airfare.

## A Superfood Symphony

Let's talk about the ingredients, because each one is a little superhero in its own right. First up, quinoa. Say it with me: "keen-wah." Not only fun to say, but even more fun to eat. This ancient grain is packed with fiber, which keeps your digestive system humming along, and it brings a complete protein profile to the table—meaning it contains all nine essential amino acids. That's right: quinoa is the overachiever of the grain world.

Next, we add chopped parsley—a humble herb that's secretly bursting with vitamins, antioxidants, and a fresh, grassy zing that wakes up your palate. Toss in cool, crisp cucumber and juicy tomatoes, and suddenly your bowl looks like a confetti cannon of good health. Diced mint takes the flavor up another notch, lending a cooling lift that perfectly balances the earthy quinoa and bright veggies.

A simple dressing of lemon juice and olive oil ties the whole thing together. Lemon brings a pop of acidity that not only tastes fantastic, but also helps your body absorb those lovely plant-based nutrients. Olive oil, with its heart-healthy fats, deserves its own standing ovation. And let's not forget a little salt and pepper—because life's too short for bland salads.

## Supercharge It with Protein

Now, here's where things get interesting. If you want to turn this salad into a meal that'll keep you satisfied for hours, just top it with some seasoned ground turkey or chicken breast. The lean protein is a gentle partner for sensitive

stomachs, making this dish ideal for anyone navigating treatment or recovery, or simply seeking a lighter—but still hearty—meal. The warm turkey mingling with the cool, herby tabbouleh is a match made in flavor heaven.

And for those days when you're feeling a little extra (and aren't we all sometimes?), you can even try a sprinkle of feta or a handful of toasted nuts for an added crunch. But honestly, this dish is so lively, it doesn't need much dressing up.

## Perfect for Any Occasion

Here's the real beauty of Quinoa Tabbouleh with Turkey: it's endlessly versatile. Hosting a summer potluck? This salad travels like a champion and tastes even better as the flavors mingle. Need quick, nourishing lunches for the week? Make a big batch, portion it out, and you're set. Looking for something gentle on the stomach, packed with nutrients, and easy to digest? You've found your new go-to.

And don't think you need to be a kitchen wizard to pull this off. If you can chop veggies and squeeze a lemon, you're in business. The only challenge might be not eating it all straight from the bowl before dinner is officially served.

## The Feel-Good Factor

What I love most about this recipe is how it manages to feel celebratory and comforting at the same time. It's a bowl of bright, zesty goodness that's as perfect for a weekday lunch as it is for a special occasion. More importantly, it's a reminder that nourishing your body doesn't have to mean sacrificing joy at the table. In fact, with the right recipe, good health and great flavor can go hand in hand.

So next time you're asked to bring a "healthy dish" to the potluck, show up with Quinoa Tabbouleh with Turkey. Watch as jaws drop, forks fly, and even the salad skeptics come back for seconds. After all, fighting cancer never tasted so good—or so zesty!

Recipe follows on the next page. Bon appétit! 

# Fun Fact!

**Quinoa** was considered sacred by the Incas, who called it "the mother of all grains." Despite being treated like a grain, it's actually a seed—and one of the few plant-based foods that's a complete protein, packing all nine essential amino acids. NASA even explored quinoa as a crop for space missions due to its stellar nutritional profile.

**Tabbouleh**, meanwhile, is more than a salad—it's a cultural heirloom. Originating in the Levant, it was a staple in rural diets thanks to its use of durable bulgur wheat and garden herbs like parsley and mint. In Lebanon, it's considered a national dish, and modern versions often swap bulgur for quinoa to make it gluten-free while keeping its fresh, herbaceous soul intact.

# Cancer Prevention Recipe

## Quinoa Tabbouleh with Turkey



From the Cancer Support Community's recipe gallery, this dish is rich in fiber, antioxidants, and lean protein—great for supporting digestive health and healing.

### Ingredients:

- 1 cup cooked quinoa (cooled)
- 1 cup chopped parsley
- ½ cup diced cucumber
- ½ cup diced tomato
- ¼ cup chopped mint
- Juice of 1 lemon
- 2 tbsp olive oil
- Salt and pepper to taste
- Optional: seasoned ground turkey or chicken breast

### Instructions:

1. In a large bowl, combine quinoa, parsley, cucumber, tomato, and mint.
2. Whisk together lemon juice, olive oil, salt, and pepper.
3. Pour dressing over salad and mix well.
4. Top with warm seasoned turkey or chicken for a heartier meal.

This dish is vibrant, refreshing, and easy to digest—ideal for those navigating treatment or recovery.



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Let Chef Jose Perez and our team make your next event truly unforgettable!



## Tech with Heart

### Apps That Bring Cancer Awareness to Your Fingertips

By James Morris

Cancer Awareness Month isn't just about ribbons and reminders—it's about connection, courage, and community. And believe it or not, your smartphone might just be one of the most powerful tools in that journey. Whether you're supporting a loved one, navigating your own health, or simply staying informed, there's a growing world of apps designed to help—with heart.

Here are six standout apps that blend compassion with innovation, all tailored to make cancer awareness more personal, manageable, and even uplifting.



#### **CancerBuddy** – Because No One Should Go It Alone

Think of CancerBuddy as your digital support circle. It offers virtual therapy, peer groups, and journaling tools that help you feel heard and supported—whether you're newly diagnosed or simply want to connect with others who understand.

Why we love it: It's like a warm hug in app form.



#### **Outcomes4Me** – Your Personalized Cancer Compass

This app helps you track symptoms, explore treatment options, and even match with clinical trials. It's designed to empower patients with knowledge and clarity.

Why we love it: It turns “What now?” into “Here's what's next.”



#### **Cancer.Net Mobile** – Trusted Info, Right in Your Pocket

Developed by oncologists, this app offers reliable medical info, symptom tracking, and appointment notes.

Why we love it: It's like having your doctor's brain in your purse—minus the co-pay.



#### **CareZone** – Medication Made Manageable

Scan your meds, set reminders, and track your vitals with ease. Especially helpful for caregivers juggling multiple prescriptions.

Why we love it: It's the pill organizer that never forgets.



#### **MyFitnessPal** – Nourish Your Body, Gently

Nutrition and movement are key to wellness. This app helps you log meals, track exercise, and stay mindful of your health goals.

Why we love it: It celebrates small wins—like choosing blueberries over brownies (most days).



#### **Meru Health** – Mental Health, Mindfully

Cancer affects more than the body—it touches the soul. Meru Health offers mindfulness exercises and therapy programs tailored for those facing chronic illness.

Why we love it: It's a quiet space to breathe, reflect, and heal.

#### **Final Thoughts: Tech That Cares**

These apps aren't just about data—they're about dignity. They remind us that awareness isn't passive—it's active, personal, and deeply human. So whether you're downloading one for yourself or sharing it with a friend, know this: you're part of a movement that blends compassion with innovation.

And if you need help getting started, just ask one of our tech-savvy volunteers (or your grandkids—they love this stuff). Cancer Awareness Month is about showing up—and now, thanks to a few clever apps, showing up just got a little easier. 🌟

*Do you have a tech issue you would like addressed? Email me at [James@RedmondSeniors.org](mailto:James@RedmondSeniors.org) or drop by my office and let me know. I'll do my best to help you out.*

# Spam of the Month

## How to Spot and Stop Healthcare & Medicare Scams

By James Morris



In a world where technology moves fast and trust is precious, scammers are finding new ways to target seniors—especially through healthcare and Medicare. These scams aren't just annoying; they can be deeply disruptive, emotionally draining, and financially devastating. But with a little knowledge and a lot of community support, we can stay one step ahead.

### What Do These Scams Look Like?

Healthcare and Medicare scams often come disguised as helpful calls, texts, or emails. They might say:

- “You need a new Medicare card—just confirm your Social Security number.”
- “We’re offering free medical alert systems for seniors. Just provide your bank info for shipping.”
- “Your benefits are about to be suspended unless you verify your identity.”
- “We’re updating your insurance records. Can you confirm your coverage details?”

These messages may sound official, urgent, or even caring. But they’re designed to trick you into giving away personal information or money.

### Why Seniors Are Targeted

Scammers often assume older adults:

- Trust authority figures like doctors or government agents.
- May be managing complex health needs and insurance plans.
- Are less familiar with digital fraud tactics.
- Are too polite to hang up or question a caller.

But here’s the truth: seniors are smart, resilient, and capable—and with the right tools, they can outsmart even the slickest scammer.

### How to Protect Yourself

Here are some simple, powerful ways to stay safe:

1. **Guard Your Medicare Number Like Gold**

Treat it like a credit card. Never share it over the phone unless you initiated the call and trust the source.

2. **Hang Up on Suspicious Calls**

If someone calls claiming to be from Medicare or your insurance company and asks for personal info, hang up. Call the official number on your card to verify.

3. **Don’t Trust Caller ID Alone**

Scammers can “spoof” numbers to look official. Just because it says “Medicare” or “Social Security” doesn’t mean it’s real.

4. **Beware of Free Offers**

If someone offers free medical equipment, tests, or services in exchange for your Medicare number, it’s likely a scam.

5. **Check Your Medicare Statements**

Review your Medicare Summary Notices (MSNs) or Explanation of Benefits (EOBs). Look for services you didn’t receive or providers you don’t recognize.


6. **Report Suspicious Activity**

If you suspect fraud, call 1-800-MEDICARE or report it to the Senior Medicare Patrol (SMP). You’re not just protecting yourself—you’re protecting your community.

---

### Final Thoughts

Scammers thrive on isolation and confusion. But when we share stories, stay informed, and look out for one another, we build a shield they can’t penetrate. If you ever feel unsure, talk to a trusted friend, family member, or community advisor. There’s no shame in asking questions—only strength.

Let’s keep our community safe, informed, and empowered. Because every senior deserves peace of mind, especially when it comes to their health. 



# Save the Date

WEDNESDAY

October 01

11:00 AM

Meet & Greet RSC Staff



WEDNESDAY

October 08

10:00 AM

Wellbeing Talk: Cancer Awareness



TUESDAY

September 14

1:00 PM

Flu Clinic



FRIDAY

September 19

1:00 PM

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

## A Airport

cet



**Ride for free!**

Cascades East Transit went fare free on fixed routes in 2020.

	A	B	C	D	E	A
WEEKDAYS	7:30	7:36	7:43	7:51	7:56	8:03
	8:15	8:21	8:28	8:36	8:41	8:48
	9:00	9:06	9:13	9:21	9:26	9:33
	9:45	9:51	9:58	10:06	10:11	10:18
	10:30	10:36	10:43	10:51	10:56	11:03
	11:45	11:51	11:58	12:06	12:11	12:18
	Service break					
	12:30	12:36	12:43	12:51	12:56	1:03
	1:15	1:21	1:28	1:36	1:41	1:48
	2:00	2:06	2:13	2:21	2:26	2:33
	2:45	2:51	2:58	3:06	3:11	3:18
	3:30	3:36	3:43	3:51	3:56	4:03
	4:15	4:21	4:28	4:36	4:41	4:48
	5:00	5:06	5:13	5:21	5:26	5:33

No weekend service at this time.

buses arrive every 45 minutes

Find more info and service alerts at our website:  
CascadesEastTransit.com

**Need to stop somewhere not listed above?**

**Call to request a stop!**

☎ Call ahead at **541-385-8680** to schedule a pick up or drop off.

📍 Stops can be requested in the flex area within 1/4 mile of the route.

🕒 Please call the day before a ride is needed.

Flex service is subject to availability.



This bus has free wifi!  
Connect to "CET WiFi"

Plan your ride with the app  
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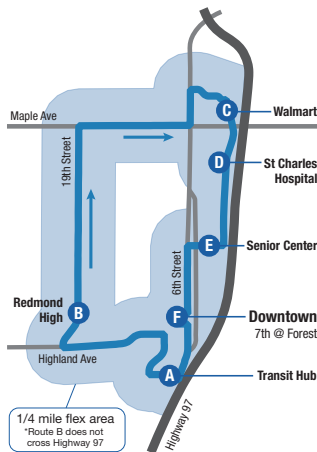


Updated: December 2, 2024

Redmond, Oregon Senior Center

## B Northwest

cet



**Ride for free!**

Cascades East Transit went fare free on fixed routes in 2020.

	A	B	C	D	E	F	A
WEEKDAYS	7:30	7:35	7:45	7:48	7:54	7:59	8:03
	8:15	8:20	8:30	8:33	8:39	8:44	8:48
	9:00	9:05	9:15	9:18	9:24	9:29	9:33
	9:45	9:50	10:00	10:03	10:09	10:14	10:18
	10:30	10:35	10:45	10:48	10:54	10:59	11:03
	Service break						
	11:45	11:50	12:00	12:03	12:09	12:14	12:18
	12:30	12:35	12:45	12:48	12:54	12:59	1:03
	1:15	1:20	1:30	1:33	1:39	1:44	1:48
	2:00	2:05	2:15	2:18	2:24	2:29	2:33
	2:45	2:50	3:00	3:03	3:09	3:14	3:18
	3:30	3:35	3:45	3:48	3:54	3:59	4:03
	4:15	4:20	4:30	4:33	4:39	4:44	4:48
	5:00	5:05	5:15	5:18	5:24	5:29	5:33

No weekend service at this time.

buses arrive every 45 minutes

Find more info and service alerts at our website:  
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This bus has free wifi!  
Connect to "CET WiFi"

Plan your ride with the app  
and see live bus locations:



Updated: December 2, 2024

SEPTEMBER 25

*Find Randy!*



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

Once you spot him, email [James@RedmondSeniors.org](mailto: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 Meals on Wheels bag.

### Cancer Awareness Quiz: How Much Do You Know?

Test your knowledge with this 15-question quiz! No pressure—just a fun way to see what you've learned. Circle your answers and check how you did at the end!

#### Questions

1. Which of the following is the most common cancer in men over 65?

- A) Lung cancer
- B) Prostate cancer
- C) Breast cancer
- D) Colon cancer

2. True or False: Only smokers get lung cancer.

3. Which screening is recommended to detect colon cancer early?

- A) Mammogram
- B) Colonoscopy
- C) Skin biopsy
- D) PSA test

4. Which lifestyle habit can help reduce your risk of many cancers?

- A) Regular exercise
- B) Skipping meals
- C) Watching TV all day
- D) Avoiding vegetables

5. True or False: You should only go to the doctor if you feel sick.

6. What is a common early sign of skin cancer?

- A) A new or changing mole
- B) A headache
- C) Stomach pain
- D) Blurry vision

7. Which cancer is most commonly detected with a mammogram?

- A) Prostate cancer
- B) Breast cancer
- C) Colon cancer
- D) Lung cancer

8. True or False: Most cancers are easier to treat when found early.

9. Which food choice is best for lowering cancer risk?

- A) Processed meats
- B) Sugary snacks
- C) Fruits and vegetables
- D) Fried foods

10. What should you do if you notice a new lump or bump on your body?

- A) Ignore it
- B) Wait a few months
- C) Mention it to your doctor
- D) Ask your neighbor

11. True or False: Vaccines can help prevent some types of cancer.

12. What is the purpose of a PSA blood test?

- A) To screen for breast cancer
- B) To check for high cholesterol
- C) To screen for prostate cancer
- D) To test for diabetes

13. True or False: Emotional health is important when dealing with cancer.

14. Which of the following is NOT a way to lower your cancer risk?

- A) Using sunscreen
- B) Smoking
- C) Eating whole grains
- D) Staying active

15. Who is responsible for your health decisions as a senior?

- A) Your neighbor
- B) Your children
- C) Your doctor
- D) You

#### Answers

1. B) Prostate cancer

2. False

3. B) Colonoscopy

6. A) A new or changing mole

7. B) Breast cancer

8. True

9. C) Fruits and vegetables

10. C) Mention it to your doctor

11. C) Fruits and vegetables

12. True

13. D) You

14. B) Smoking

15. D) You

### How did you do?

No matter your score, just remember: the goal is to stay curious and keep learning. You're already winning by taking charge of your health!



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[https://www.alz.org/alzheimer\\_s\\_dementia](https://www.alz.org/alzheimer_s_dementia)
- **Advanced Mobility | Providing Solutions for Mobility**  
<https://www.advancedmobilityofbend.com/>
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