

Our Wellbeing Series Topic - Page 14
Learn all about Fall Prevention and
Home Safety.



Volunteer Highlight - Page 9
Tim Grudt

SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

NEWS MAGAZINE

SEPTEMBER

2025

FREE

This month's focus: Fall Prevention and Home Safety

- 4** Message from the Director
- 8** Community & Volunteerism
- 9** Volunteer Spotlight: Tim Grudt
- 10** Activities & Events
- 14** Health & Wellness
- 18** Home & Living
- 21** From the Kitchen
- 23** Personal Tech
- 26** Game On!

SPONSORED BY:



THE UPS STORE

The UPS Store #6746
946 SW Veterans Way Ste. 102
Redmond Oregon 97756

Mon thru Fri - 8am to 6pm
Saturday - 9am to 5pm



THE UPS STORE[®]

THE

STORE

PACKING
SHIPPING
MAILBOXES
NOTARY*
SHREDDING**
PRINTING
RETURNS
COPYING
SCANNING
FAXING

Get all this and more from your small biz and one-stop shop.

be unstoppable[®]

*Notary public at a The UPS Store location is not an attorney licensed to practice law in this State. He or she is not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee for those activities. **Shredding services are provided by Iron Mountain

Visit theupstore.com/shredding. Copyright 1999-2024 The UPS Store, Inc. All rights reserved.

12 for 12 — A Year of Heartfelt Giving

What if just \$12 a month could help change a life?

The 12 for 12 campaign invites you to give \$12 a month for 12 months to support the Redmond Senior Center's mission: uplifting seniors through connection, care, and community.

It's not a grand gesture—it's a meaningful one.

Why Your Gift Matters

Your monthly donation helps provide:

- Wellness and grief support programs
- Creative workshops that spark joy and purpose
- Outreach to those who need a helping hand

Just \$12 a month—less than a streaming subscription—can help someone feel seen, supported, and empowered.

Why Monthly Giving Works

Monthly giving allows us to plan ahead, grow programs, and respond quickly to needs. It's simple, sustainable, and powerful.

And when many give a little, it adds up to a lot.

Ready to Join Us?

Complete the attached 12 for 12 form and return it in one of two easy ways:

- Drop it off at the Redmond Senior Center front desk
- Mail it to:

*Redmond Senior Center
325 NW Dogwood Ave
Redmond, OR 97756*

Your Gift Says: **"You Matter."**

Join us in building a community where every senior feels valued and supported. Give monthly. Make a difference.



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: _____

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

Check enclosed. Make checks payable to REDMOND SENIOR CENTER.

Please charge my donation to: Visa Mastercard AmEx Discover

Card #: _____ Exp. Date: _____

Signature: _____ Sec. Code: _____

Redmond Senior Center is a section 501(c)(3) non-profit organization.

Donations are tax-deductible to the extent allowed by law.

Thank you for your generous donation!



www.RedmondSeniors.org/12for12

Know Your Staff
Executive Director
Randy Graves

Assistant Executive Director
Janean Baird

Volunteer Coordinator
Lahna Avery

Programs Coordinator
Angela Book

Chef
Jose Perez

Facility & Marketing Director
Newsletter Editor/Contributor
James Morris

Board of Directors
Diana Barker
Earl Fisher
Ron Hagen
Sharon Lanier
Laura Martin
Paul Rodby
Sandra Steiger
Mitch Steitz
Jo Anne Sutherland

Advertising
James@RedmondSeniors.org

Back Issues
<https://redmondseiors.org/newsletter-archive>

Production Company
JH Morris Productions
Redmond, OR 97756
www.JamesHMorris.com

Printed by
The UPS Store
946 SW Veterans Way #102
Redmond, OR 97756

The Redmond Senior Center newsletter is distributed free of charge to all members as a benefit of their membership. Content within the newsletter is the intellectual property of the Redmond Senior Center, and permission must be obtained for any reuse of articles, images, or other materials. Copying or redistributing the newsletter or its content, in whole or in part, without prior authorization, is strictly prohibited. Thank you for respecting these guidelines and supporting our community efforts.

From the Director

A personalized greeting from the man in charge.

A Bright Light at Redmond Senior Center



Randy Graves
Executive Director

Dear Friends of the Redmond Senior Center,

As the warmth of summer fades and fall approaches, our Center continues to be a welcoming haven for our community. If you've visited us on a Tuesday or Thursday morning, you've likely been greeted by Karen—her warm smile and genuine enthusiasm are truly hard to miss. Between 10:30 AM and 1:00 PM, Karen is the heart of our front lobby, welcoming everyone with a friendly “Hello,” a thoughtful “Have a good afternoon,” and, for many, even a cheerful hug.

Karen joined us through the Opportunity Foundation, where she excelled in their program and graduated with pride. Since becoming part of our family, Karen has brought an unwavering positive attitude to the Senior Center. She's quick to ask about your weekend or share her latest adventure, and she takes sincere interest in every member who walks through our doors.

But Karen's contributions go far beyond greetings. After her first few months, she approached me with a simple request: “I want to do more.” Today, you'll see her polishing windows, tidying up our shared spaces, and always making sure the women's restroom is fully stocked. Her initiative and dedication have made the Center not just cleaner, but more joyful—a place where everyone feels valued.

Recently, a member asked me: “Did we bring Karen on to help her, or to help our members?” The answer is both. Karen's presence enriches our entire community. She isn't just an employee; she is an essential part of who we are.

Currently, Karen works five hours each week. It is our heartfelt goal to expand her role so she can be here Tuesday through Friday, five hours each day—helping at lunch, assisting in the office, and continuing to be the bright light we all cherish. To make this possible, we need to raise \$18,000.

How You Can Help

Your support will not only provide Karen with meaningful work, but it will also ensure that our Senior Center remains a place of warmth, connection, and community spirit. Every gift is tax-deductible and directly impacts both Karen's life and the lives of everyone who comes through our doors.

If you'd like to help us achieve this important goal, please reach out to me directly. Together, we can ensure that Karen remains a treasured part of the Redmond Senior Center for many years to come.

With gratitude,

Randy Graves

Executive Director, Redmond Senior Center

September is Fall Prevention and Home Safety Month

SAFETY RISKS for seniors



Redmond, Oregon
Senior Center
Wellbeing Series
Healthy. Connected. Secure

Sponsored by
St. Charles
HEALTH SYSTEM
www.RedmondSeniors.org/wellbeing

FALLS



Falls are the leading cause of injury **+65**

1 in 4 older adults reports falling each year—over 14 million annually.

Every 11 seconds, a senior is treated in the ER for a fall; every 19 minutes, one dies from a fall.

- 25% of all hospital admissions
- 40% of nursing home admissions
- 40% of those admitted never return to independent living
- 25% die within one year of the fall

55% of fall injuries happen inside the home; 23% occur just outside.

FIRES



Seniors are significantly more vulnerable:

- Ages 65–74: 2x more likely to die in a fire
- Ages 75–84: 4x more likely
- Ages 85+: 5x more likely

Leading causes of fire-related deaths/injuries:

- Careless smoking
- Heating equipment
- Cooking accidents

OTHER HAZARDS

Seniors make up 71% of consumer product-related deaths, despite being only 16% of the population.

Common hazards include:

- Carbon monoxide poisoning
- Drowning
- Transportation-related injuries
- Adult bed rail accidents

90% of older adults want to age in place, yet 85% haven't made safety modifications to their homes.

Many homes lack basic accessibility features like grab bars, non-slip flooring, and adequate lighting.

Simple interventions—like removing trip hazards, improving lighting, and installing safety devices—can drastically reduce risks.



Welcome Karen, Our New Greeter

We are delighted to introduce Karen as the newest member of our Redmond Senior Center team! If you visit us on Tuesdays or Thursdays between 10:30 AM and 1:00 PM, you'll be welcomed by Karen's bright smile and friendly greeting. Karen joins us from the Opportunity Foundation, where she recently graduated from their program. She brings warmth, positivity, and a caring spirit to our Center—always ready to ask about your day or share a cheerful hello. We're so grateful to have Karen with us, helping to make the Senior Center an even more inviting place for everyone. Be sure to stop by and say hello! 🌟

**Subscribe now
for the best
local news!**

THE REDMOND
Spokesman



**Try it out for
one month FREE:**

Scan the QR code or
call 800-781-3214
redmondspokesman.com/trial

“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**

Community & Volunteerism

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

Shining a Light on Safety

How Rotary Volunteers are Keeping Redmond's Seniors Steady on Their Feet

By James Morris

If you've ever found yourself teetering on a kitchen chair, arm outstretched, squinting at a stubborn lightbulb, you know that home maintenance can be an Olympic sport. For many Redmond seniors, though, even routine fixes can feel like the high jump—without the soft landing. That's where the Redmond Rotary Home Team swoops in, capes metaphorically fluttering, ready to turn “uh-oh” into “all set!”

This September, as the Redmond Senior Center spotlights Fall Prevention and Home Safety, we're shining a particularly bright (and energy-efficient) bulb on the heroes of volunteerism—our local Rotary volunteers.

Meet the Rotary Home Team: Your Home's New Best Friends

The Rotary Home Team program is simple, brilliant, and just a tad heroic: a group of handy volunteers, armed with tool belts and good cheer, offer free basic home maintenance to seniors. Their mission? To help keep you safe, steady, and delightfully un-fallen in your own home.

Here's a look at what these volunteers can do for you:

- Replace hard-to-reach lightbulbs (because nobody wants to audition for Cirque du Soleil just to see the living room)
- Change smoke alarm batteries (chirp, chirp, begone!)
- Fix a leaky faucet or drain (because drip-drops belong in jazz, not in your kitchen)
- Adjust handles or cabinet drawer pulls (so you're not wrestling your cutlery)
- Reset tripped circuit breakers (let there be light—and TV)
- And more... (if you're not sure, just ask—they love



a good challenge)

The Power of Volunteerism: Good for the Soul, Great for the Community

What's truly remarkable isn't just the nuts and bolts of what the Rotary Home Team accomplishes, it's the spirit behind it. These volunteers aren't doing it for applause (although a standing ovation wouldn't hurt). They're here because they believe in neighbors helping neighbors. They understand that a little help can make a big difference, especially when it comes to preventing falls and keeping

seniors safe at home.

Volunteering, as the Rotary shows us, is less about fixing things and more about connecting people. It's about creating a community where everyone feels a little more secure, a little more supported, and a lot more seen.

Ready for a Helping Hand?

If you—or someone you know—could use a little home tune-up this fall, don't hesitate to reach out to the Redmond Senior Center. We'll get you connected with the Rotary Home Team faster than you can say “Where did I put that stepstool?”

And if you're feeling inspired to join the ranks of Redmond's volunteer superheroes, there's always room on the team. After all, a safer home (and a brighter lightbulb) is something worth sharing.

Here's to fewer falls, brighter bulbs, and the volunteers who make it all possible! 

For more information or to sign up for a Home Team visit, contact the Redmond Senior Center. And remember: with a little help from our friends, home can be the safest place to be!

Volunteer Spotlight

The Quiet Impact of Tim Grudt: A Software Engineer's Second Act in Service By James Morris

On a crisp Redmond morning, Tim Grudt steps out of his car, balancing a warm meal in one hand and a smile that seems to carry its own sunshine. At the front door, a senior's face brightens as if the day just got lighter—not just from the hot food, but from the simple reassurance that someone remembers them.

After a successful career spent behind computers as a software engineer, many would expect retirement to be a time for rest and personal pursuits. For Tim, that chapter was merely a prelude to something deeper: giving back to his community through steadfast volunteer work at the Redmond Senior Center.

When Tim retired three years ago, he sought ways to lend his talents and free time to a cause that mattered. Meals on Wheels had always left a mark on him—he admired its mission, and, as he said, felt it was “something I’d like to do” when the time was right. Within a year of retiring, Tim followed through, and for nearly two years now, he’s been a reliable presence for one of the Center’s most essential programs.

Tim’s commitment is driven by a simple but powerful desire to help. “It’s satisfying,” he shares, “people are oftentimes very grateful and it’s nice to know that you’re helping people out with food, which is obviously pretty important.” For many seniors who cannot leave their homes, his visits provide not just a hot meal but also much-needed human connection—the sense that someone cares.

But Tim’s contributions extend beyond meal deliveries. He’s also rolled up his sleeves to help with the Center’s can and bottle recycling program, sorting cans and bottles and preparing them for return. His love for animals

prompted him to join the pet food delivery initiative, bringing nourishment and comfort to both seniors and their beloved companions. “Pets are very important to people,” Tim says. “Sometimes I think they probably give things to their pets and sacrifice for themselves, so if they know they have stuff for their pets, that helps.”

What stands out in Tim’s story isn’t just his willingness to volunteer, but his genuine humility and gratitude for the fulfillment it brings. There’s no single “best experience” or standout story he emphasizes—in his words, “there are a number of people who are just...obviously happy to see you. It means a lot to them.” To Tim, the impact of volunteering is less about grand gestures and more about steady, reliable kindness.

For those considering volunteering, Tim’s advice is straightforward and heartfelt: “Absolutely, go for it. It’s not a huge time commitment, but it is very rewarding. There are people who need assistance, who need help... It’s a lifeline for them, for sure. It helps them be able to stay in their house rather than have to go to a facility, which is critical.”

When he’s not volunteering, Tim’s days are filled with hiking, skiing, gardening, music, and time with his loyal dog, Martha. But it’s his mornings of service—bringing meals, a smile, and a bit of companionship—that, he says, “always feel good...starting my day delivering meals.”

At the Redmond Senior Center, Tim Grudt embodies what it means to serve. In a world where kindness can be in short supply, his quiet dedication reminds us: retirement can be a beginning, not an end—and every act of caring makes a world of difference. 

Activities & Events

Upcoming events at the Senior Center, recaps of past activities, and recommendations for outings.

Let's Celebrate September!



By Angela Boock,
Program Director



Hello Redmond Seniors and Friends!

As the leaves start to change and the air turns crisp, September is bringing a flurry of activity to the Redmond Senior Center! Whether you're looking to try something new or stick to your favorite routines, we have an exciting month planned just for you. Here's a sneak peek at what's coming up:

Special September Events

- **September 5 at 1:00 PM: Grandparent's Day Celebration**
Bring your grandkids and join us for an afternoon filled with laughter, crafts, and memory-making! This is a wonderful opportunity to connect with family and meet other grandparents in our community. We'll have plenty of hands-on activities that everyone can enjoy.
- **September 9 at 10:00 AM: Field Trip to Indian Head Casino**
Feeling lucky? Hop aboard our bus for a fun outing to Indian Head Casino! The cost is just \$10 per person and space is limited to 6 riders, so don't wait—sign up at the front desk to reserve your spot. Let's try our luck and enjoy a day out together!
- **September 19 at 1:00 PM: Happy Hour with Lindy Gravelle**
We're thrilled to welcome back the talented Lindy

Gravelle for an afternoon of music and merriment! This month's Happy Hour is extra special as we celebrate the Council on Aging's 50th Anniversary. Come raise a glass, catch up with friends, and enjoy the festivities!

Ongoing Activities – Something for Everyone!

In addition to our special events, don't forget about our regular lineup of activities, including:

- **Therapeutic Mobility** – Stay active and healthy with our guided movement classes.
- **Cards with Friends** – Sharpen your mind and have a great time over classic card games.
- **Crochette** – Whether you're a beginner or a pro, join our creative community of crafters.
- **And much more!** – Be sure to check this month's calendar for the full schedule.

Join Us and Make September Special

Whether you're looking to reconnect with old friends or make new ones, the Redmond Senior Center is the place to be this September. We can't wait to see you at these fun-filled events and activities. If you have any questions, stop by the front desk or give us a call.

Let's make this September one to remember—see you at the Center! 

From Purpose to Potluck

Celebrating the Heart of Redmond's Volunteers
By Lahna Avery



When I started volunteering at the Redmond Senior Center I was just looking for something that I felt was meaningful to do to help fill my retirement hours. Little did I know I had begun a new journey in my life filled with wonderful caring, funny and diverse people. As the Senior Center evolved with new staff, activities and people I found a sense of purpose and many, many new friends.

I am amazed every day at the committed people who give their time to assure seniors have a healthy meal and a friendly face checking on them. I know our clients mean more to our volunteers than just clients and that true caring relationships are built between volunteers and the people they deliver to. And volunteers do so much more than deliver meals, giving their time in our kitchen, office, activities and events, making the Redmond Senior Center the success that it is. The amount of gratitude our staff hold for all our volunteers cannot be expressed enough.

*Sunday
Sept. 21
3-5 PM
The Pavillion
at the
Ridge at Eagle Crest*

To help show our appreciation, we are having a Volunteer Appreciation Potluck on Sunday, Sept 21st at the Pavillion at the Ridge at Eagle Crest. The Senior Center will provide hamburgers and hot dogs and fun and games. Volunteers are asked to bring a dessert or side dish, and their own beverages. Alcoholic beverages will be available at the Pro Shop. Corn hole and Connect 4 lawn games will be set up and Putt Putt is available through the Pro Shop from 3 to 5 as well at \$14 per person if more than 20 people sign up. \$17 per person if less than 20 and registration is required.

We hope all our volunteers come out for fun and to meet other volunteers! Give us a call at the Redmond Senior Center if you have questions and to let us know if you are coming. See you there! 

NEW WORKSHOP

Rediscover Your Purpose

Join Our Exclusive Workshop!
By James Morris



Are you between 60 and 70 and seeking new meaning in this exciting chapter of life? It's time to reflect, reconnect, and rediscover what truly matters to you.

Join us for our inspiring 6-week “Exploring Purpose Workshop” with Sonya—a supportive space designed especially for older adults ready to explore their stories, values, and dreams for the future. Through guided reflection, engaging group discussions, and creative journaling, you'll:

- Reconnect with your life story
- Clarify your core values
- Envision your next chapter with purpose and passion

This workshop isn't about “fixing” anything—it's about honoring your journey and shaping your future with intention, community, and curiosity.

Only 20 spots are available! Don't miss your chance to be part of this powerful, interactive experience.

Reserve your spot today—space will fill quickly!

- Starts: September 25th
- Time: Wednesdays, 1:30–3:30 PM
- Duration: 6 consecutive weeks (2-hour sessions)

Ready to explore your purpose? Sign up at the Redmond Senior Center front desk or call us now!




Luau Time!

Wednesday
September 17 @ 12:00 PM
Redmond Senior Center

- Special Menu
- Karaoke
- Ton's of fun!

Come dressed in your favorite Hawaiian attire!



Cribbage!

Starting September 2 @ 1 PM

Calling all card lovers! Whether you're a seasoned pro or just learning the ropes, join us for the kickoff of our Cribbage group on **Tuesday, September 2 at 1:00 PM**. It's a great way to meet new friends, sharpen your skills, and enjoy some friendly competition. All experience levels welcome—just bring your enthusiasm and we'll supply the fun!

limited time deal

Buy One, \$1
Get One for 1

Mix & Match

Big Mac®

Quarter Pounder®*
with Cheese

Filet-O-Fish®

10 pc. Chicken
McNuggets®

*Weight before cooking 4 oz.
Limited time only. Valid for item of equal
or lesser value. Cannot be combined
with any offers.

©2019 McDonald's



62910 OB Riley Rd Ste 130
Bend, OR 97703

541-398-7550

www.InsuranceThatFitsYou.com

Medicare Educational Events

Questions about Medicare?

Are you Turning 65?

We are local agents & here to help!

Wednesdays



Redmond Senior Ctr
325 NW Dogwood Ave, Redmond

Sept 17 - 10:00 am
Wellness Fair:
Oct 1 - 11:00 am

Larkspur Community Ctr
1600 SE Reed Market Rd, Bend

Sept 3 - 1:00 pm
Oct 8 - 1:00 pm

This event is only for educational purposes and no plan-specific benefits or details will be shared.
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

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

Home Safety & Fall Prevention

How to Outsmart Gravity and Stay Independent

By James Morris



Let's face it—gravity has a bit of an attitude. It's always lurking, waiting for the moment you reach for the top shelf or shuffle to the bathroom in the dark. But here's the good news: with a few clever tweaks and a dash of awareness, you can turn your home into a fortress of safety and confidence. Whether you're a senior living independently or a caregiver supporting someone you love, this guide is your blueprint for outsmarting slips, trips, and tumbles.

Entryways & Common Areas: Declutter Like a Ninja

Imagine walking through your living room blindfolded. Could you make it from the couch to the kitchen without tripping over a magazine rack, a rogue slipper, or that decorative basket you've had since 1982? If the answer is "probably not," it's time to declutter.

- Clear the path: Walkways should be wide enough for easy movement, especially if you use a cane, walker, or rollator. Remove low furniture, cords, and anything that doesn't serve a daily purpose.
- Rug reality check: Loose rugs are like banana peels in disguise. Secure them with non-slip backing or

remove them entirely. If you love the look, opt for rubber-backed mats that stay put.

- Lighting matters: Dim lighting might be romantic, but it's also risky. Install bright LED bulbs in hallways and entryways. Motion-sensor lights are a game-changer for nighttime trips to the bathroom or kitchen.
- Railings and grab bars: If your entryway has steps, sturdy railings are essential. Inside the home, consider grab bars near doorways or transitions between rooms—especially if flooring changes from carpet to tile.

Pro Tip: Walk through your home with a friend or caregiver and pretend you're navigating it with limited vision or mobility. You'll be amazed at what suddenly feels hazardous.

Bathroom Safety: The Slippery Zone

Bathrooms are the stage for many dramatic falls. The combination of water, smooth surfaces, and tight spaces makes them prime territory for accidents. But with a few upgrades, you can turn your bathroom into a spa of safety.

- Non-slip mats: Place them inside the shower or tub and just outside. Choose mats with suction cups or

textured surfaces that grip.

- **Grab bars galore:** Install them near the toilet, inside the shower, and along the tub's edge. They're not just for emergencies—they're for everyday stability.
- **Raised toilet seats:** These make sitting and standing easier, especially for those with joint pain or limited mobility. Many models come with built-in armrests.
- **Shower chairs and handheld showerheads:** These are game changers. A sturdy shower chair lets you bathe comfortably, and a handheld showerhead gives you control without awkward reaching.

Bonus Tip: Keep toiletries within easy reach. A wall-mounted caddy or shelf can prevent bending or stretching for shampoo bottles.

Bedroom Adjustments: Where Safety Meets Serenity

Your bedroom should be a sanctuary—not a slip-and-slide. Since many falls happen when getting in or out of bed, it's worth making a few thoughtful changes.

- **Bed height matters:** Your feet should rest flat on the floor when sitting on the edge of the bed. If your bed is too high or low, consider risers or a lower frame.
- **Nightlights and floor-level lighting:** These help guide your way during late-night bathroom trips. Motion-activated lights are especially helpful and energy-efficient.
- **Keep essentials close:** A bedside table should hold your glasses, phone, water, and any medications. Avoid placing items on the floor where you might bend to reach them.
- **Avoid slippery bedding:** Satin sheets may feel luxurious, but they can make getting in and out of bed tricky. Opt for cotton or flannel for better grip.

Sleep Smart: If you occasionally feel dizzy upon waking, sit on the edge of the bed for a minute before standing. Let your body catch up before gravity tries to catch you.

Kitchen Tips: Cook Safely, Eat Boldly

The kitchen is a place of joy, creativity—and potential chaos. Reaching for high shelves, bending to low cabinets, and navigating spills can turn meal prep into a risky business. But don't worry, you don't need to give up your famous chili recipe, just tweak your setup.

- **Store smart:** Keep frequently used items at waist or shoulder height. That means no more climbing on

chairs to reach the cinnamon.

- **Use a sturdy step stool:** If you must reach high shelves, invest in a stool with a wide base and handrails. Never use a folding chair or unstable surface.
- **Clean spills immediately:** Water, oil, or food on the floor is a recipe for disaster. Keep paper towels or a mop nearby for quick cleanup.
- **Non-slip flooring:** If you're remodeling, consider textured vinyl or rubber flooring. If not, use non-slip mats in front of the sink and stove.

Kitchen Zen: Organize your kitchen so that cooking feels intuitive and safe. Label shelves, use pull-out drawers, and keep heavy pots on lower shelves.

Footwear & Mobility: Dress for Success (and Stability)

Your shoes are your foundation—literally. The wrong pair can sabotage your balance, while the right ones can boost your confidence with every step.

- **Non-slip soles:** Look for shoes with rubber soles and good traction. Avoid smooth leather or worn-out sneakers.
- **Proper fit:** Shoes should be snug but not tight. Loose shoes can cause tripping, while tight ones can lead to foot pain and instability.
- **Indoor shoes:** Slippers are cozy, but many are slippery. Choose indoor footwear with grip and support.
- **Mobility aids:** If your doctor recommends a cane or walker, use it consistently. These tools aren't signs of weakness—they're badges of wisdom.

Foot Forward: Check your shoes regularly for wear and tear. Replace them when soles wear thin or support diminishes.

Mindful Movement: Train Your Balance Like a Ninja

Fall prevention isn't just about your environment, it's also about your body. Staying active and aware can dramatically reduce your risk of falling.

- **Exercise regularly:** Activities like tai chi, yoga, and walking improve balance, strength, and coordination. Many senior centers offer classes tailored to different mobility levels.
- **Practice safe transitions:** Learn how to get up from a chair or the floor safely. Use your arms, engage your core, and move slowly.

- Know your limits: If you feel dizzy, fatigued, or off-balance, pause. Sit down, hydrate, and reassess before continuing.
- Schedule health checks: Vision and hearing play a huge role in balance. Regular checkups can catch issues early and prevent falls.

Balance Boost: Try standing on one foot while brushing your teeth (with supervision or support nearby). It's a fun way to train your balance daily.

Bonus Round: Tech & Tools That Help

Modern technology offers some brilliant tools for fall prevention:

- Smart home devices: Voice-activated lights, thermostats, and emergency alerts can reduce the need to move around unnecessarily.
- Medical alert systems: Wearable devices can summon help with the push of a button. Some even

detect falls automatically.

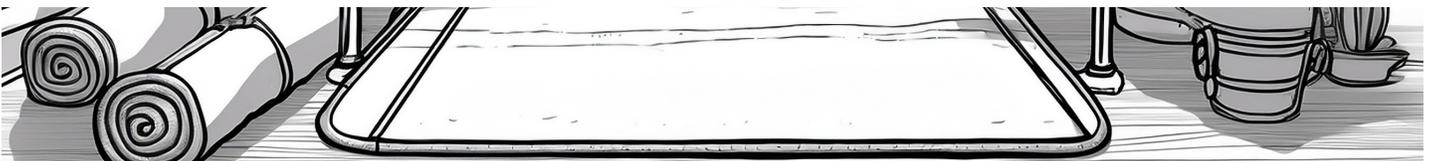
- Fall detection mats: These pressure-sensitive mats can alert caregivers when someone gets out of bed or falls.

Digital Safety: Explore apps and devices that support independence. Many are designed with seniors in mind and offer intuitive interfaces.

Final Thought: Safety Is a Superpower

Fall prevention isn't about fear, it's about freedom. Every grab bar, non-slip mat, and well-placed light switch is a vote for independence, dignity, and peace of mind. By making your home safer, you're not just protecting yourself or your loved ones, you're creating a space where confidence can thrive.

So go ahead—declutter that hallway, upgrade your slippers, and install that grab bar. Gravity may be persistent, but with a little planning and a lot of heart, you've got this. 🌟



Need Support? You're Not Alone.

National Home Safety Resources

- **National Safety Council (NSC)** – Offers resources on fall prevention, emergency preparedness, and injury data for older adults. (800) 621-7619 | www.nsc.org
- **National Council on Aging (NCOA)** – Provides home safety guides, fall prevention tips, and aging-in-place resources. (571) 527-3900 | www.ncoa.org
- **Consumer Product Safety Commission (CPSC)** – Shares safety alerts, product recalls, and injury prevention tips. (800) 638-2772 | www.cpsc.gov
- **SafeHome.org** – Offers guides on identifying and preventing home hazards, including toxins and fall risks. Not listed | www.safehome.org
- **Ready.gov (FEMA)** – Provides home safety tips for everyday injuries and disasters, plus emergency planning tools. (800) 621-3362 | www.ready.gov
- **National Crime Prevention Council (NCPC)** – Offers home and neighborhood safety tips, checklists, and crime prevention strategies. (202) 466-6272 | www.ncpc.org

Local Home Safety Resources – Central Oregon

- **Thrive Central Oregon** – Connects residents with housing, health, and safety resources through drop-in support and outreach. (541) 728-1022 | www.thrivecentraloregon.org
- **Oregon Housing and Community Services (OHCS)** – Offers the Restore Health and Safety Program for home repairs and accessibility upgrades. (503) 986-2000 | www.oregon.gov/ohcs
- **City of Redmond – Police & Community Development** – Provides safety resources, code enforcement, and neighborhood support. (541) 504-3400 | www.redmondoregon.gov
- **Council on Aging of Central Oregon** – Offers fall prevention workshops, home safety assessments, and caregiver support. (541) 678-5483 | www.councilonaging.org
- **Deschutes County Health Services** – Provides public health programs including injury prevention and home safety education. (541) 322-7400 | www.deschutes.org/health



More Than a Meal

Why Meals on Wheels Matters

By James Morris

When my mom could no longer stand long enough to cook a proper meal or safely navigate the grocery store, I knew it was time to look for help. Not pity. Not a handout. Just help. That's when we discovered the true value of Meals on Wheels.

Like many people, I used to think Meals on Wheels was only for those in financial need. But in Redmond, it's not about income, it's about maintaining independence and dignity. Whether someone is recovering from surgery, living with a chronic illness, or simply finding daily tasks more difficult with age, Meals on Wheels is here to serve.

This isn't charity, it's a critical community service. Meals on Wheels supports people who have worked hard all their lives, raised families, paid taxes, and now need a little help to stay in the homes they love. It's a lifeline—one that's helping seniors in Redmond live healthier, safer, and more connected lives.

Meals are designed for health needs—low sodium, diabetic-friendly, and heart-smart—but the human connection is just as important. My mom's delivery driver, Jan, became more than a meal bearer. She became a friend. For many recipients, that knock on the door may be the only human interaction they have all day. And that matters.

Social isolation among seniors is a growing crisis. In fact, research shows loneliness can be as harmful to

health as smoking 15 cigarettes a day. Meals on Wheels helps combat that with every visit.

And it's cost-effective, too. Providing one person with Meals on Wheels for an entire year costs about the same as a single day in a hospital. And studies show that recipients are significantly less likely to be hospitalized or placed in nursing care. That's not just a smart investment—it's preventive healthcare.

Here in Redmond, the Meals on Wheels program is made possible by the Redmond Senior Center, and it runs on the dedication of volunteers. People just like you. Volunteers drive thousands of miles every year delivering not just food but also compassion and care.

If you've ever wondered if Meals on Wheels might be right for you or someone you know, even if it's just temporary—don't hesitate to ask. Whether it's for a few weeks after surgery or a longer-term solution, this program is designed to help people stay safe, nourished, and independent.

To learn more or see if you qualify, contact the Redmond Senior Center at (541) 548-6325 or visit www.RedmondSeniors.org.

In Redmond, we don't let our seniors fall through the cracks. We check in, we show up, and sometimes, it all starts with something as simple—and as powerful—as a hot meal and a friendly smile. 

Autumn Hazards: Leaves, Rain, and Slippery Surfaces

Outdoor Safety Tips for the Changing Season

By James Morris

As the crisp air rolls in and the trees begin their annual wardrobe change, fall in Central Oregon can feel like nature's grand finale—a burst of color, cozy sweaters, and pumpkin-spiced everything. But while autumn brings beauty, it also sneaks in a few slippery surprises. For older adults especially, the season can pose real risks when it comes to outdoor safety.

So, before you head out to admire the foliage or rake up that golden carpet of leaves, let's talk about how to stay steady, dry, and confident this fall. Because nothing ruins a good apple cider moment like a tumble on a wet sidewalk.

1. The Leafy Truth:

Why Fallen Leaves Are Sneaky

They look harmless—just a pile of crunchy color, right? Not quite.

- **Slippery When Wet:** Fallen leaves become slick when damp, especially on walkways, driveways, and stairs. They can hide uneven pavement or small objects that become tripping hazards.
- **Mold & Decay:** Decomposing leaves can grow mold, which not only smells funky but can trigger allergies or respiratory issues.
- **Blocked Drains:** Leaves clog gutters and storm drains, leading to pooling water and icy patches later in the season.

Safety Tip:



Keep walkways clear with regular sweeping or raking. If bending is difficult, consider a long-handled leaf blower or ask a neighbor or volunteer for help. And don't forget to check your gutters—cleaning them now can prevent icy surprises later.

2. Rain, Rain, Go Away (Or At Least Be Predictable)

Autumn rain in Oregon is like a moody artist—sometimes gentle, sometimes dramatic, and always unpredictable.

- **Pooled Water:** Rain collects in low spots, turning sidewalks into splash zones or slippery traps.

- **Reduced Visibility:** Foggy mornings and rainy afternoons can make it harder to see curbs, steps, or uneven terrain.
- **Wet Footwear:** Damp shoes lose traction, especially on tile or hardwood floors once you're back inside.

Safety Tip:

Invest in a sturdy, non-slip umbrella and a waterproof jacket with reflective strips. Shoes should have good tread and be water-resistant. Keep a towel by the door to dry off soles before walking indoors.

3. Slippery Surfaces: The Usual Suspects

Fall's moisture doesn't just affect leaves—it transforms everyday surfaces into potential slip zones.

- **Wooden Decks & Ramps:** These can grow moss or mildew, becoming slick even without rain.
- **Stone Pathways:** Natural stone looks lovely but can be uneven and treacherous when wet.
- **Metal Surfaces:** Grates, outdoor stairs, or railings can become icy or slick with condensation.

Safety Tip:

Apply anti-slip tape or outdoor traction mats to key areas. Power wash mossy surfaces or use a safe cleaning solution to remove buildup. And always use handrails—if yours are wobbly, it’s time for a fix.

4. Dress for the Fall You Don’t Want to Take

Fashion meets function in fall. The right gear can make all the difference.

- **Layer Smart:** Bulky coats can restrict movement. Opt for lightweight layers that keep you warm without making you stiff.
- **Gloves with Grip:** Cold hands fumble more easily. Choose gloves with textured palms for better hold on railings or walking sticks.
- **Hats That Don’t Block Vision:** A cozy beanie is great, but make sure it doesn’t obscure your peripheral view.

Safety Tip:

Try shoes with rubber soles and ankle support. If you use a cane or walker, make sure it has a non-slip tip. And if you’re unsure about your gear, bring it to the Senior Center’s Fall Safety Check, we’ll help you test it out!

5. Plan Your Path: Smart Routes for Safer Strolls

Not all sidewalks are created equal. Some are well-maintained, others... not so much.

- **Avoid Leaf-Covered Trails:** They may hide roots, cracks, or uneven ground.
- **Stick to Well-Lit Areas:** Shorter days mean darker evenings. Choose routes with good lighting and clear signage.
- **Know Your Limits:** If a path looks risky, trust your instincts. There’s no shame in turning back or asking for help.

Safety Tip:

Use walking apps or local maps to plan

your route. Let someone know where you’re going and carry a charged phone. If you’re walking with friends, make it a “Safety Stroll”—chat, check in, and look out for each other.

6. Tools & Tricks: Your Fall Safety Toolkit

Sometimes a little prep goes a long way. Here are a few items worth keeping handy:

- **Foldable grabber:** Pick up leaves or debris without bending
- **Flashlight or headlamp:** Navigate dark paths safely
- **Ice melt or sand:** Prep for early frost or slick spots
- **Reflective vest:** Stay visible on foggy mornings or dusk walks
- **Portable seat cane:** Rest when needed, especially on longer walks

Safety Tip:

Keep your toolkit by the door or in your car. You never know when a quick fix will save the day.

Final Thoughts: Fall Into Safety, Not Trouble

Autumn is a season of transition—a reminder that change can be beautiful, but also a little tricky. By staying alert, dressing smart, and leaning on your community, you can enjoy every golden leaf and misty morning with confidence.

So, grab that cozy scarf, lace up those sturdy shoes, and step into fall with grace. Just maybe skip the leaf pile dive this year. 🍂



HAPPY BIRTHDAY!

BIRTHDAYS in SEPTEMBER

Adkins, Robin
 Anderson, Suzanne
 Atkinson, Mary
 Boock, Angela
 Bradley, Karen
 Bryant, Richard
 Burns, Samuel
 Byrum, Karen
 Contreras, Pamela
 Cottle, Terry
 Daggett, Susan
 Daniel, Judy
 Dawicki, Ruth
 Fast, Barbara

Glass, Douglas
 Goss, Larry
 Hanson, Judith
 Hart, Belina
 Hempstead, Mike
 Hill, Cynthia
 Holmes, Linda
 Laue, Debi
 Lords, Janet
 Meyer, Sandra
 Neary, Kevin
 Nolte, Linda
 Owens, Danny
 Palmore, Jewel

Perez, Jose
 Rank, Carol
 Rinne, Della
 Sharpe, Patricia
 Shawver, Kathleen
 Siroshon, Dan
 Starlin, Ann
 Tanler, Cheryl
 Tracy, Ellen
 Wheeler, Joann
 Wilcox, Vicki
 Wirtz, Teresa

VOLUNTEER BBQ

SUNDAY, SEPT 21 3-5
 Where: Pavillion at the Ridge
 8300 Coopers Hawk Dr, Eagle Crest

HAMBURGERS AND HOT DOG PROVIDED

Bring a side dish and your own beverage
 Alcoholic beverages available at the ProShop

GAMES
 Cornhole and Connect 4

PUTT PUTT
 Available from 1-3, Pre-register
 \$14 per person if more than 20 people sign up
 otherwise \$17
 Course takes 1 - 1.5 hours

"I love being married. It's so great to find that one special person you want to annoy for the rest of your life."
 - Rita Rudner

Introducing New Catering Services!
 Chef Jose Perez is proud to offer catering services, perfect for meetings and special events in the Redmond area.

Customized Menus | Chef-Crafted Meals | Flexible Event Spaces |

To book our catering services or for more information:
 Phone: (971)344-0455
 Email: JLPP97230@Yahoo.com

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

From the Kitchen

Easy recipes that help keep you healthy.

Fall in a Bowl The Vegan Pasta Salad That'll Make You Forget Pumpkin Spice

By James Morris



As the leaves turn golden and the air gets that crisp, sweater-weather vibe, it's time to embrace the flavors of fall—and no, we're not talking about another pumpkin spice latte. This season, let's give our taste buds something truly satisfying: a Vegan Fall Pasta Salad that's hearty, healthy, and just the right amount of cozy.

Whether you're hosting a harvest potluck, meal-prepping for the week, or just craving something that screams "I'm thriving this autumn," this dish delivers. It's packed with roasted veggies, tossed with tender pasta, and drenched in a creamy vegan poppy seed dressing that's so good, you might just lick the bowl (we won't judge).

Why You'll Fall for This Salad

- **Roasted Veggie Magic:** Brussels sprouts, sweet potatoes, leeks, mushrooms, and garlic—each one caramelized to perfection in the oven. It's like autumn gave you a hug.
- **Creamy Dreamy Dressing:** Vegan mayo meets apple cider vinegar, agave, Dijon mustard, and poppy seeds. It's tangy, sweet, and just the right amount of indulgent.
- **Pasta, Because Why Not?:** 16 ounces of your favorite noodles make this salad a full-on meal. Bonus points if you go for whole grain or gluten-free varieties.
- **Customizable Goodness:** Toss in roasted apples, toasted pecans, or whatever fall produce is calling your name at the farmers market.

How to Make It (Without Breaking a Sweat)

1. **Roast the Veggies:** Chop, toss with olive oil and salt, and roast at 400°F until golden and tender. Your kitchen will smell like a gourmet autumn wonderland.
2. **Boil the Pasta:** Cook it al dente, drain, and let it cool. Easy peasy.
3. **Whisk the Dressing:** Combine all the creamy poppy seed ingredients in a bowl and whisk until smooth. Taste it—then try not to eat it all before the salad's assembled.
4. **Mix It All Together:** Pasta + roasted veggies + dressing = magic. Serve warm or chill for later (it's even better the next day!).

Pro Tips for Maximum Fall Vibes

- Add a roasted apple for a sweet surprise.
- Sprinkle in toasted pecans for crunch and a nutty finish.
- Serve it in a big wooden bowl and pretend you're hosting a rustic dinner party in Vermont.

Why Your Body Will Thank You

This salad isn't just delicious—it's a celebration of seasonal nutrition. You're getting fiber, antioxidants, healthy fats, and plant-based protein all in one dish. Plus, it's dairy-free, egg-free, and totally vegan, so it's kind to your body and the planet.

So go ahead—grab your favorite sweater, cue up your fall playlist, and roast your way to pasta salad perfection. This recipe is proof that eating healthy doesn't mean sacrificing flavor. It means embracing the season, one bite at a time. 

Vegan Fall Pasta Salad

Roasted Fall veggies, tossed with pasta and the most amazing vegan creamy poppy seed dressing!

Prep Time 15 minutes mins | Cook Time 20 minutes mins | Total Time 35 minutes mins

Course: Main Course, Side Dish

Servings: 6



Ingredients

- 1 Cup Brussels sprouts, halved or quartered
- 1 Leek, sliced
- 1 Cup Sweet potatoes, chopped (about 1 small one)
- 1 Cup Mushrooms, halved or quartered
- 4 Cloves Garlic, chopped
- 2 Tablespoons Olive oil
- 1 Teaspoon Salt
- 16 oz. Pasta

Vegan Creamy Poppy Seed Dressing

- 1/4 Cup Vegan Mayo
- 3 Tablespoons Olive oil
- 2 Tablespoons Apple cider vinegar
- 2 Tablespoons Agave
- 1 Teaspoon Dijon mustard
- 1 Tablespoon Poppy seeds
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Onion powder

Instructions

1. Preheat the oven to 400 degrees.
2. Cut all the vegetables and garlic and put them on a sheet pan. Then pour the olive oil on top and sprinkle the salt on top and toss the veggies to coat them all in oil and salt.
3. Now, roast the veggies at 400 degrees for 20-25 minutes or until the sweet potatoes are cooked through and the veggies are getting a bit brown. I like to toss the veggies around after about 10 minutes.
4. While the vegetables are cooking, boil the pasta. Cook according to package directions. Drain and let cool.
5. Next, make the poppy seed dressing. Add all of the dressing ingredients to a small mixing bowl. Whisk together until fully combined. Taste and adjust seasonings if needed.
6. Then, when the veggies are done roasting, remove them from the oven and let them cool for a few minutes.
7. Now, add the pasta to a large mixing bowl, then add in the veggies and then pour the poppy seed dressing on top. Toss to coat everything in the dressing. Serve immediately, or chill and serve later!

Notes:

You can totally switch up the veggies and use whatever seasonal veggies you want. I also love to roast an apple with the veggies and toss some toasted pecans in as well!

Personal Tech

Simplifying smartphones, apps, and social media.



Snap Smart The Basics of Great Cellphone Photography

By James Morris

Whether you're capturing a grandchild's smile, a stunning Central Oregon sunset, or documenting a community event, your cellphone is a powerful tool for storytelling. You don't need a fancy camera to take beautiful, meaningful photos—just a few simple techniques and a fresh perspective.

Here are some essential tips to elevate your cellphone photography:

1. Clean Your Lens

It sounds obvious, but it's often overlooked. A quick wipe with a soft cloth can dramatically improve clarity and sharpness. Your phone lives in your pocket or purse—smudges happen!

2. Tap to Focus

Before snapping the photo, tap the screen where you want the camera to focus. This ensures your subject is sharp and well-defined, especially in portraits or close-ups.

3. Use Natural Light

Lighting is everything. Position your subject near a window or outdoors during the "golden hour" (shortly after sunrise or before sunset) for soft, flattering light. Avoid harsh midday sun or using the flash unless absolutely necessary.

4. Frame with Intention

Use the rule of thirds: imagine your screen divided into a 3x3 grid and place your subject along the lines or at the intersections. This creates balance and visual interest. Most phones even let you turn on a grid in the camera

settings!

5. Avoid Zooming In

Digital zoom can reduce image quality. Instead, move closer to your subject or crop the photo afterward. You'll preserve sharpness and detail.

6. Explore Editing Tools

Basic editing can transform a good photo into a great one. Adjust brightness, contrast, and saturation using your phone's built-in editor or apps like Snapseed or Lightroom Mobile. Just don't overdo it—aim for natural enhancement.

7. Steady Your Shot

Hold your phone with both hands, tuck your elbows in, and take a breath before pressing the shutter. For even more stability, consider using a small tripod or leaning against a solid surface.

8. Capture Candid Moments

Some of the most memorable photos are unposed. Keep your camera ready and snap moments of laughter, interaction, or quiet reflection—they tell the real story.

Coming Soon: Cellphone Photography Class

Want to dive deeper into these techniques and practice hands-on? I'll be holding a Cellphone Photography class in the near future, where we'll explore composition, lighting, editing, and creative storytelling—all using the phone in your pocket. Stay tuned for details in the newsletter and at the Redmond Senior Center! 

“Hello, This Is the Government...”

The Scam That’s Fooling Seniors Nationwide

By James Morris

If your phone rings and the voice on the other end says, “This is the FBI,” take a breath—and maybe a step back. Because chances are, it’s not the FBI. It’s a scammer with a script, a fake badge number, and a whole lot of nerve.

Welcome to the most dangerous scam hitting seniors in 2025: Business and Government Impersonation Scams. They’re slick, they’re scary, and they’re costing older adults millions.

The Scam in Action

It usually starts with a call, email, or even a pop-up on your computer. The message? Something’s wrong.

- “Your bank account has been compromised.”
- “There’s a warrant out for your arrest.”
- “Your Social Security number has been linked to criminal activity.”
- “We detected a suspicious purchase on your Amazon account.”

The scammer sounds official. They might use real names, spoof caller IDs, and even transfer you to a “supervisor.” But here’s the twist: they’re not trying to help. They’re trying to scare you into handing over money or personal information.

What They Want You to Do

Once they’ve got your attention, they’ll push you to act fast:

- Withdraw cash and deposit it into a crypto ATM.
- Buy gift cards and read the numbers over the phone.
- Send money via wire transfer or mobile payment apps.
- Give up your Social Security number, bank info, or Medicare ID.

They’ll say it’s to “protect your assets” or “clear your

name.” But really, it’s to empty your wallet.

Scam-Proof Your Mindset

Here’s the good news: you can outsmart these crooks with a few simple rules.

Rule #1: Slow Down - Scammers thrive on urgency. If someone says you must act now, that’s your cue to pause.

Rule #2: Hang Up and Call Back - Use official numbers from your bank statements or government websites. Never trust the number that called you.

Rule #3: Don’t Trust Caller ID - Scammers can make it look like they’re calling from the IRS, Medicare, or even your local police department.

Rule #4: Talk to Someone - Before sending money or sharing info, run it by a friend, family member, or someone at the Senior Center. Two heads are better than one—and scammers hate a second opinion.

Real Talk: Why This Scam Works

Scammers target seniors because they know you’re responsible, trusting, and often trying to do the right thing. They use fear and confusion to override your instincts. But once you know their tricks, you’re no longer an easy target, you’re a scam-busting superhero.

Spread the Word

If you’ve received one of these calls, you’re not alone. Report it at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov) and tell your friends. The more we talk about scams, the harder it is for scammers to succeed.

Final Thought from the Senior Center

We believe every senior deserves peace of mind, not paranoia. So let’s stay informed, stay connected, and keep those scammers on their toes. And remember: if the “FBI” calls asking for gift cards... it’s probably time to hang up and grab a cup of coffee instead. 

Save the Date

WEDNESDAY
September 03
11:00 AM

Meet & Greet RSC Staff



WEDNESDAY
September 17
11:00 AM

Luau & Karaoke



TUESDAY
September 09
10:00 AM

Indian Head Casino Field Trip



FRIDAY
September 19
1:00 PM

Happy Hour w/ Lindy Gravelle
& COA 50th Celebration



See Full Month Calendar on back cover.

FREE DROP-IN EVENTS

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

Card Sharks
Tuesday @ 10 AM

Connection Cafe
Tuesday @ 1:30 PM

Meet & Greet
1st Wednesday @ 11:00 AM

Poker w/Friends
Wednesday @ 1:00 PM

Cards w/Friends
Thursday @ 10 AM

Walk to Coffee
Friday @ 12:30 PM

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



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

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.

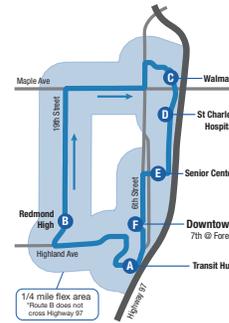


This bus has free wifi! Connect to "CET WiFi"

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



B Northwest



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

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 and see live bus locations:



Game On!

Puzzles for your mind

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. 25, driving the bus.

Fall Prevention & Home Safety

M B E T U K X M O O R H T A B I R
 E O B S A Y M O B I L I T Y H E J
 T Z V O I E N Z M I T I V I K K L
 S H N X T C S Q G H E T T L G M B
 Y R G Q M H R R R N F B A P O W I
 S A E K Z I G E E D I W I S G A J
 T B H P U Z S I X W A T S D R O C
 R B B F A H K L L E O R H Q B N N
 E A Y M O T I A G T A H M G R W O
 L R Y L I A G N O E H U S E I J N
 A G D I R N I U W C D G T A E L S
 M Z W D O R N T R N B T I U L U L
 J S N I O U O G X A U P W N G M I
 A A S O Q O S T L L O T D P A Q P
 H I L Q F E B D C A T S T A I R S
 V F E R E L L E X B U U K A N P T
 W N D Z L X D V U K T L X H T A H

Exercise

Balance

Vision

Flooring

Cords

Nightlight

AlertSystem

Mobility

ShowerSeat

Bathroom

Stairs

Threshold

Walker

Footwear

RugTape

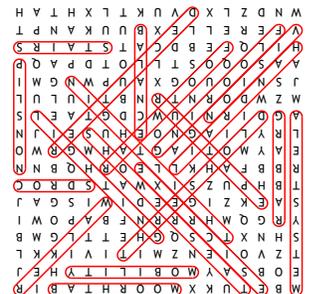
Declutter

Handrail

Lighting

NonSlip

GrabBar



Thank You Sponsors & Advertisers

We wouldn't be here without their support.

SPONSORS

- **Central Oregon Ranch Supply** | 1726 S Hwy 97, Redmond, OR 97756 | (541)548-5195 | www.centraloregonranchsupply.com
- **Council on Aging of Central Oregon** | 1036 NE 5th St, Bend, OR 97701 | (541)678-5483 | www.councilonaging.org
- **City of Redmond** | 411 SW 9th St, Redmond, OR 97756 | (541)923-7710 | www.redmondoregon.gov
- **Dry Canyon Arts Association** | www.drycanyonarts.org
- **Hayden Homes** | 2464 SW Glacier Pl #110, Redmond, OR 97756 | (541)923-6607 | www.hayden-homes.com
- **Hospice of Redmond** | 732 SW 23rd St, Redmond, OR 97756 | (541)548-7483 | www.hospiceofredmond.org
- **Local Paws** | 435 SW Evergreen Ave, Redmond, OR 97756 | (541)604-8990 | localpawsredmond.com
- **McDonald's of Redmond** | 895 SW Rimrock Way, Redmond, OR 97756 | (541)504-0073 | www.mcdonalds.com
- **Meta** | 607 Tom McCall Rd, Prineville, OR 97754
- **Partners In Care** | 141 NW 6th St Suite B, Redmond, OR 97756 | (541)382-5882 | www.partnersbend.org
- **Redmond Area Parks and Recreation District** | 465 SW Rimrock Way, Redmond, OR 97756 | (541)548-7275 | www.raprd.org
- **Redmond Chamber of Commerce** | 446 SW 7th St, Redmond, OR 97756 | (541)923-5191 | www.visitredmondoregon.com
- **Spokesman** | 361 SW 6th St, Redmond, OR 97756 | (541)548-2184 | www.redmondspokesman.com
- **The UPS Store** | 946 SW Veterans Way #102, Redmond, OR 97756 | (541)504-8600 | www.theupsstore.com
- **Windermere Real Estate** | 821 SW 6th St, Redmond, OR 97756 | (541)923-4663 | www.windermerecentraloregon.com
- **Brookside Assisted Living** | 3550 SW Canal Blvd, Redmond, OR 97756 | (541)504-1600 | www.brooksideplace.net
- **Amerititle** | 735 SW 6th St, Redmond, OR 97756 | (541)923-1749 | www.amerititle.com
- **Central Electric Cooperative, Inc.** | 2098 NW 6th St, Redmond, OR 97756 | (541)548-2144 | www.cec.coop
- **Fairway Mortgage** | 601 NW Harmon Blvd, Suite 11, Bend, OR 97703 | (541)771-6175 | www.fairway.com
- **Aspire** | (458)206-6660 | www.AspireCaregiving.com
- **Sharon Lanier**
- **Carrie Novick**

ADVERTISERS

- **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 5
- **The Redmond Spokesman** | 361 SW 6th St, Redmond, OR 97756 | (541) 548-2184 | www.redmondspokesman.com | Page 13
- **Partners in Care** | 141 NW 6th St Suite B, Redmond, OR 97756 | (541) 382-5882 | www.partnersbend.org | Page 17
- **5 Star Concierge** | (541) 816-1730 | www.5starconcierge.org | Page 21
- **Fitz Insurance Agency, Inc.** | 62910 OB Riley Rd, Ste 130, Bend, OR 97703 | (541) 398-7552 | www.insurancethatfitsyou.com | Page 21
- **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



\$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: _____