



SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

NEWS MAGAZINE

AUGUST

2025

FREE

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12 for 12 — A Year of Heartfelt Giving



At the Redmond Senior Center, we cherish the quiet power of showing up—month after month, moment after moment—for the people who need us most. That’s the soul behind our new 12 for 12 Campaign: a heartfelt invitation to give \$12 a month for 12 months, ensuring our older adults can thrive in a space filled with care and connection.

Imagine this—your \$12 becomes a warm meal shared among friends, a moment of joy at a dance or a game night, the chance to learn something new, or even the comforting smile of someone who whispers, “I’m so glad you’re here.” It’s more than money; it’s hope, laughter, and dignity wrapped into every precious dollar.

The Senior Center isn’t just a building. It’s a haven. It’s where loneliness gives way to love, where someone at 75 discovers friendship anew, and where life’s purpose proves ageless. For so many, it’s their lifeline—their home.

When you pledge \$12 a month for one year, you’re not just donating—you’re making a powerful statement: “You matter. Your life, your health, your happiness—they all matter.” Every name of those who join this movement will grace our Wall of Donor Support—a tribute to the compassion that keeps our community whole.

This campaign doesn’t end, because the need doesn’t. It’s ongoing, just like the bonds we form here. Whether you’re local or far away, young or young-at-heart—if your heart beats for the seniors of Redmond, this is your chance to make an enduring difference.

Join the 12 for 12 Campaign Today. Let your kindness ripple through countless lives, twelve times over. Because \$12 a month isn’t charity—it’s love amplified, it’s humanity in action, it’s the heartbeat of our community.

To sign up, visit redmondseniors.org/12for12 or stop by the Senior Center.

Together, let’s build a legacy of love—one that warms hearts for years to come.

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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Card #: _____ Exp. Date: _____

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Thank you for your generous donation!



www.RedmondSeniors.org/12for12

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From the Director

A personalized greeting from the man in charge.

Welcome to August! I don't know about you, but summer seems to be flying by faster than a hummingbird at a feeder. Before the season slips away entirely, I'd like to take a moment to spotlight a few incredible individuals who make the Redmond Senior Center such a warm and vibrant place to be.



Randy Graves
Executive Director


First up, a big thank you to **Diana Barker**. Diana has been the fearless President of our Board for the past few years, putting in countless hours steering the ship, helping guide the Center through transitions, and rolling up her sleeves to assist with fundraising efforts. While Diana is stepping down from the President's seat in 2025, we're thrilled she's staying on the Board for another term. Diana, we appreciate you more than words can say!

Another round of applause goes to **Tom McEneaney**, who recently completed his term on the Board. Tom has been a steadfast voice for our congregate diners and a bridge between the boardroom and the lunchroom. He's not disappearing, though—Tom still delivers the Redmond Spokesman to the Center every Thursday and brings in our monthly birthday cake from Brookdale. Now that's dedication with frosting on top!

And now, let's roll out the welcome mat for three new Board members who are bringing fresh energy and expertise to our team—all the way from Eagle Crest!

- **Laura Martin** is not only one of our fabulous Meals on Wheels drivers, but she also jumps into the kitchen to help whenever needed. She's a retired Associate Director of Risk Management from OHSU, holds a degree in Psychology from Western Oregon, and has been married to her husband Dean for over 41 years. In her free time, Laura enjoys golf, pickleball, and staying active with her church. We're lucky to have her on the team!
- **Sandra Steiger** comes to us with 30 years of experience in adult and jail education in California. She's called Central Oregon home for the last 8½ years, where she enjoys playing bridge and spending time with her delightfully goofy cat, Fiona. Two of Sandra's three adult children live nearby, and we're sure the rest of her heart lives right here at the Center.
- **Mitch Steitz** brings a wealth of knowledge from the world of public sector contracts, digital transformation, and higher education partnerships across the western U.S. He holds a master's degree in law with a focus in mediation and contract negotiations (remind me never to argue with him about card games!). Mitch is a passionate advocate for community service and spends his free time golfing, skiing, and soaking in the great outdoors.

Please join me in welcoming Laura, Sandra, and Mitch. We're thrilled to have them aboard and look forward to the new ideas, energy, and expertise they'll bring to the Redmond Senior Center.

As always, thank you for being part of our incredible community. Here's to another month of connection, compassion, and community spirit! 

Welcome Aboard!

Say hi to our newest board members.

Meet the New Faces on Our Board

As the Redmond Senior Center continues to grow and evolve, we're thrilled to welcome several exceptional new board members who bring fresh energy, diverse talents, and a shared passion for serving our senior community. To help you get to know them better, we posed three thoughtful questions that highlight who they are, what drives them, and how they hope to contribute to our mission. Their responses—shared in their own words—reflect the spirit of commitment and care that makes our board so special. Read on and get inspired by the voices shaping our future!



Mitch Steitz

I'm drawn to the Senior Center by its value to our senior community through outreach, services and the sense of meaningful existence provided.

Serving others through active guidance and leadership has been a passion through various aspects of life, including my career and participation in leadership serving Schools Foundations, Church, Youth Sports and Senior Living Facilities. Helping shape positive outcomes as a result of collaboration for the greater good serves us all, both directly and indirectly.

I'm hopeful to offer a balance to the Board through forward thinking and strategic guidance. Today's contributions and vision allow focused, stable growth as we approach new plateaus on the horizon.



Sandra Steiger

I wanted to join the Redmond Senior Center Board because I felt my 30 plus years of experience as an adult education administrator enabled me to build some skills which I could use to help the center achieve some of its goals. In particular, I worked with many other community organizations to build and promote our programs and to create joint fundraising activities.

Many of my schools' classes were geared toward senior learners especially in computing which, among other things, enabled them to stay connected with family and friends, to generate family histories and to make new friendships among classmates. I have a real passion for the importance of continuing education as a means of keeping seniors, in particular, mentally stimulated, growing and engaged. My goal for the board is to help continue and build on the positive financial stability and growth the center has achieved in the past several years. In addition, I hope to build a more complete picture of the activities and services provided by the center to encourage an even broader spectrum of participation among all community members whether as attendees, volunteers or donors.



Laura Martin

As an active volunteer with the Redmond Senior Center (RSC), I deliver meals for Meals on Wheels and occasionally assists in the kitchen. My passion for service, respect for the RSC, and commitment to community connection fueled my inspiration to join and serve on the RSC Board of Directors.

Spending time with family, friends and the community brings me joy. But my greatest level of joy comes from spending time with my four year old granddaughter. I am so grateful that my daughter and her family have joined the Redmond community and love living in Redmond as much as my husband and myself love living here.

I hope to contribute both support and ideas to help grow fundraising and financial resources for the RSC. Additionally, I aim to elevate awareness of the RSC's invaluable programs, services and contributions to the well-being of the Redmond senior community.

ELVIS WEEK

at the
Redmond Senior Center
August 11-15



MON
12:00 ELVIS TRIVIA

TUE
12:00 NAME THAT TUNE

WED
1:00 MOVIE BLUE HAWAII

THU
12:00 ELVIS MEMORIES

FRI
1:00 HAPPY HOUR/ ELVIS
IMPERSONATOR/DRESS UP 50'S & 60'S

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



Partners In Care

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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.

You Matter Too

A Friendly Reminder to Our Amazing Volunteers

By James Morris



At the Redmond Senior Center, our volunteers are the heartbeat of everything we do. You bring joy to lunchtime conversations, warmth to wellness events, and a steady helping hand to those who need it most. But here's a friendly reminder that often gets buried under to-do lists and good intentions: **you matter too.**

That's right. Your well-being, your peace of mind, and your personal time are just as important as the hours you generously give to the Center. So, let's talk about self-care—not as a luxury, but as a necessity.

You Can't Pour from an Empty Teacup

We know our volunteers are the kind of people who always show up. Rain, shine, or a cranky toaster in the kitchen—you're there. But even superheroes take off the cape sometimes.

Taking a break doesn't mean you're letting anyone down. It means you're giving yourself the space to breathe, recharge, and come back with that same spark that makes you, you. Whether it's a day, a week, or a season—it's okay. We're still here, and so is your spot.

Self-Care is More Than Bubble Baths (Though We Love Those Too)

Let's redefine self-care. It's not just spa days or yoga poses—it's anything that helps you reset your internal batteries.

Here are a few easy ways to sprinkle in some self-care:

- **Say "no" when needed** – Setting boundaries is

healthy.

- **Get outside** – Nature has a sneaky way of lifting moods.
- **Check in with yourself** – How are you feeling today? Really.
- **Reach out** – Whether it's a friend, a counselor, or a coffee buddy, connection matters.
- **Unplug** – Even just ten minutes away from phones or obligations can do wonders.

We're Not Just a Team—We're a Community

If you ever feel overwhelmed, stressed, or simply tired, it's okay to speak up. Our goal has never been to push anyone to their limits. We want you to thrive. Not just as a volunteer, but as a person.

We're happy to help shift schedules, cover duties, or just listen. There's no guilt in needing a moment to yourself. In fact, **we encourage it.**

You're Not Alone (Even When You Step Back)

One of the most beautiful things about being part of a community like this is that we lift each other up. If you ever need support, whether it's a friendly ear or some extra flexibility, we've got your back.

So go ahead—**take that day off. Book that vacation. Sleep in.** Binge-watch that show that's been on your list since last year. The Center will still be here, and we'll welcome you back with open arms (and probably snacks).


Thank You, From the Bottom of Our Hearts

You make the Redmond Senior Center a warm, welcoming place. Your kindness, your effort, and your time mean more than we can ever say. But we care about you, not just what you do. So please—take care of yourself the same way you take care of others.

Because when you shine, we all shine.

With heartfelt appreciation,

The Redmond Senior Center Team

Need to talk or take a step back for a bit? Email us, call us, or swing by the office, we're always here for you. 

From Restaurants to Relationships

How Matt Davis Finds Purpose in Giving Back

By James Morris



When you ask Matt Davis why he spends his mornings delivering meals to strangers, the answer is both simple and deeply heartfelt: “I just felt like I... There’s more to give.”

Matt, who has been volunteering at the Redmond Senior Center’s Meals on Wheels program for the past two years, exudes the warmth of someone who walks the talk. And, as he tells it, this journey of giving back didn’t start by accident. “Honestly, the impetus was my mom,” he reflects. “My mom’s been doing Meals on Wheels for probably 20 plus years”—though on the other side of the country, in Pennsylvania. Knowing about the program for so long, and with “a fair amount of free time” on his hands as a local business owner, Matt decided he could make a similar impact in his own community.

“I live halfway between Bend and Redmond, so in the Tumolo area,” Matt says. He applied to volunteer at both nearby centers, but when Redmond called first, he was more than ready. Running multiple “restaurant bar type situations”—lottery bars—in Bend and Redmond, with good managers in place, Matt carved out time not just to give back, but to truly connect.

His giving stretches further than just meal delivery. Matt has also dedicated decades to coaching high school wrestling, both in Pennsylvania and, for the past 20 years, at Mountain View High School in Bend. “It’s another way

of giving back,” he says, warmly describing it as one of his true passions. Coaching and volunteering, he notes, might not pay the bills, but they fill his life with meaning.


Ask Matt what he loves about Meals on Wheels, and it’s the human connection that shines through. “For some of the people, I believe it’s probably the only human contact maybe they have in a day. And so, a good smiley face is important.” Even interactions that last “30 seconds or a minute” feel significant. He describes how he often checks on clients’ wellbeing in small but important ways—making sure they’re able to answer the door, offering a touchpoint for those who need it most.

The program, though often filled with gratitude and joy, is not without its bittersweet moments. The hardest part? “When you get to an apartment or a house that doesn’t seem clean... or obviously I’ve had some people on my route that have passed away.” Even so, Matt chooses to focus on the positive. He warmly recalls delivering flowers to Audine, a 90-year-old client who responds with hugs and stories of her family. “She appreciates me and I appreciate her,” he says simply.

And sometimes, volunteering brings surprises you can’t plan for—like the time he unexpectedly encountered a particularly uninhibited client in a trailer home. “No one told me [he’d answer naked]... when I came back, I said to whomever, ‘So I just want to let you know, the guy in trailer number 39,’ and they said, ‘Oh, you met Jim. Yeah, he’s always naked.’” Laughter, too, is part of the job.

Back at home, Matt is greeted by Daisy, his little cream-colored long-haired dachshund, who often keeps him company on his routes—bringing joy to both of them.

Matt Davis may not have set out on some grand mission, but his story speaks to the quiet fulfillment found in serving others. “I love living in Central Oregon. I moved here to ski and bike... Central Oregon is an oasis of good people and yeah, I consider it home.”

The message is clear: making a difference doesn’t require grand gestures—just the willingness to show up, listen, and offer a warm smile, one meal at a time. 

Activities & Events

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

Long Live the King

Elvis Week at the Redmond Senior Center!

By James Morris

Get ready to shake, rattle, and roll! This August marks the anniversary of Elvis Presley's passing, and we're paying tribute the only way we know how—with a whole week of fun, flair, and a little bit of hip-swiveling nostalgia!

From Monday, August 11 through Friday, August 15, we're transforming the Redmond Senior Center into Graceland Northwest with a weeklong celebration of The King of Rock 'n' Roll. Whether you're a die-hard fan or just looking for a rockin' good time, there's something for everyone during

Elvis Week.

Here's what's on the jukebox:

- **Monday, August 11 – Elvis Trivia (during lunch)** - Test your knowledge of Elvis's life, music, and maybe even his favorite sandwich (hint: it involves peanut butter and bananas). Prizes for the top fans!
- **Tuesday, August 12 – Name That Tune (during lunch)** - Can you recognize an Elvis song in just a few notes? Get ready to tap your toes and guess that tune!
- **Wednesday, August 13 – Movie Matinee: Blue Hawaii (1:00 PM)** - Escape to paradise with this iconic Elvis flick. Grass skirts optional, but Hawaiian shirts are highly encouraged!
- **Thursday, August 14 – Elvis Memories: Share Your Stories** - Did you see him live? Do you remember where you were when you first heard "Heartbreak Hotel"? Bring your best Elvis memories and let's take a trip down memory lane together.
- **Friday, August 15 – Happy Hour with Elvis!** - Put on your blue suede shoes—or better yet, your best 50s and 60s attire—and join us for live music, themed drinks, and an Elvis impersonator who'll make you believe the King never left the building.

Whether you swooned over him in the 50s or just appreciate a good hunk-a hunk-a burnin' fun, Elvis Week is your chance to celebrate a legend and enjoy some community spirit in true Redmond Senior Center style.

So, slick back that hair, grab your poodle skirt or leather jacket, and let's make this week all shook up!

Thank you. Thank you very much. 🎵



Some Inspiration from the King

The Eagle Has Landed: Elvis's Patriotic Flair

In January 1973, Elvis Presley made history with Aloha from Hawaii, the first-ever live satellite concert broadcast globally. To mark the occasion, he requested a jumpsuit that symbolized his roots and pride in his country. The result? A stunning white ensemble adorned with a bejeweled red, blue, and gold eagle. It wasn't just a fashion statement — it was a tribute to America itself. The symbolism resonated worldwide, representing Elvis as the embodiment of the American dream: a working-class Southern boy who rose to international fame.

The “American Eagle” jumpsuit became one of his most iconic looks, forever etched in pop culture and patriotism. Fans didn't just see Elvis performing — they saw a man proudly carrying his homeland's spirit. Amid the glitz of showbiz, this moment reminded the world that Elvis hadn't forgotten where he came from or what he represented. His performance reached over 1.5 billion people, making not only musical history but a heartfelt declaration of what it meant to rise, to dream, and to belong.

Viva Las Mystery: The Song He Never Sang

In 1963, Elvis recorded Viva Las Vegas, a track bursting with energy and glamour that soon became Las Vegas's unofficial anthem. The chemistry between him and co-star Ann-Margret in the film was palpable, on screen and off — a firecracker pairing that fans adored. Yet strangely, despite his legendary presence in Vegas with 636 sold-out shows, Elvis never performed the song live. Whether it was personal preference or circumstance, the omission only deepened its mystique.

The song lived on without live performances, turning into a symbol of what could've been — adding another layer of intrigue to Elvis's Vegas legacy. It's almost poetic: a tune that encapsulates the spirit of the strip, bursting with flair, yet untouched by his stage persona. It reminds fans that even in the most public life, some things remain delightfully elusive. Elvis may not have sung it on stage, but he made Vegas — and the song — unforgettable.

Grace Behind the Glitter

For all his fame, Elvis was known for quiet acts of kindness that never made headlines. One day, while visiting a hospital, he spoke with a young woman whose baby was undergoing surgery. Learning she was a devoted fan and overwhelmed by medical costs, Elvis quietly paid for all of it. There were no cameras, no press releases — just compassion and generosity from the King of Rock and Roll.

Stories like this reveal the humanity beneath the rhinestones. Elvis didn't need applause for helping others — he did it because he could, and because he cared. His stardom gave him access and influence, but his heart kept him grounded. These moments, often shared years later by grateful fans, paint a deeper portrait of Elvis not as a superstar but as a man who never forgot the struggles of ordinary people.

Faith in the Final Act

Despite the chaos and temptations of fame, Elvis held tightly to his faith throughout his life. Raised in the church, he often turned to gospel music and prayer for comfort. In the final months of his life, those spiritual roots grew stronger. He frequently asked those close to him, “Are you staying close to the Lord?” And shortly before his death, Elvis reportedly said to his stepbrother, “We should all begin to live for Christ,” a line that echoes far beyond Graceland's walls.

His stepbrother Rick Stanley recalls those words as one of Elvis's final affirmations of faith — a moment of clarity and devotion that shaped his spiritual legacy. It's a side of Elvis often overshadowed by his performances, but one that many fans find deeply inspiring. In the end, he didn't just leave behind music and memory — he left a quiet invitation to seek grace, redemption, and a life filled with purpose.

More Than Just Bingo

How We're Building Community, One Activity at a Time

By James Morris

Walk through the doors of the Redmond Senior Center on any given day, and you're likely to hear the friendly clatter of Mexican Train, a spirited round of poker, or the unmistakable sound of someone belting out "Blue Suede Shoes" at Karaoke. (Yes, we still haven't recovered from Simion's unforgettable Elvis impersonation.)

But behind the games, laughter, and potlucks is a deeper purpose: building a place where seniors feel seen, supported, and—above all—connected.

At the Redmond Senior Center, activities aren't just time-fillers. They're lifelines. They're the spark that lights up someone's Tuesday afternoon, the friendly conversation that turns into a lasting friendship, or the moment someone realizes they do have rhythm after all (looking at you, Chair Yoga class!).


We plan each event with care and intention. Happy Hours bring the joy of good company and great music. Movie Matinees aren't just about popcorn—they're about

shared stories and shared laughter. Our Tech Tuesdays help folks keep up with the modern world and their grandkids' memes. And wellness talks? They're like TED Talks... if TED wore bifocals and had a fondness for hard candies.

It's all part of our mission to meet the needs of today's seniors—not just physically, but emotionally and socially too. Because let's face it: retirement should never mean retreat. It should mean rediscovery.

Some come to dance. Some come to learn. Some come to sip coffee and trade stories about "back in the day." And every single one of them belongs here. That's the magic of the Redmond Senior Center.

So, whether you're here to join a game, try something new, or just want a good excuse to wear that Hawaiian shirt (Luau Karaoke, anyone?), we've got something for you.

Come as you are. Leave with a smile. That's what we do here—and we're saving you a seat. 



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Wednesdays



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

Larkspur Community Ctr
1600 SE Reed Market Rd, Bend
Aug 13 - 1:00 pm
Sept 3 - 1:00 pm
Oct 8 - 1:00 pm

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The Art of Looking After You

—Self-Care Awareness for Seniors

By James Morris

When was the last time you did something just for you? Not because it was on the calendar or someone reminded you, but because it nourished your soul. August is Self-Care Awareness Month—a perfect time to remember that taking care of yourself isn't selfish. It's essential.



Self-care isn't just bubble baths and herbal tea (though we fully support those). For seniors, self-care can be as simple—and as powerful—as staying socially active, drinking more water, trying a new activity, or giving yourself permission to slow down.

Here at the Redmond Senior Center, we're shining a spotlight on self-care throughout the month. Whether it's joining our new Chair Yoga class, enjoying a Movie Matinee, or just coming by for lunch and connection, these small acts build up to a big difference.

One of the most overlooked aspects of self-care is connection. Seniors who maintain regular social interactions are proven to have lower risks of depression, better memory retention, and even longer life expectancy. It doesn't always have to be a grand gesture—even small moments like sharing a laugh over coffee or calling a friend can boost your mood.

Movement is another powerful self-care tool. Many seniors shy away from exercise due to mobility issues or fear of injury, but low-impact activities like chair yoga, tai chi, or gentle stretching can work wonders. The goal isn't to run a marathon—it's to keep moving in ways that feel good.

Nutrition also plays a huge role. Staying hydrated, limiting processed foods, and ensuring you get enough protein and fiber can improve energy levels, brain function, and immune response. At the Redmond Senior Center, our affordable meal program is designed to be both nutritious and delicious.

Self-care also means knowing when to ask for help. Whether it's attending one of our Wellbeing Talks to

learn new strategies or talking to a friend about how you're feeling, reaching out is a sign of strength, not weakness.


In today's fast-paced world, it's easy to forget to check in with yourself. But making time for rest, reflection, and joy is just as important now as it ever was. You deserve to feel good—not just physically, but mentally, emotionally, and socially.

So go ahead—take that walk, schedule that class, sip that tea, or just take a deep breath and smile. Self-care is about honoring who you are and what you need, one moment at a time.

Join us all August long as we celebrate Self-Care Awareness with tips, events, and gentle reminders that YOU matter. Check out our calendar of events at RedmondSeniors.org and treat yourself to a little well-being.

Don't miss our Wellbeing Talk, held on the second Wednesday of every month, where we explore wellness topics with local experts. And join us for Wellbeing Connect on the fourth Wednesday, a casual meet-up designed to help you build social bonds while learning new tips to care for yourself and others.

Self-care is more than a moment—it's a mindset. And every moment you invest in yourself, you're investing in a healthier, happier future.

"Until next time, stay connected, stay inspired, and remember—every senior matters." 

Need Support? You're Not Alone.

National Resources:

- **National Institute on Aging (NIA)**
Offers research-based information and resources on senior health and wellness.
1-800-222-2225
www.nia.nih.gov
- **Mental Health America – Older Adults Program**
Focused on emotional wellness and mental health support for seniors.
703-684-7722
www.mhanational.org/issues/older-adults
- **Eldercare Locator**
A public service from the U.S. Administration on Aging connecting older adults to local services.
1-800-677-1116
www.eldercare.acl.gov

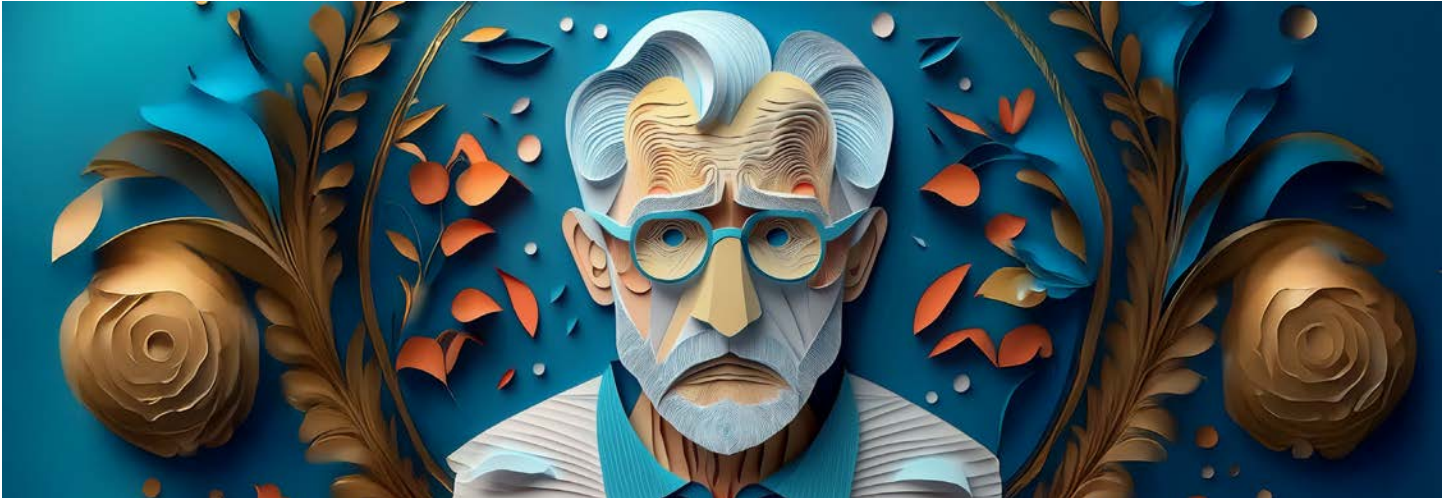
Local (Central Oregon) Resources:

- **Council on Aging of Central Oregon**
Provides meals, caregiver support, and wellness programs for seniors in Deschutes County.
541-678-5483
www.councilonaging.org
- **Partners In Care – Bend, OR**
Offers home health, hospice, grief support, and palliative care resources.
541-382-5882
www.partnersbend.org
- **Deschutes Public Library – Redmond Branch**
Hosts wellness workshops, tech help sessions, and community programs for all ages.
541-312-1050
www.deschuteslibrary.org

Handle With Care: The Art of Emotional Self-Care

Because feelings don't come with bubble wrap

By James Morris



Let's be honest—emotions are messy. They don't knock politely. They show up uninvited, kick their shoes off in your living room, and sometimes eat all the snacks.

But here's the kicker: those feelings? They're not the enemy. They're the smoke signals of your inner world. And emotional self-care is the fire extinguisher, warm blanket, and cup of cocoa rolled into one.

What Is Emotional Self-Care, Really?

Emotional self-care is the practice of recognizing, accepting, and nurturing your emotional state. It's how we support our inner world so that it doesn't erupt all over our outer one (like, say, snapping at your toaster for burning the bagel... again).

It's not just about "feeling better"—it's about feeling better at feeling.

Let's explore how to get cozy with your emotions instead of stuffing them into a metaphorical junk drawer next to expired coupons and that charger for a phone you no longer own.

1. Feel Your Feelings (Even the Cranky Ones)

Suppressing your emotions is like trying to hold a beach ball underwater—eventually, it's going to pop up and smack someone in the face. Possibly your cat. Possibly your spouse. Possibly the mailman.

Instead, try this:

Name what you're feeling. Are you sad? Frustrated? Lonely? Annoyed that nobody noticed your new haircut?

Putting a label on your emotions gives your brain a starting point. It's like shining a flashlight into the dark corners of your mind. No monsters, just a pile of feelings that want to be heard.

2. Get Curious, Not Judgy

Instead of thinking, "Ugh, why am I like this?", try asking, "Huh... what's this about?"

Sometimes that bad mood is about the dishes. Sometimes it's about the unresolved argument from last week. Sometimes it's because you haven't had a real meal since Tuesday and your emotions are literally running on tortilla chips.

Being curious helps you explore what you need, without shaming yourself for being human. (Spoiler alert: you are.)

3. Talk It Out—Even If It's to Your Dog

You don't have to carry the emotional weight of the world on your shoulders. (Unless you're auditioning to be a Marvel character. In which case, proceed.)

Call a friend. Join a support group. Vent to your potted plant. Or write it all down in a journal like a 19th-century poet with a flair for dramatic metaphors.

Expressing emotions out loud (or in writing) can reduce their intensity and increase clarity. That's not woo-woo, that's science.

4. Protect Your Peace Like It's the Last Piece of Cake

Emotional self-care is also about setting boundaries. That means saying "no" when you need to, without a ten-

minute apology monologue. It means walking away from drama, limiting negativity, and knowing that you don't have to attend every argument you're invited to.

You're allowed to protect your time, your space, and your sanity. In fact, your emotional well-being depends on it.

5. Find Your Emotional Reset Button

What helps you reset when your feelings are doing cartwheels? It might be:

- A walk outside
- Listening to music
- A hot shower and comfy socks
- A guided meditation (with that voice that sounds like warm toast)
- Yelling into a pillow (surprisingly satisfying)

Make a list of your go-to emotional first-aid techniques

and keep it somewhere handy. That way, when things go sideways, you've got your own user manual.

Final Thought: You're Not a Robot (And That's a Good Thing)

Feelings are part of the full-color experience of being alive. Emotional self-care doesn't mean you'll never have a bad day. It means you'll be better equipped to ride out the storms without losing your sails—or your snacks.

So, the next time you feel overwhelmed, sad, or stressed, try this mantra:

"This feeling is valid. This moment will pass. I am taking care of me."

Because the truth is, your emotions don't need to be fixed.

They just need to be felt, understood, and handled with care—like the priceless treasures they are. 🌈



Do I Need Help With Emotional Self-Care?

Ask yourself...

- ☐ Have I been feeling sad, anxious, or overwhelmed more days than not?
- ☐ Do I often bottle up my feelings because I don't want to "burden" others?
- ☐ Am I quick to anger or unusually irritable over small things?
- ☐ Do I feel emotionally numb, disconnected, or "checked out" from life?
- ☐ Have I stopped enjoying things I used to love?
- ☐ Is it hard for me to express how I'm feeling, even to close friends or family?
- ☐ Do I constantly feel like I have to hide how I really feel?
- ☐ Am I using food, alcohol, screens, or other distractions to avoid my emotions?
- ☐ Do I struggle to set boundaries and often feel drained by other people's needs?
- ☐ Have loved ones expressed concern about my mood or behavior?
- ☐ Do I have trouble sleeping because my mind won't stop racing?
- ☐ Do I often feel unworthy, guilty, or like "m "not enough"?
- ☐ Is it difficult to ask for help, even when I know I need it?

If you answered "yes" to more than a few of these questions...

It might be time to reach out. Talking to a counselor, therapist, support group, or even a trusted friend can make a world of difference. Emotional self-care is not about "fixing" yourself—it's about finding the support, tools, and space to feel whole again.

You don't have to go through it alone. Help is available—and you deserve it.

Stand Tall at Home

Protecting Against Falls with Simple Fixes

By James Morris

For many older adults, home should be the safest place to land—but for far too many, it's where unexpected slips and trips take place. In fact, according to the CDC, 1 in 4 adults aged 65 and older experiences a fall each year, and the majority of these happen right at home. Whether it's a cluttered hallway, slick bathroom tiles, or dim lighting, the risk is real—but so are the solutions.

What Puts Us at Risk?

Falls aren't just "accidents"—they often stem from common but fixable issues:

- Poor lighting in key areas like hallways, bedrooms, and entrances
- Slippery bathroom floors, especially around tubs and showers
- Loose rugs and tangled cords that create tripping hazards
- Medications that affect balance or alertness
- Changes in mobility, strength, or coordination

If you've felt yourself hesitating on the stairs or reaching for furniture to steady yourself, your home may be sending a signal—it's time for a safety check.

Easy Upgrades for Peace of Mind

Here are a few senior-friendly updates that make a big difference:


- Grab bars in the bathroom—in the shower and beside the toilet
- Motion-sensor lighting in hallways for safer nighttime movement
- Non-slip mats and secure rugs—or better yet, remove them entirely
- Keep walking paths clear and store items within arm's reach
- Wear proper indoor shoes with non-skid soles

- Consider moving your bedroom to the first floor to avoid stairs

Smart Tech to the Rescue

Today's tech offers subtle support without intruding on your day:

- Fall detection pendants or smartwatches that automatically alert loved ones
- Voice-controlled devices to adjust lights or call for help
- Smart lighting systems that brighten up your path without the switch

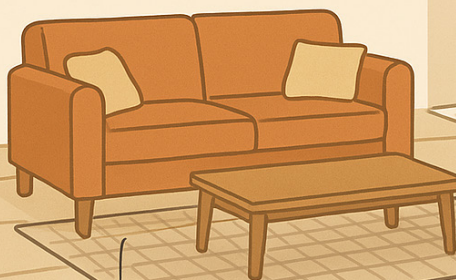
Safety isn't just about preventing harm—it's about preserving independence. With a few thoughtful changes, your home can remain the place where comfort and confidence meet. 

10 Quick Fixes to Prevent Falls



Lighting

- ☐ Motion-sensor lights
- ☐ Bright bulbs in key areas



Slip-resistant rug



Flooring

- ☐ Remove or secure rugs
- ☐ Tuck away cords



Non-slip mat inside/outside tub



Footwear & Mobility

- ☐ Non-slip shoes indoors
- ☐ Keep mobility within reach

Lift Your Spirits Naturally

Mood-Boosting Indoor Plants for Self-Care

By James Morris

The simple presence of greenery can do wonders for the soul. Studies show that indoor plants don't just purify air—they calm nerves, sharpen focus, and gently brighten our outlook. Whether you're adjusting to a new season in life or simply refreshing your space, bringing nature indoors can turn your home into a sanctuary of self-care.

Why Plants Help Us Feel Better

- They reduce stress: Research shows interacting with plants lowers cortisol (the stress hormone).
- They improve air quality: Many common plants filter toxins and boost oxygen levels.
- They create beauty and purpose: Caring for something living fosters connection and joy.

As one Redmond senior center member put it:

"Every morning I check on my spider plant—it's like getting a hug from nature."

Easy-Care Plants That Bring the Peace

Plant Name	Mood-Boosting Benefits	Care Notes
Snake Plant	Boosts oxygen & removes toxins	Tolerates low light, dry soil
Peace Lily	Symbol of calm; cleans air	Moderate light, weekly watering
Spider Plant	Cheerful & hardy; great for beginners	Bright indirect light, moist soil
Pothos	Fast-growing, soothing to watch trail	Low light, forgiving of missed watering
Lavender (indoors)	Calming scent aids relaxation & sleep	Needs bright light, well-drained soil

These plants aren't just décor—they're quiet companions, offering a breath of fresh air when you need it most.

Self-Care Tips with a Planty Twist

- Start your day by saying hello to your plant—yes, really!
- Place a plant in a reading nook or beside your favorite chair.
- Try gifting a small plant to a friend with a note: "Grow joy with me."

Mood-Boosting Indoor Plants for SELF-CARE



Snake Plant
Boosts oxygen
& removes toxins



Peace Lily
Symbol of
calm;
cleans air



Spider Plant
Cheerful
& hardy



Pothos
Soothing to
watch trail



Lavender
Calming scent
aids relaxation



Calming scent aids relaxation



BIRTHDAYS in AUGUST

Aulie, Mary
Barkost, Judy
Bertsch, Linda
Blyler, Kent
Bridge, Marvin
Buxton, Kathy
Carpenter, Shirley
Colvin, Cecilia
Curtis, Michael
Davis, Matt
de Sully, James
Effinger, Sharon
Fischer, Bill
Fisher, Earl
Gittins, Christina
Hannah, Barbera
Hodge, Victoria

Jager, Marti
Jahns, Lorena
Lytle, Bruce
McKendry, Jane
Nelson, Walter
Ohlemann, Christine
Porter-Chase, Pat
Poulsen, Jeannie
Salomone, Vincent
Schulz, Ken
Siroshon, Ruth
Smith, Maureen
Sorum, Linda
Timberman, Terri
Umlauf, Laurie
Werhane, Laurel
Wright, Julie

Welcome New Members & Volunteers!

Enrollment Period: June 16 - July 15

MEMBERS:

Blackburn, Lora
Byrum, Sharon
Cottle, Terry
Dennis, Craig

Dillard, Sharon
Gabriel-Cass, Lynn
Goss, Larry
Hathaway, Patsy
Palmore, Jewel

Raygoza, Gilbert
Reed, Patricia (Pat)
Whiteaker, Gary
Wright, Julie



**Field
trip**

TUESDAY AUGUST 5TH

10:00 AM-1:00 PM

\$10.00 DOLLARS

6 SPOTS

**SEE ANGELA AT THE FRONT
DESK TO SIGN UP.**



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.

From Pantry to Perfection

Tortellini with Pine-Nut Brown Butter Sauce

By James Morris



Let's talk tortellini. That little ring of pasta, stuffed with cheese or meat, often sits quietly in the refrigerated aisle, waiting for someone to toss it in marinara and call it dinner. But what if I told you your weeknight pasta could dress up like a five-star entrée—and all it takes is a stick of butter, some sage, and a handful of pine nuts?

Welcome to the golden, nutty, herby glory of Tortellini with Pine-Nut Brown Butter Sauce.

This deceptively simple dish transforms humble grocery staples into something utterly craveable. It starts, as many great dishes do, with butter. Half a cup, to be exact. Melted slowly in a skillet, it becomes the foundation for a sauce that's rich but never heavy. The magic happens when chopped onion and fresh sage hit the pan, releasing aromas that'll make your neighbors jealous.

But here's the twist that elevates everything: pine nuts. Toasted in that bubbling butter until golden, they bring a gentle crunch and a warm, nutty flavor that lingers. Whole sage leaves are tossed in too, crisping into delicate, edible confetti.

Meanwhile, a pot of salted water brings tortellini to life—any variety will do, fresh or frozen. But here's the chef's trick: instead of draining them straight into the sink, you pour them over a colander filled with fresh baby spinach. The residual heat gently wilts the greens, preserving color and nutrients without an extra pan.

Combine it all—pasta, spinach, and that deeply flavorful brown-butter sauce—and give it a generous snowfall of freshly grated Parmesan. A few cracks of black pepper, a pinch of kosher salt, and dinner is done. Elegant. Effortless. And ready in under 30 minutes.

This recipe is a reminder that comfort food doesn't need to be complicated. It's a celebration of contrasts—crispy sage, creamy pasta, vibrant greens—and proof that a little butter goes a long way when paired with the right ingredients.

Serve it with a glass of crisp white wine and a side of candlelight. Or eat it out of the skillet standing at the stove. I won't judge.

After all, when your tortellini tastes like this, you've already won dinner. 🍷

Personal Tech

Simplifying smartphones, apps, and social media.

Tech Tip of the Month

Don't Get Tricked by Misleading Downloads!

By James Morris

Have you ever seen a scary pop-up saying your phone is infected—or clicked “Download” only to end up with an app you didn’t want? You’re not alone. These misleading ads are designed to trick you, and they target seniors all the time. But you can outsmart them! Here’s how to stay safe with simple tips for both iPhones and Android devices.

What to Watch Out For:

- Fake “Download” or “Play” buttons that look official
- Pop-ups claiming your phone is slow or infected
- Ads offering free tools that secretly install junk software

These downloads can give access to your personal info, slow your device, or flood you with ads. But don’t worry—we’ve got you covered.

For iPhone Users

Block Misleading Ads & Downloads

- Turn on Content Restrictions:
Go to Settings > Screen Time > Content & Privacy Restrictions > iTunes & App Store Purchases > Set Installing Apps to Don’t Allow
- Enable Safari’s Pop-Up Blocker:
Settings > Safari > Block Pop-ups and turn on Fraudulent Website Warning

Tortellini with Pine-Nut Brown-Butter Sauce - Recipe

Ingredients

- 1 package tortellini
- 1/2 c. unsalted butter
- 1/2 c. minced onion
- 1 Tbsp. chopped fresh sage
- 1/2 c. pine nuts
- 6 oz. baby spinach

Directions

1. Step 1 Heat a saucepan of salted water to boiling. Add fresh or frozen tortellini and cook according to package directions.
2. Step 2 Meanwhile, melt butter in a large, deep skillet over low to medium heat. Add onion and chopped sage, and cook 3 minutes. Add whole sage leaves

- Stick with the App Store only—never install from web links or strange pop-ups

For Android Users

Stay Safe While Browsing & Downloading

- Use Parental Controls in the Play Store:
Settings > Parental Controls → Set restrictions and require your password for downloads
- Turn off Install from Unknown Sources:
Settings > Apps & notifications > Special app access > Install unknown apps → Disable for browsers
- Turn on Safe Browsing in Chrome:
Chrome > Settings > Privacy and Security > Safe Browsing: Enhanced Protection

Golden Rule:

If the ad feels pushy, flashy, or promises too much—it’s probably not trustworthy.

Need a hand?

Schedule a time with the Senior Center’s Tech expert, James, or reach out to him directly at james@redmondseniors.org. Getting expert help makes all the difference!



and pine nuts to skillet and cook until sage leaves are crisp and butter is golden brown. (Watch carefully, because butter goes from golden to burned quickly.)

3. Step 3 Place spinach in a colander. Drain tortellini over spinach to wilt. Add tortellini and spinach to skillet with brown butter, tossing to coat. Sprinkle with freshly shredded Parmesan cheese, kosher salt, and freshly ground pepper to taste.

Add fresh sage, pine nuts and brown butter to store-bought tortellini for a fresh new take. Serve with fresh Parmesan cheese.

Don't Get Deepfaked!

July's Scam Survival Guide

By James Morris

Hold onto your phone and clutch your credit card — scammers are getting smarter, sneakier, and downright theatrical this July. Thanks to artificial intelligence, voice-cloning trickery, and QR codes gone rogue, staying safe means staying savvy. So grab a cup of coffee and read on — because knowing what's out there can keep your wallet (and sanity) intact!

1. AI Imposters: When Your Grandson Isn't Your Grandson

Imagine this: you get a call from your grandson saying he's in trouble — only... it's not him. Scammers now use AI to clone voices, even mimic videos, all designed to tug on your heartstrings and wallet.

What to do: Hang up. Call your family directly. And remember — love doesn't sound like a ransom demand.

2. "Oops! Wrong Number" Texts That Aren't Wrong at All

"Hi there! Just checking if you're coming to dinner!" You respond politely, and boom — you're chatting with a scammer. These friendly "wrong number" texts often lead to phony romance or investment pitches.

Your move: If you don't know the number, don't reply. Kindness is great — just not when it turns into crypto heartbreak.

3. Tech Support or Tech Sabotage?

Got an unsolicited call from "Microsoft" warning your computer is infected? It's fake. They want remote access

— which is like handing over your house keys because someone claims your toaster is acting up.

Stay safe: Never give access to strangers. Real tech support doesn't cold-call you.

4. Crypto Craze + Scammer Haze

Bitcoin's back in the spotlight, and so are fake investment "opportunities." Some feature slick videos or supposed celebrity endorsements promising guaranteed returns. Spoiler alert: the only thing growing fast is the scammer's bank account.

Golden rule: If it sounds too good to be true, it probably belongs in a scam museum.

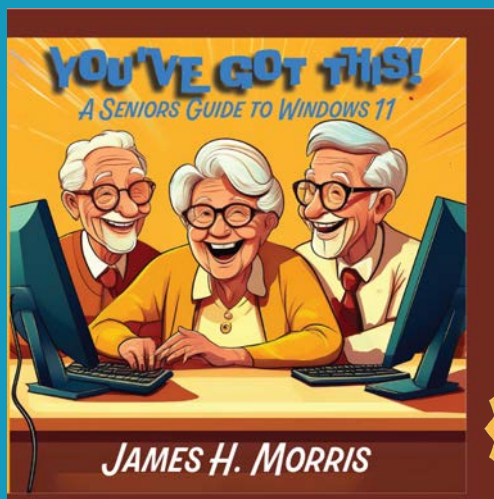
5. QR Codes: Convenient or Catastrophic?

Scammers are sticking phony QR codes on parking meters, fake mail, even flyers. Scanning one could send your info straight into hacker hands.

Best practice: Trust QR codes from legit sources only. And maybe stick to websites you've typed yourself.

Final Thoughts: Be Suspicious, Be Safe

Scammers rely on confusion, urgency, and curiosity — but you've got wisdom and wit on your side. Share this guide with friends, neighbors, and your favorite pickleball partner. And if you've encountered something fishy, report it to the FTC at reportfraud.ftc.gov.



AVAILABLE FOR PRE-SALE!

Windows 11 doesn't have to be intimidating. With my new book, seniors get the tools they need—at their pace."

Don't miss the Book Signing celebration on August 19 at 1PM!

Regular Price: \$29.99

Special Pre-Order Price: \$20.00

Email James@RedmondSeniors.org or drop by the front desk to reserve your copy.



Tales from the Lobby

A Day in the Life of Hayes

By Hayes Graves



Hayes' Likes

- Playing Ball (especially when you throw it... and throw it... and throw it again)
- Treats (all shapes, sizes, and sneaky pocket deliveries)
- Couch Cuddles (bonus points if you scratch behind the ears)
- Friendly Seniors (he's got a soft spot for gentle voices and warm laps)
- Other Dogs (as long as they know he's the boss of the front desk)
- Posing for Photos (seriously, he's got a head tilt that belongs on a calendar)
- Live Music at Happy Hour (especially if it involves dancing feet he can chase)
- Acting like he'll bring the ball back... but doesn't
- Wearing his "work collar" (because style matters)
- Being told he's a good boy (which he obviously is)

Hello, humans and treat-bringers!

My name is Hayes — a 3-year-old Cavalier-Pooh (that's Cavalier King Charles Spaniel meets Poodle, in case you were wondering). I live a life of purpose, fluff, and frequent belly rubs. You might know me as "that adorable dog by the front desk," but around here, I hold a much loftier title: Official Greeter of the Redmond Senior Center.

I didn't land this gig by accident. I'm the son of Executive Director Randy Graves, which makes me something of a legacy hire. But don't let that fool you — I've earned my paws on the ground.

My job? Simple:

- Greet every visitor like they're a long-lost friend.
- Patrol the halls with bounce and fluff.
- Beg for snacks with the skill of a seasoned thespian.
- Occasionally bark at my own reflection. (Professional hazard.)

People say I have a calming presence. I say I've mastered the art of "The Look" — head slightly tilted, eyes big and soulful, ears flopping just right. I wield it with power. No one — I repeat, no one — resists giving me a pat... or sharing just a nibble of their lunch. Chicken salad? Yes, please. Green beans? Acceptable. Crumbs from a cookie? A blessing.

Of course, I take breaks. A little snooze here, a belly-up stretch there. But even while lounging, I'm on duty. The moment someone walks in or the snack drawer opens, I'm alert — a flash of caramel curls in motion. I consider myself a vital part of the wellness program. Lower blood pressure, increase smiles, initiate spontaneous giggles? Check, check, and check.

I also specialize in ball retrieval. Though sometimes, I fetch it... and then don't bring it back. It's a strategy. Keeps humans on their toes. Keeps me entertained.

And let's not forget morale. Whether it's a lonely afternoon or a big community event, I'm here making people feel at home. Just being around me boosts happiness. Scientifically proven? No. Widely accepted? Absolutely.

So, if you're ever at the Senior Center and hear a little tap-tap of paws on tile or spot a cloud of tan curls approaching, don't be shy. That's me — Hayes. The greeter, the emotional support staff, the honorary mascot, and quite possibly the best-dressed guy in the building. (Have you seen my collar?)

Stop by. Say hi. Toss a ball. Sneak a snack. Or just let me lean against your leg for a minute. It's what I'm here for.

Paws and gratitude,

Hayes Graves

Fluff Manager & Treat Strategist

Redmond Senior Center



Save the Date

TUESSDAY
August 05
10:00 AM

Indian Head Casino Trip



MON-FRI
August 11-15
12:00 PM

Elvis Week



WEDNESDAY
August 06
11:00 AM

Meet & Greet RSC Staff



TUESDAY
August 19
1:00 PM

Senior's Guide to Windows 11
Book Signing w/ James



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
cet

Ride for free!

	A	B	C	D	E	F
WEEKDAYS	7:00	7:00	7:00	7:00	7:00	7:00
	8:00	8:00	8:00	8:00	8:00	8:00
	9:00	9:00	9:00	9:00	9:00	9:00
	10:00	10:00	10:00	10:00	10:00	10:00
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	2:00	2:00	2:00	2:00	2:00	2:00
	3:00	3:00	3:00	3:00	3:00	3:00
	4:00	4:00	4:00	4:00	4:00	4:00
	5:00	5:00	5:00	5:00	5:00	5:00

Bus arrives every 45 minutes

Need to stop somewhere not listed above?
Call to request a stop!

Call ahead at 541-285-8520 to schedule a pick up or drop off.

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

Please call the day before a ride is needed.

Bus service is subject to availability.

This bus has free WiFi
Connect to "CET WiFi"

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

Updated December 2, 2024

B
cet

Ride for free!

	A	B	C	D	E	F
WEEKDAYS	7:00	7:00	7:00	7:00	7:00	7:00
	8:00	8:00	8:00	8:00	8:00	8:00
	9:00	9:00	9:00	9:00	9:00	9:00
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	4:00	4:00	4:00	4:00	4:00	4:00
	5:00	5:00	5:00	5:00	5:00	5:00

Bus arrives every 45 minutes

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Please call the day before a ride is needed.

Bus service is subject to availability.

This bus has free WiFi
Connect to "CET WiFi"

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

Updated December 2, 2024

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. 20, in the red balloon.

Pass the Care Talk Token Challenge

Token 1: "Rewind & Recharge"

What's one way you relax that never fails?

Token 2: "Wisdom in Wellness"

What's something you've learned about taking care of yourself over time?

Token 3: "Secret Source"

Is there a self-care trick you swear by that others might not know?

Token 4: "Recipe for Relief"

What comforting food, book, or activity makes your day better?

Token 5: "Encourage & Exchange"

What advice would you offer someone who's feeling overwhelmed?

Your Talk Tokens – Share a Moment of Self-Care

Cut. Ask. Connect.

Each token holds a question meant to open hearts and spark smiles. Share one with someone you admire, trust, or simply want to know better—and let the conversation be your gift.

Drop by the front desk or email us to share your favorite answers—we'd love to highlight them next month!

Let's turn self-care into shared care.

This month, we're inviting you to play a gentle game designed to spark connection and conversation—all while celebrating the theme of Self-Care. Inside this issue, you'll find five colorful Talk Tokens to cut out and pass along. Each token has a thoughtful question about wellbeing, meant to be shared with someone you know—or maybe someone you'd like to know better.

Here's how it works:

1. Cut out a token.
2. Ask the question written on it.
3. Give the token to the person you spoke with.
4. Keep the conversation going.

It's a simple way to connect, reflect, and maybe learn a self-care trick or two from someone in your community. Whether it's a cherished comfort recipe, a wellness tip with years of wisdom behind it, or a quiet joy that brings someone peace—you'll discover that caring for yourself often starts with caring about others.

Bonus: Share your favorite answer or moment with us! We'll spotlight a few stories in next month's newsletter.

Let's pass the care and celebrate what makes each of us feel well and whole.

Thank You Sponsors & Advertisers

We wouldn't be here without their support.

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- **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**

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- **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: _____