



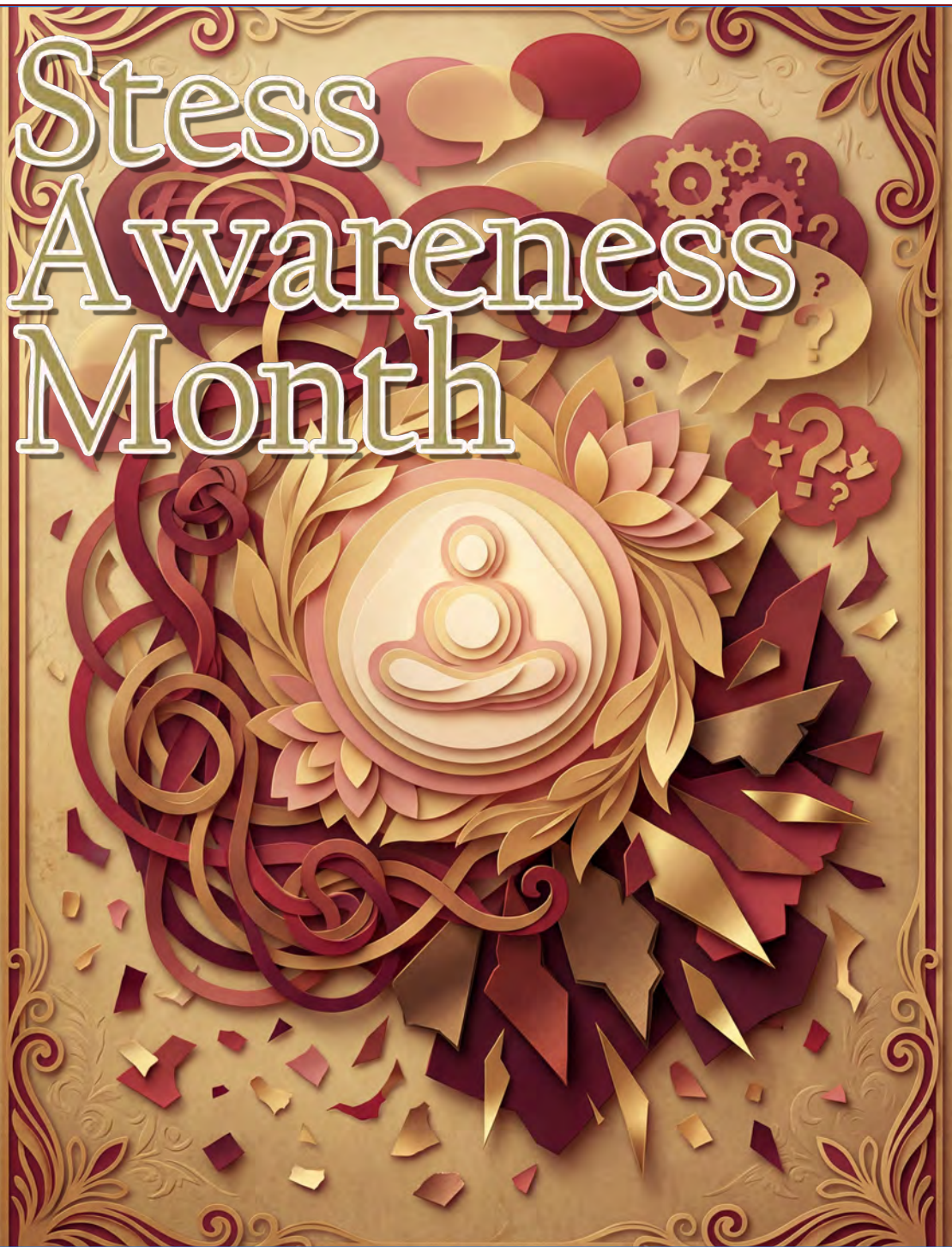
# SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

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# Stress Awareness Month



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## FROM THE EDITOR

## —WELCOME TO APRIL

By James Morris

April is here, and with it comes *Stress Awareness Month*—a time to pause, reflect, and talk openly about an issue that affects us all. After all, stress doesn't discriminate. Whether you're navigating the challenges of caregiving, managing chronic pain, or simply trying to keep up with life's demands, stress has a way of sneaking into our daily lives. But here's the good news: With awareness, support, and a few simple strategies, we can lighten the load.

In this month's issue, we're diving headfirst into the topic of stress, exploring its impact on seniors and offering tools to help you manage it. I've written some insightful articles, "*When Caring Becomes Carrying*" and "*When Stress Tightens the Screws*," which shed light on two key areas where stress often shows up—caregiving and chronic pain. These pieces serve as powerful reminders that stress isn't just a mental challenge; it's something that can take a physical toll too. But they also highlight the incredible resilience of seniors and provide practical strategies to help take control.

Personally, I've always believed that stress is like a silent partner—always there, quietly influencing our choices and actions. I'll admit, there have been times in

my life when I've let stress get the better of me. Who hasn't felt overwhelmed by a growing to-do list, health concerns, or the weight of supporting loved ones? But I've also learned that it's okay to ask for help. Whether it's leaning on a friend, joining a group, or simply taking five minutes for myself, there's strength in recognizing that we don't have to carry everything alone.

As you turn the pages of this month's magazine, I hope you'll find comfort in knowing that you're not alone in your struggles. From caregiving tips to stress-relief strategies like social connection and mindfulness, this issue is packed with tools to help you navigate stress with grace and resilience. Remember, even small steps—like taking a deep breath or sharing a laugh with a friend—can make a big difference.

So, dear readers, take a moment for yourself today. You've earned it. And as we journey through Stress Awareness Month together, let's remind ourselves that while stress may be an unavoidable part of life, it doesn't have to define us.

Here's to finding calm, connection, and community—  
one moment at a time. ●



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# JO ANNE SUTHERLAND WINS AGELESS AWARD

## A Spirit That Saved a Senior Center—and Inspired a Community

By James Morris



Jo Anne Sutherland didn't set out to become the heartbeat of the Redmond Senior Center. In fact, she walked in one afternoon simply to play bridge. But when she heard the words "*this may be our last day—the Center is closing,*" something in her shifted. She stood up, walked down the hall, and asked the question that would change everything: "*Show me your budget.*" That moment—quiet, decisive, and full of courage—was the beginning of a transformation that would ripple across Redmond.

Today, Jo Anne is a recipient of the 2026 Ageless Award from AGE+ Oregon, an honor reserved for older adults who continue to shape their communities with purpose, leadership, and heart. Her story is not just one of service, it's one of revival, resilience, and the belief that aging is not an ending, but a powerful beginning.

## A Leader Who Stepped In When It Mattered Most

When Jo Anne joined the board in 2019, the Senior Center was on the brink of shutting its doors. There was no budget, no clear plan, and no certainty that the Center would survive. But Jo Anne brought what she has always carried: clarity, courage, and a deep sense of responsibility to her community.

She helped establish the Center's first real budget, secured critical funding, and guided the organization through the darkest days of the COVID shutdown. Even when the building was closed, she ensured that Meals on Wheels never stopped—because in her words, *“the need is great.”*

Her leadership didn't just keep the Center alive. It set the stage for its rebirth.

## A Center Reborn

Under Jo Anne's guidance—and with the leadership of Executive Director Randy Graves, whom she helped hire—the Redmond Senior Center has become one of the most vibrant hubs for older adults in Central Oregon.

- Membership has surged dramatically.
- Programs fill every room from 9 a.m. to 3 p.m.
- The parking lot is overflowing.
- Volunteers are abundant and eager.
- The Center recently earned a community-wide Customer Service Award.

What began as a near-closure has become a story of extraordinary growth—one that Jo Anne still marvels at. *“To go from hearing the doors might close to seeing the building full every day... this year has been the most rewarding,”* she shared.

## Purposeful Aging, Lived Out Loud

AGE+ Oregon celebrates older adults who continue to lead with purpose. Jo Anne embodies that ideal effortlessly.

When asked what purposeful aging means to her, she answered with the clarity of someone who lives it every day:

*“Aging is only a number. We all have talents. There will always be a place for you if you get involved.”*

For Jo Anne, staying energized is simple: stay connected, stay active, and keep laughing. She finds joy in the friendships she's built at the Center—especially those unexpected connections, like the once-grumpy member who now can't stop talking and gives generously from the heart.

These moments, she says, are reminders of why the Center matters. It's not just a building. It's a lifeline.

## Looking Ahead with Hope

Even after years of service, Jo Anne is still dreaming forward. She's excited about the City of Redmond's interest in expanding the Senior Center building and securing more parking—signs of a community that recognizes the growing needs of its older adults.

She's also cheering on new projects, like the High Desert Community Cup golf tournament, which she believes will bring joy, volunteers, and new partnerships.

And despite her modesty, she's willing to step back into the spotlight when needed. *“I haven't been on the speaking circuit in a long time,”* she said with a smile, *“but if you need someone, I'm willing.”*

## What the Ageless Award Means to Her

When Jo Anne learned she had been selected for the Ageless Award, she was stunned.

*“You don't expect these kinds of things to happen,”* she said. *“I am very honored.”*

Her dear friend Bev Clarno, a past recipient, will be by her side at the ceremony—a full-circle moment that reflects the deep relationships Jo Anne has built over a lifetime of service.



**Communities + Generations + Innovations**

## ABOUT AGE+

AGE+ champions a future where longer life is an opportunity for every Oregonian. Founded in 2018 as a 501(c)(3), the organization grew out of the Jessie F. Richardson Foundation's commitment to strengthening support for older adults—especially in rural and suburban communities. Funded by individual, corporate, and foundation donors, along with grants and service contracts, AGE+ operates with an uncompensated CEO, Board, and Advisory Council, underscoring its community-driven mission.

## WHAT AGE+ DOES

AGE+ helps Oregon communities build **multi-generational, sustainable networks of support** for older adults. Their model is rooted in **asset-based community development**, focusing on local strengths, existing resources, and the lived experience of community champions. By empowering local leaders and elevating what already works, AGE+ creates both immediate impact and long-term resilience.

## WHY IT MATTERS

Through innovation, collaboration, and a belief in the value of every generation, AGE+ is reshaping what it means to age in Oregon—ensuring that older adults can thrive with dignity, connection, and purpose.

## A Legacy of Heart, Leadership, and Hope

Jo Anne's story is more than an award. It's a reminder of what one person can do when they refuse to let something meaningful slip away. She saved a Senior Center. She built a community. She helped lonely people find connection again. She helped turn a one-page newsletter into a 28-page magazine. She believed in people—and they believed in themselves because of her.

And she's not done yet.

Her energy, her purpose, and her unwavering commitment to Redmond continue to inspire everyone who walks through the Senior Center doors.

The Ageless Award doesn't just honor Jo Anne. It confirms what Redmond already knows: She is a treasure—one whose impact will be felt for generations.

### CELEBRATING JO ANNE SUTHERLAND: 2026 AGE+ OREGON AGELESS AWARD HONOREE

Jo Anne Sutherland's selection as a 2026 Ageless Award recipient places her among an elite group of Oregonians recognized for extraordinary impact, purpose, and vitality in their later years.

### Congratulations to Jo Anne Sutherland — 2026 AGE+ Oregon Ageless Award Honoree!

We are thrilled to celebrate Jo Anne Sutherland as one of only three recipients of the prestigious 2026 AGE+ Oregon Ageless Award — a distinction that places her among an exceptionally select group of Oregonians who have redefined what it means to age with purpose, passion, and grace.

Since its founding in 2013, the Ageless Award has honored just 53 individuals statewide — an average of fewer than 4 honorees per year. Open to all Oregonians aged 75 and older, this award is not given lightly. Recipients are carefully chosen by a dedicated special committee that seeks out those whose contributions, vitality, and spirit truly stand apart. With an average honoree age of 86.6 years, the award is a testament to the extraordinary lives lived by Oregon's most inspiring elders.

Jo Anne's recognition is a rare and remarkable honor — a reflection of a life lived with unstoppable energy and a heart committed to community. We are proud to celebrate her. Congratulations, Jo Anne!



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# VOLUNTEERING & COMMUNITY

## Bring a Friend

A Simple Invitation That Can Change a Life

By James Morris



Life becomes richer when shared. A cup of coffee with a friend, a laugh during a BINGO game, or the quiet comfort of sitting side by side—these are the moments that give meaning to our days. But for many people, these connections feel distant, just out of reach. This month, we’re asking you to offer someone the gift of connection: an invitation to be part of something bigger.

The “Bring a Friend” challenge is more than a casual suggestion. It’s an opportunity to make a real difference in someone’s life, and perhaps your own. Small gestures, after all, often hold the most power.

## The Ripple Effect of a Single Invitation

Imagine someone who spends their days in solitude. They've fallen into a routine—quiet, predictable, but lonely. Then one day, someone reaches out. “Come with me,” they say. “Let’s do something together.” Maybe it’s a game, a class, or just a cup of coffee. At first, there’s hesitation. But they agree.

And then something happens. They laugh at a joke. They meet someone who shares a story that feels familiar. They remember how good it feels to be part of a group. That one invitation becomes the start of something new—a routine filled with connection, laughter, and purpose.

It’s a small act, but the impact can be enormous.

### Why It Matters

Isolation isn’t always loud. It creeps in slowly, often unnoticed. It might come after a loss, a move, or simply from the passing of time. Days blend into one another, and the energy to reach out fades. Yet the cost of that isolation is steep—emotionally, mentally, even physically.

That’s why an invitation means so much. It’s not just about asking someone to join an activity; it’s about reminding them they’re part of something larger. It’s about saying, “You belong here.”

### Start with Someone You Know

Think about the people in your life. Maybe it’s a neighbor who waves from across the street but never stops to chat. Maybe it’s a friend you haven’t seen in too long. Or someone who seems to have retreated into their own world.

They might not say it, but they could be waiting—for an excuse, a reason, or a nudge to step out of their routine. That’s where you come in. A simple invitation can be the bridge they need.

“Come with me,” you can say. “Let’s do this together.”

## Building a Place to Belong

The Senior Center isn’t just a building. It’s a space filled with stories, connections, and shared experiences. It’s where people come to feel seen and heard. Those who walk through the door for the first time often find something they didn’t know they were missing: community.

And for those who already bring friends, who welcome new faces—thank you. Your small acts of kindness keep this community thriving. You remind us all that connection is a gift, and every person who walks through our door makes the Center a little brighter.

### A Challenge Worth Taking

As the days grow longer and spring whispers its arrival, take this opportunity to bring someone into the fold. A class, a lunch, a game, or even just a quiet moment shared—it doesn’t matter what you invite them to. What matters is the invitation itself.

You have the power to change how someone feels about their day, their week, their month. You might even change how they see themselves. That’s a gift worth giving.

### Let’s Do This Together

This month, let’s make connection a priority. Think of someone who could use an invitation and extend it. It doesn’t have to be grand or formal. Sometimes, the simplest words—“Come with me”—are the most powerful.

We’ll be here, ready to welcome you and your friend. Together, let’s create a community where everyone feels they belong. After all, when we share joy, it multiplies. And so does a sense of belonging.

# HEALTH & WELLNESS

## When Stress Tightens the Screws

### Understanding the Link Between Stress and Chronic Pain in Senior Life

By James Morris



#### Opening Scene: When the Body Speaks in Tension

Picture this: You wake up before the alarm—because who needs an alarm when your hips, knees, and lower back have decided they're running the show? The morning sun is just peeking through the blinds, but as you swing your legs out of bed, you're greeted by a chorus of cracks, pops, and an ache that seems to have set up permanent residence somewhere between your shoulders. You sigh. Another day, another battle with your body—and the first skirmish is just getting to the bathroom.

Sound familiar? If it does, you're not alone. Pain has a way of making itself known, particularly as we age. But here's the thing: That pain isn't just "all in the body," and stress isn't "all in the mind." They're like two nosy neighbors constantly gossiping over the fence. Chronic stress and chronic pain have a relationship that's more intertwined than a double-knotted shoelace. The good news? Recognizing this connection can help loosen that knot.

Let's start with this validating truth: **Your pain is real. Your stress is real. And neither is a personal failure.** They're part of the human experience, and understanding how they work together is the first step to managing them—not just enduring them.

## The Stress-Pain Connection

Stress and pain are like that infamous duo from high school, the kind that gets into trouble together. When you're stressed, your nervous system flips on its "fight-or-flight" switch, flooding your body with stress hormones like cortisol and adrenaline. These hormones are helpful when you're, say, running from a bear (or a particularly aggressive squirrel), but they're not so great when the "threat" is your daily to-do list or the evening news.

Here's what happens: Your muscles tense up, your breathing gets shallow, and your body prepares for action—even if you're just sitting in your recliner. Over time, this constant tension can lead to pain, especially in areas already prone to trouble, like your neck, shoulders, and lower back. And chronic pain? Well, it's a sneaky thing. It loves to stir up stress, creating a vicious cycle where pain causes stress, which causes more pain, and so on. It's like a merry-go-round you didn't ask to ride.

But stress doesn't just affect your body, it messes with your emotions, too. Pain can bring frustration, fear, and even grief over the life you used to have. And let's not forget the societal pressure to "push through" and keep going, no matter how much it hurts. It's exhausting. And if you've ever felt like you're carrying both the weight of the world and the weight of your aching joints, you're not imagining it.

## Why This Matters More in the Senior Years

Stress and pain are tough at any age, but they can hit differently in the senior years. By now, your body has seen some things—arthritis, neuropathy, old injuries that like to pop up like uninvited guests. The wear and tear add up, and even small tasks can require more effort than they used to. A trip to the grocery store might feel like climbing Everest, while the stairs in your house start to resemble Mount Kilimanjaro.

Then there's the stress that comes with medical appointments, mobility changes, and the constant juggling act of managing medications. Add in the emotional weight of not wanting to be a burden on

your loved ones, and it's no wonder stress and pain sometimes feel like relentless companions.

Isolation can make things worse, too. When social connections shrink, stress has more room to grow. Without those casual chats, shared laughs, or even just the comforting presence of another person, pain can feel louder and harder to bear. It's like an echo chamber, amplifying every ache and worry.

## Everyday Stressors That Turn Up the Pain Dial

If stress and pain were a radio, some days it feels like someone's cranked the volume all the way up. Here are a few common culprits that seniors will recognize all too well:

- **Poor sleep or nighttime worry:** Tossing and turning, replaying the day's events, or fretting about tomorrow—it's a recipe for both stress and physical discomfort.
- **Over-scheduling or decision fatigue:** Even "fun" activities can feel overwhelming when there's too much on the calendar. And let's not even talk about choosing between Medicare plans.
- **Financial concerns on a fixed income:** Worrying about bills, medical costs, or whether you can afford that little splurge adds a whole other layer of stress.
- **Family dynamics or caregiving roles:** Whether it's watching the grandkids or navigating tricky family relationships, these roles can be both rewarding and exhausting.
- **Environmental stressors:** Noise, clutter, overstimulation, or even a lack of routine can all ramp up stress (and pain).

## Strengths Seniors Already Have

Before we spiral into despair, let's pause and remember this: **Seniors are tough.** You've lived through decades of challenges, adapting and problem-solving

along the way. You've got strengths younger generations could only dream of, like:

- **Emotional wisdom and perspective:** You've seen enough to know that most storms eventually pass, and you're less likely to sweat the small stuff.
- **Pattern recognition:** You know your body and your stress triggers better than anyone. That awareness is powerful.
- **Community-building instincts:** Whether it's chatting with a neighbor, volunteering, or hosting family dinners, you understand the value of connection.
- **Resilience:** Life has thrown its fair share of curveballs, and you're still here, still moving forward. That's worth celebrating.

## Practical Ways to Interrupt the Stress-Pain Cycle

So, how do you break the stress-pain loop? While every person is different, here are a few strategies that can help:

- **Gentle movement:** Walking, stretching, or chair-based exercises can ease tension and

improve circulation. The key is to listen to your body and go at your own pace.

- **Mind-body practices:** Breathing exercises, listening to calming music, or trying guided relaxation can help calm the nervous system.
- **Social connection:** Even a brief chat with a friend or neighbor can act as a stress buffer. Don't underestimate the power of a good laugh or a listening ear.
- **Predictable routines:** Having a daily schedule can reduce decision fatigue and create a sense of stability.
- **Creative outlets:** Gardening, painting, writing, or even solving puzzles can shift your focus and soothe your mind.

And remember: If your pain is persistent or worsening, it's always a good idea to talk to a healthcare professional. They can help identify options that work for you.

## Community Spotlight: How the Senior Center Helps

At the Redmond Senior Center, we understand the challenges of stress and chronic pain—and we're here to help. Our programs are designed to support your



well-being while fostering connection and joy. Here are just a few highlights:

- **Stress-reduction classes:** From Therapeutic Mobility to guided mindfulness sessions, we offer activities that help ease tension.
- **Social activities:** Whether it's a weekly card game, a book club, or a potluck dinner, our events are a great way to stay connected.
- **Compassionate staff and volunteers:** Our team is always here to listen, support, and make you feel at home.
- **Member stories:** As one of our members, Vicki, puts it: "This center has so much community support and so many activities offered."

## A Moment of Reflection

Take a moment to pause and check in with yourself. Here are a few questions to consider, either mentally or in a journal:

- "When does my pain feel louder? When does it feel quieter?"
- "What small kindness can I offer my body today?"
- "Who helps me feel calmer, and how can I connect with them this week?"

Sometimes, simply reflecting on these questions can bring clarity—and maybe even a little relief.

## Closing Message: You're Not Alone in This

If there's one thing to take away from this article, it's this: **You are not alone.** Stress and chronic pain are common, but they don't define you. With community, connection, and small daily practices, you can make meaningful changes that improve your quality of life.

At the Redmond Senior Center, we're here to walk this journey with you. So don't hesitate to reach out—whether it's to join a class, share a cup of coffee, or simply talk. You don't have to carry the weight of stress and pain in silence. Together, we can lighten the load. ●



# ACTIVITIES & EVENTS

## Spring into Fun at the Redmond Senior Center

April's Exciting Lineup!

By Angela Boock, Program Director



Spring is in full bloom, and so is the fun here at the Redmond Senior Center! We've packed April with exciting activities to keep your creativity flowing, your taste buds dancing, and your social calendar full. Whether you're looking to craft something beautiful, cook up a storm, or simply unwind with friends, this month's events have something for everyone. Mark your calendars and join us for all the fun!

## April 2nd: Easter-Themed Flower Arrangement Class

Time to let your inner florist shine! Join us for a hands-on flower arrangement class where we'll create stunning Easter-themed bouquets to brighten up your home. Whether you're a pro with petals or a complete beginner, this class is perfect for anyone who loves springtime blooms. Plus, it's a great way to meet fellow flower enthusiasts!

**Start Time:** 10:00 AM

**Don't forget:** We'll provide all the materials – just bring your creativity!

## April 6th: Cooking Class w/ Angela - Cracker Barrel Meatloaf

Who doesn't love comfort food? This month's cooking classes kick off with Angela teaching us how to make the famous Cracker Barrel Meatloaf. Trust us, this hearty dish will leave you saying "yum" with every bite. Angela's classes are always a hit, so come hungry and ready to learn.

**Start Time:** 11:00 AM

**Pro Tip:** Bring a notebook to jot down Angela's secret tips and tricks!

## April 10th: Arts & Crafts Class - Tie-Dye T-Shirts

Get ready to unleash your inner artist in this vibrant arts and crafts session! We'll be decorating tie-dye t-shirts, transforming plain shirts into colorful, eye-catching creations. Whether you're making a shirt for yourself, as a gift, or just for fun, your finished design is sure to stand out and impress.

**Start Time:** 10:00 AM

**Supplies Provided:** We'll supply all the tie-dye materials—just remember to bring your own t-shirt and plenty of imagination.

## April 17th: Happy Hour with Lindy Gravelle

She's back, and she's ready to entertain! Lindy Gravelle, a Redmond Senior Center favorite, will join us for a lively happy hour filled with music, laughter, and good company. Grab a drink, relax, and let Lindy's tunes brighten your evening.

**Start Time:** 5:00 PM

**Fun Fact:** Lindy's performances are known for getting toes tapping – don't be surprised if you feel like dancing!

## April 20th: Cooking Class w/ Angela - Chicken Marsala

Angela is back, and this time, she's teaching us how to make a restaurant-quality classic: Chicken Marsala! This dish is the perfect blend of savory and rich, and Angela will guide us step-by-step to culinary perfection.

**Start Time:** 11:00 AM

**Bonus:** You'll leave with a recipe you can recreate at home to wow your family and friends.

## April 28th: Field Trip to Indian Head Casino

Feeling lucky? Join us for a day trip to the Indian Head Casino! Whether you're a seasoned gambler or just looking for a fun day out, this trip is sure to be a blast. Try your hand at the slots, enjoy some delicious food, and soak in the excitement of the casino atmosphere.

**Departure Time:** 9:00 AM from the Center

**What to Bring:** Some spending money and your lucky charm!

## Don't Miss Out!

April is shaping up to be a month of creativity, delicious food, and unforgettable experiences. Whether you're attending one activity or all of them, we can't wait to see you at the Redmond Senior Center. Bring your friends, make new ones, and let's make this spring one to remember!

**Questions?** Stop by the front desk or call us at (541) 548-6325 for more information. Let's make April amazing together! ●



## Movie Matinee Spotlight: Easter Parade

A bright, buoyant delight from Hollywood's Golden Age, *Easter Parade* brings together Fred Astaire's effortless grace and Judy Garland's irresistible warmth in a musical that still feels like pure springtime joy. The story follows a seasoned dancer determined to turn a chorus girl into a star, and the result is a charming mix of humor, romance, and show-stopping talent.

Astaire dazzles in every number, moving with a lightness that makes even the most intricate choreography look easy. Garland matches him beautifully, blending heartfelt

emotion with her signature comic sparkle. Together, they create a partnership that feels both playful and deeply endearing.

The film bursts with Irving Berlin's unforgettable music, from the iconic "Easter Parade" to the wonderfully silly "A Couple of Swells." Each song adds color and momentum, making the film feel like a celebration from start to finish. The Technicolor costumes and sets only heighten the magic, offering a visual feast that feels timeless.

For anyone who loves classic musicals—or simply wants to spend an afternoon smiling—*Easter Parade* is a warm, uplifting escape. It's the kind of movie that leaves you humming, tapping your toes, and feeling just a little lighter. ●

FRIDAY  
APRIL 10 AT 1:00 PM

## Book Club

April's Read - "Five Tuesdays in Winter" by Lily King



By Kathleen Veenstra

The Redmond Senior Center Book Club will be reading "Five Tuesdays in Winter" by Lily King. This is a collection of short stories written by a best-selling and multi-award winning author. The stories are filled with richly developed characters whose lives are transformed by old and new acquaintances, addiction, and the written word. King is a master of the thumbnail portrait, able to create a fully-realized life in a paragraph and then alter it in startling ways. Reading a collection of short stories is a first for the bookclub. ●

Wednesday, April 15

1:30 PM



## The Substitutes Bring Classic Rock Energy to Happy Hour

There's nothing quite like live music to lift a room, and on Friday, April 3, the Redmond Senior Center will be buzzing as we welcome The Substitutes, one of Central Oregon's most beloved classic-rock bands. Known for their spirited performances and their motto of delivering "100% organic, USDA Prime, gluten-free, range-fed rock and roll," The Substitutes have been entertaining audiences since 1996 with a sound that's both nostalgic and refreshingly alive.

The band has built a loyal following across the region by doing what they do best: playing the songs everyone knows by heart. Their setlist is packed with timeless hits from the '60s, '70s, and '80s—music that invites toe-tapping, head-nodding, and the occasional irresistible urge to sing along. Their shows are upbeat, good-humored, and full of the kind of musical craftsmanship that only comes from decades of playing together.

Happy Hour will feature beer, wine, soda, and light appetizers, making it the perfect way to ease into the weekend with friends, neighbors, and a whole lot of good energy. Whether you're a lifelong rock-and-roll fan or simply enjoy a lively afternoon with great company, this performance promises to be a highlight of the season.

### Happy Hour with The Substitutes Friday, April 3 ● 1:00 PM

Free for members ● Guests welcome

Come enjoy the music, the laughter, and the community spirit. The Substitutes are ready to rock—are you?●

# Spirit Week

## April 13-17

A burst of color, laughter, and community spirit is coming to the Redmond Senior Center! Join us for Spirit Week, April 13–17, as we celebrate fun, friendship, and a little bit of silliness each day. Everyone is invited to dress up, join in, and brighten the Center with creativity and joy.

**13th**



**HAWAIIAN SHIRT DAY**  
KICK OFF THE WEEK WITH TROPICAL FLAIR AND YOUR BRIGHTEST ISLAN PRINTS.

**14th**



**CRAZY HAT DAY**  
THE WILDER THE HAT, THE BETTER. SHOW US YOUR MOST IMAGINATIVE HEADWEAR!

**15th**



**TIE DYE DAY**  
BRING THE COLOR EXPLOSION WITH YOUR FAVORITE TIE-DYE SHIRTS AND ACCESSORIES.

**16th**



**CRAZY HAIR DAY**  
SPIKES, CURLS, COLORS, OR WIGS-- LET YOUR HAIR GO WILD.

**17th**



**SPORTS JERSEY DAY**  
WRAP UP THE WEEK BY REPPING YOUR FAVORITE TEAM.

# HOME & LIFESTYLE

## When Caring Becomes Carrying

### The Hidden Stress of Seniors Caring for Seniors

By James Morris



#### The Caregiver Behind the Care

Picture this: a husband gently draping a coat over his wife's shoulders, his hands trembling slightly as he balances his own cane nearby. Or a lifelong friend, keys jangling in one hand, patiently helping her neighbor into the car for yet another doctor's appointment. There's tenderness in these moments—a quiet, unspoken love that flows through every gesture. But there's weight too. An exhaustion that sits behind the eyes, a fatigue that is both physical and emotional.

Caregiving in later life is an act of love, yes. But let's not sugarcoat it—it's also an act of incredible endurance. And for many seniors caring for other seniors, it can feel like you're holding up the world on shoulders that already ache.

Welcome to the hidden world of senior-to-senior caregiving, where love and loyalty meet the relentless demands of time, energy, and health.

## The Landscape of Senior-to-Senior Caregiving

Caregiving patterns among older adults paint a poignant picture of resilience and resourcefulness. Think about this: when your spouse of 50 years develops mobility challenges or begins forgetting the way home, you don't just step in—you leap in, often without a second thought. For many seniors, caregiving is simply the next chapter in a lifelong relationship.

But it's not just spouses. Friends, neighbors, and siblings form intricate networks of care, especially when family members live far away. Maybe it's the neighbor who brings over soup and helps with yardwork. Maybe it's the friend who organizes pill containers for the week. These informal “micro-care networks” are lifelines, built on years of shared history and trust.

And let's not forget the emotional complexity of it all. Caring for someone who once cared for you—whether it's a parent, an older sibling, or even a spouse—can stir up a swirl of feelings: gratitude, duty, sadness, and sometimes even resentment. It's no wonder caregiving feels like a full-time job, even when you're technically retired.

## Why Caregiving Stress Hits Seniors Differently

Caregiving is tough at any age, but for seniors, it comes with unique challenges. For starters, the physical reserves just aren't what they used to be. Lifting, bending, driving, and constant vigilance take a toll on bodies already dealing with creaky knees, arthritis, or other health concerns. And let's not forget the energy deficit—fatigue hits harder and lingers longer.

Then there's the juggling act: managing your own health while supporting someone else's. One day it's your physical therapy appointment, the next it's theirs. One day you're monitoring your blood pressure, the next you're tracking their medication schedule.

And let's talk about unpredictability. Caregiving is never smooth sailing. There are good days when your loved one is alert, mobile, and even cracking jokes. And then there are hard days—the days when memory lapses, pain, or exhaustion make everything feel heavier.

The hardest part? The lingering fear of “What if?” What if something happens to me? What if I fall? What if I get sick? Who will step in for both of us? And behind all of this is the quiet grief of watching someone you love decline—a loss that feels slow and sharp all at once.

## The Invisible Emotional Load

If caregiving came with a manual, there'd be a whole chapter on the emotional load—because it's massive. And often invisible.

There's guilt, for starters. Guilt for feeling overwhelmed. Guilt for wanting a break. Guilt for the moments when frustration bubbles up and spills over. Then there's the pressure to “keep it together,” especially in front of family or the community. You're the caregiver, after all. You're supposed to be the strong one.

But strength can be lonely. When you're shouldering responsibilities others don't see, it's easy to feel isolated. Personal time becomes a distant memory, hobbies take a backseat, and your identity starts to shrink until “caregiver” becomes your whole world. And let's not forget the emotional whiplash—how do you reconcile the love and devotion you feel with the exhaustion, resentment, and sadness that sneak in?

## Stress Signals Caregivers Often Overlook

Stress has a sneaky way of showing up—and caregivers are often too busy or too focused on others to notice the signs. Here are a few common red flags:

- **Sleep disruptions** or constant worry that keeps you tossing and turning.

- **Irritability** or a sense of emotional numbness, you're either snapping at small things or feeling like nothing matters.
- **Mental scatterbrain**—forgetting appointments, misplacing items, or struggling to concentrate.
- **Social withdrawal**—pulling back from friends, skipping events, or avoiding phone calls.
- **Physical tension**—aches, headaches, or that ever-present knot in your shoulders.

If any of these sound familiar, it's not weakness—it's stress. And your body is waving a big red flag that says, "Hey, I need some attention too!" This is where a healthcare professional can help you navigate what you're feeling.

### The Strengths Caregivers Bring to the Role

Despite the challenges, let's pause for a moment to celebrate the incredible strengths senior caregivers bring to the table.

- **Deep relationships:** No one knows your loved one like you do. You've shared years—decades, even—and that history gives you an unmatched insight into their needs.
- **Patience:** Life has taught you how to weather storms, and caregiving is no different.
- **Problem-solving skills:** From fixing leaky faucets to navigating tough conversations, you've got a lifetime of experience in figuring things out.
- **Loyalty and love:** Few things are stronger than your sense of commitment to the people you care for.

- **Creating joy:** Even in hard seasons, you find ways to laugh, reminisce, and share moments of connection.

These strengths don't just make you a good caregiver, they make you a remarkable one.

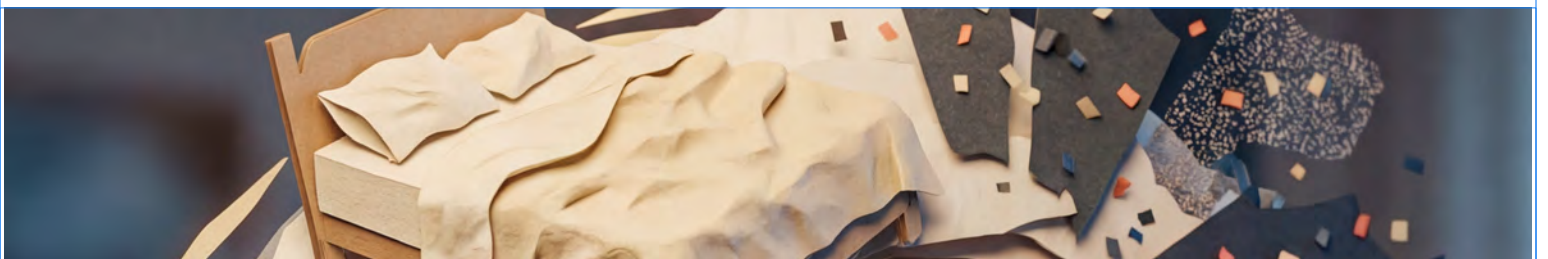
### Practical Ways to Reduce Caregiver Stress

Now let's get practical. Caregiving may be hard, but there are ways to lighten the load:

- **Build small routines:** Predictable schedules reduce decision fatigue. Whether it's an afternoon tea ritual or a nightly TV show, routines create stability.
- **Take micro-breaks:** Even five minutes of sitting on the porch or listening to a favorite song can recharge your batteries.
- **Stay connected:** Call a friend, join a support group, or invite someone over for coffee. Social connection is a powerful stress reliever.
- **Get creative:** Whether it's doodling, knitting, or singing along to the radio, creative outlets can help you decompress.
- **Accept help:** When someone offers support, say yes. And when no one offers, don't be afraid to ask.
- **Talk to professionals:** If stress feels overwhelming, reach out to a doctor or therapist. Taking care of yourself is just as important as caring for others.

### The Power of Community Support

Here's the good news: you don't have to do this alone. Community is more than a nice idea, it's a lifeline.



Senior centers, for example, offer wonderful resources:

- **Social groups:** A place to laugh, connect, and share stories with others who get it.
- **Activities and events:** These aren't just for fun—they're a chance to reset and recharge.
- **Compassionate staff:** People who understand the emotional rollercoaster of caregiving and can offer support.
- **Peer-to-peer networks:** Because sometimes the best advice comes from someone who's been in your shoes.

Being part of a community isn't a luxury, it's essential.

## A Caregiver's Reflection

Take a moment for yourself. Reflect on these questions:

- “What is one small kindness I can offer myself today?”
- “Who in my circle helps me feel lighter, and how can I reach out to them?”
- “What part of caregiving brings me meaning, even on the hardest days?”

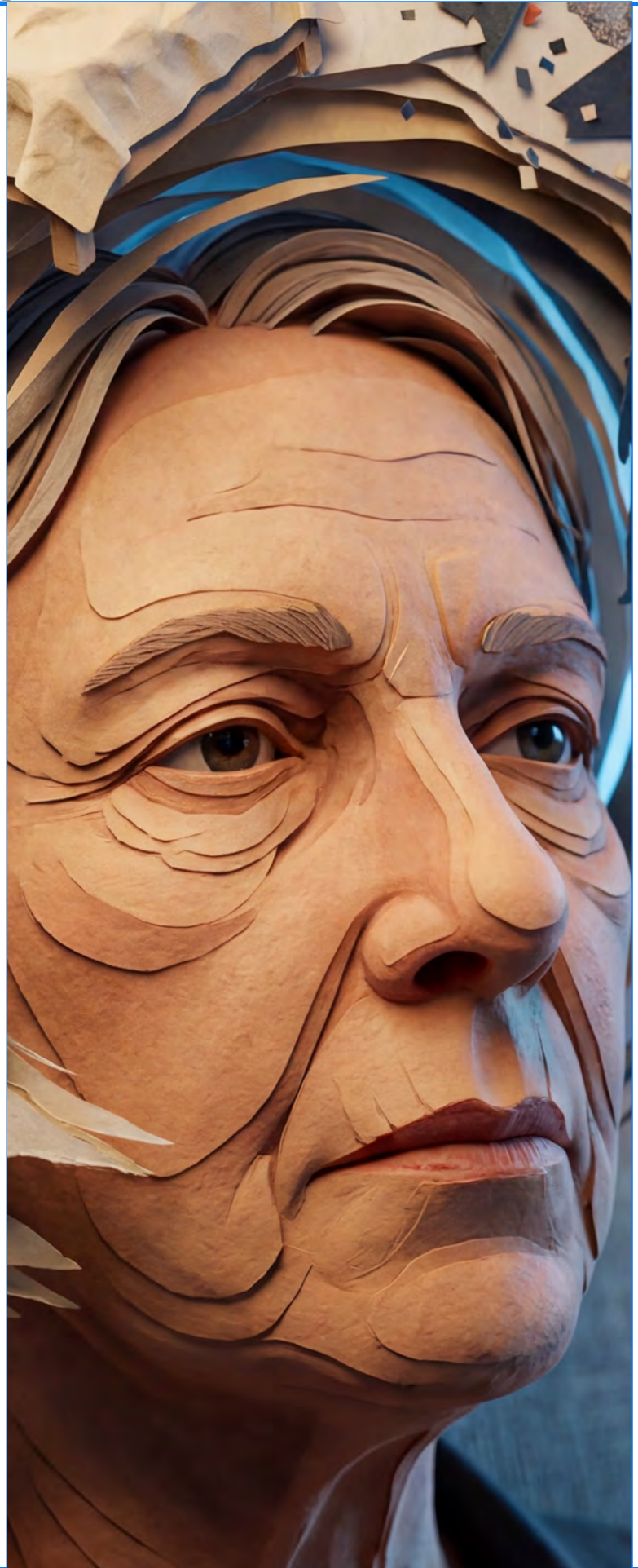
These questions aren't just for reflection—they're reminders that you matter too.

## You Don't Have to Carry This Alone

Caregiving is an act of profound love, but it's not meant to be done in isolation. Stress isn't a sign of weakness—it's a sign that you're human. And no human is meant to carry the weight of caregiving alone.

Look around. There are friends, communities, and professionals ready to step in and share the load. Whether it's a phone call to a friend, a visit to the Senior Center, or a conversation with your doctor, reaching out is the first step toward lightening the burden.

So, take that step. Because you deserve support just as much as the person you care for. And because even the strongest shoulders need a break. ●



# Celebrating Karen

## A Shining Example of Growth, Joy, and Service

By James Morris



On March 13, the Redmond Senior Center team gathered for a moment of pride and gratitude as the Opportunity Foundation honored **Karen**, our always-smiling greeter, with a Service Award recognizing her outstanding contribution to the Center and the community.

For anyone who has walked through our doors, Karen is often the very first face they see—and what a welcome she offers. Her bright smile, cheerful “hello,” and genuine interest in every person who enters have become part of the heartbeat of the Center. But what makes this recognition especially meaningful is the journey behind it.

When Karen first joined us through the Opportunity Foundation, she was a quiet, shy young woman who preferred to stay in the background. Over time, through encouragement, routine, connection, and the daily rhythm of greeting hundreds of seniors—Karen blossomed. Today, she is one of the most talkative, outgoing, and joy-filled members of our team. She remembers names, notices when someone hasn't

been in for a while, and makes newcomers feel instantly at home.

Her transformation has been inspiring to watch. As Assistant Executive Director **Janean** shared, “*For as much as Karen has grown working for us, she inspires those around her to grow as well.*” That sentiment is echoed by staff, volunteers, and members alike—Karen has become part of the Center’s identity.

The Opportunity Foundation’s Service Award recognizes individuals who demonstrate dedication, reliability, and a positive impact on the community. Karen’s recognition reflects all of that—and more. She has become a symbol of what kindness looks like in action: consistent, warm, and offered freely to everyone who walks through our doors.

We are deeply proud of Karen, grateful for our partnership with the Opportunity Foundation, and honored to celebrate a young woman who reminds us every day that service is not just a task—it’s a gift. ●

# PERSONAL TECH

## Is Your Phone Stressing You Out. . .

## or Helping You Breathe?

By James Morris



For something so small, phones have a big ability to stress us out. They buzz, ding, vibrate, and constantly demand attention. Notifications, scam calls, confusing updates, and endless alerts can make it feel like your phone is running your life.

But Stress Awareness Month is the perfect time to ask: Is your phone stressing you out—or could it actually help you relax? The truth is, phones do both. With some simple changes, you can turn your phone into a tool for calm instead of chaos.

### Why Phones Stress Us Out

Phones can be overwhelming. Notifications from apps like email, weather, and calendars constantly distract us, while scam calls and suspicious texts create worry. Confusing updates, cluttered home screens, and unhelpful alerts add frustration.

The good news? Most of these stressors are fixable.

### Reducing Phone Stress

- 1. Limit Notifications:** Only keep alerts for essentials like calls, texts, or calendar reminders. Turn off the rest to make your phone quieter and less intrusive.
- 2. Declutter Your Home Screen:** Place frequently used apps on the first screen and move the rest

into folders. This creates a cleaner, more organized experience.

- 3. Block Spam:** Block scam calls and delete suspicious texts to feel safer online.
- 4. Set Quiet Hours:** Use “Do Not Disturb” mode for interruption-free time in the evenings or whenever you need focus.

### How Phones Can Help You Relax

Phones can also be great tools for relaxation. Apps for deep breathing, mindfulness, and calming sounds like ocean waves or birdsong can help you unwind. Built-in features like reminders and voice assistants make life easier, and “Do Not Disturb” mode creates peaceful moments.

Most importantly, phones connect us. A quick text, shared photo, or video call can ease loneliness and boost your mood.

### Building a Healthier Relationship

The goal isn't to use your phone constantly—it's to feel in control. During Stress Awareness Month, try turning off unnecessary notifications, cleaning your home screen, or exploring relaxation apps. With small changes, your phone can become a pocket-sized partner in calm and connection. ●

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 Sharon Lanier  
 Carrie Novick

## FIND RANDY!



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

Once you spot him, email [James@RedmondSeniors.org](mailto:James@RedmondSeniors.org) and say where he's hiding.

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

[Last Month's Randy Location:](#)

...Page 22, sitting on the shelf in Case #1.





Partners In Care

Redmond Branch  
141 NW 6th St Ste. B  
Redmond, OR 97756



Partners In Care

Hospice  
Home Health  
Hospice House  
Transitions  
Palliative Care

## Care That Feels Like Home. Because It Is.

At Partners In Care, our Redmond-based staff provide compassionate, expert care to patients right here in our hometown. We're proud to be part of a community that looks out for one another - because when care is local, it's personal.

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

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

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

# Membership Registration

New  Renewal



\$50 1per year  \$5 per month

Scholarship (approval required)  Volunteer  Staff

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_ M.I.: \_\_\_\_\_

Nickname: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Home Phone: \_\_\_\_\_

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Cell Phone: \_\_\_\_\_

Male  Female  Other/Prefer not to answer

Address Line 1: \_\_\_\_\_

Address Line 2: \_\_\_\_\_

P.O. Box: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

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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: \_\_\_\_\_

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