

DECEMBER 2025
FREE



SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

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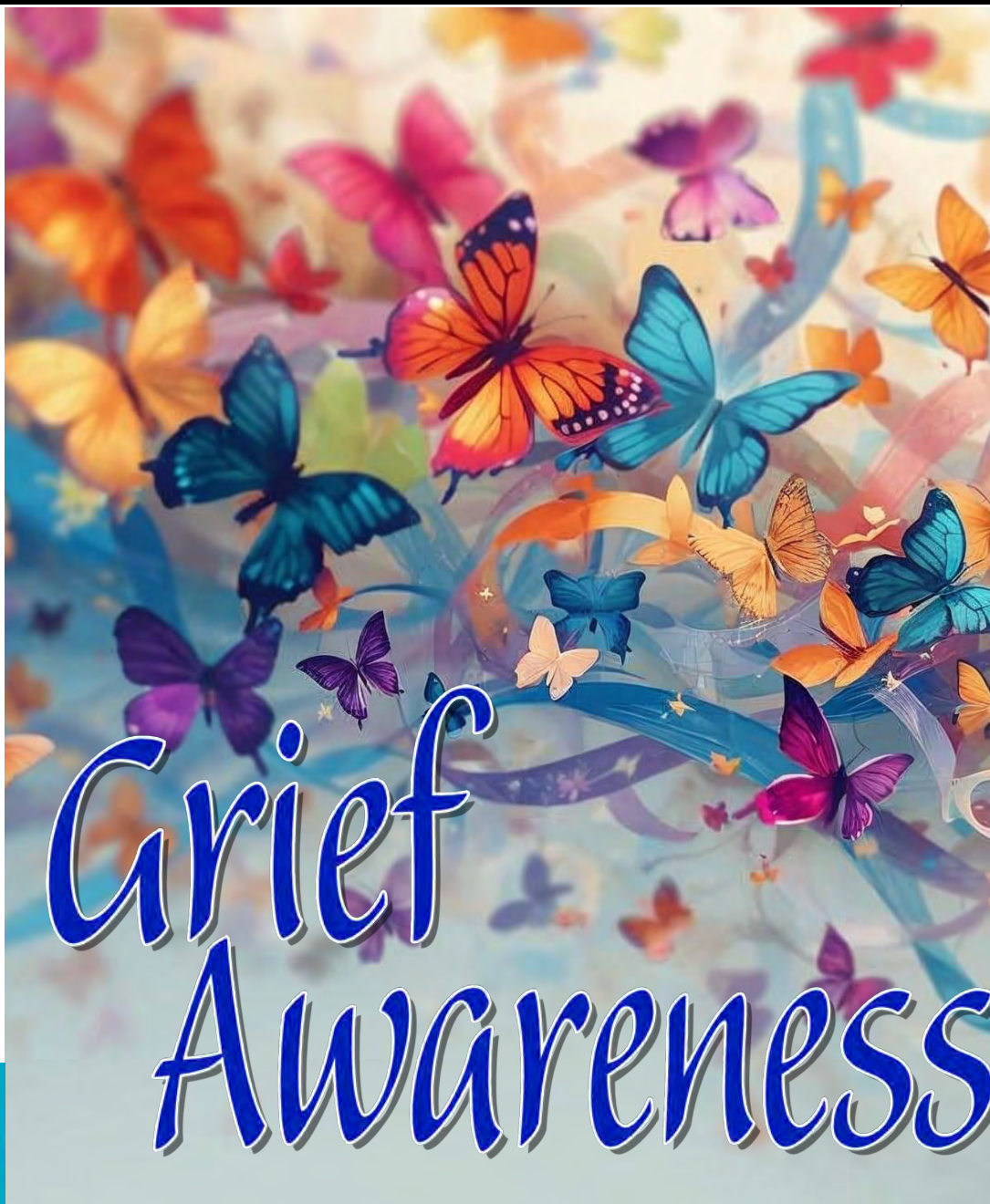
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The Gift of Giving

Generosity connects us all. At the Redmond Senior Center, your donations do more than fund programs—they offer hope, dignity, and belonging to older adults in our community.

Each gift helps provide meals, wellness classes, social events, and vital support. Picture the comfort of a warm lunch shared with friends or the empowerment of staying active and independent. These moments begin with your kindness.

Giving uplifts both giver and receiver. Research shows generosity boosts happiness and well-being. Your support reflects our shared human desire to help others.

By donating, you join a caring community working to improve life for Redmond's seniors. Together, we foster connection, learning, and aid for those facing hardship.

To past donors—thank you. You've helped provide rides to medical appointments, engaging activities, and meals for those in need. Your impact is real and lasting.

If you're considering a first gift, know that every dollar matters. Even the smallest act can brighten a day and remind someone they're valued.

True abundance lies in what we share. Your generosity helps build a community where every senior can thrive. Thank you for being part of this mission. 🌈



325 NW Dogwood Ave.
Redmond, OR 97756
(541) 548-6325
www.RedmondSeniors.org

Know Your Staff
Executive Director
Randy Graves

Assistant Executive Director
Janean Baird

Volunteer Coordinator
Lahna Avery

Programs Coordinator
Angela Boock

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Jose Perez

Facility & Marketing Director
Newsletter Editor/Contributor
James Morris

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

Advertising
James@RedmondSeniors.org

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

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A Special Message From the Director

A Season of Gratitude, Growth, and Giving

Reflections from the Redmond Senior Center



Randy Graves
Executive Director



As the days grow shorter and the crisp morning air nips a little more sharply, there's a certain magic that settles over Redmond. The last of the autumn leaves flutter to the ground, and the chilly mornings remind us that a soft blanket of snow is just around the corner. It's a time for reflection, gratitude, and, most of all, togetherness.

Every holiday season, I find myself filled with appreciation—not just for the warmth of family and friends, but for the vibrant, caring community we’ve built here at the Redmond Senior Center (RSC). This year, as I look back over the past twelve months, one word keeps coming to mind: stability. In a world that often feels uncertain, the Redmond Senior Center has become a beacon of reliability, steadfastness, and joy for so many.

The Gift of a Steadfast Team

Let me start by shining a well-deserved spotlight on our incredible staff. For nearly two years, we’ve had the privilege of working alongside the same dedicated group of individuals. That might not sound remarkable at first, but in a world where change seems constant, maintaining such a strong and consistent team is nothing short of extraordinary.

Every day, I see our staff come together—not just as coworkers, but as friends. We brainstorm, we share ideas, and yes, we laugh... a lot! There’s a sense of camaraderie and shared purpose here that is truly rare. Each team member brings unique talents and perspectives, creating a synergy that makes the Center hum with energy and creativity.

It’s their passion that keeps our programs running smoothly, our members smiling, and our vision moving forward. The vibrancy and warmth that you feel when you walk through our doors are a direct result of their efforts. I am deeply grateful for every one of them, and I know that our members and volunteers share in my appreciation.

Board Leadership: Stronger Than Ever

No organization thrives without great leadership, and I am thrilled to share that our Board of Directors is stronger than ever. We are privileged to have nine outstanding community leaders serving on our board. This is only the second time in the past two and a half years that we have had a full complement of board members, and the difference is palpable.

Our board brings a wealth of experience, wisdom, and passion to the table. They represent a cross-section of our community and are united by a common goal: to ensure that the Redmond Senior Center remains a place of connection, enrichment, and support for all seniors in our area.

Their dedication is inspiring, and I am excited to see what we can accomplish together in the coming year. With such a dynamic group at the helm, the future of the Center is



shining brightly.

Communicating Our Story: Staying Connected

In this digital age, staying connected is more important than ever. I am particularly proud of how our marketing and communications have evolved over the past year. I may be biased, but I truly believe we publish the finest newsletter of any senior center out there! Every issue is packed with news, features, program highlights, and stories that capture the spirit of our community.

But the newsletter is just the beginning. Our website recently received a major facelift, making it easier than ever for members and newcomers alike to find information, register for programs, or simply learn more about what we offer. If you haven’t visited our updated site yet, I encourage you to take a look—you’ll be amazed at all the ways you can get involved.

And let’s not forget our social media presence! Our Facebook page and other channels are buzzing with fresh content daily, from event photos and announcements to fun facts and community spotlights. It’s a great way to stay in the loop, share your own stories, and connect with fellow members—even if you can’t make it to the Center every day.

Programs that Inspire and Engage

"Thank you for being the heart and soul of this wonderful community."

If you've visited the Center recently, you may have noticed a familiar sight: a bustling parking lot, often filled to capacity! That's because our program calendar has never been more robust. On most days, we offer multiple programs running all day long, catering to a wide range of interests and abilities.

Whether you're looking to stretch your body in a yoga class, challenge your mind in a book club, find camaraderie in a crafting group, or simply enjoy a cup of coffee with friends, there's truly something for everyone. Our commitment to offering diverse, high-quality programs is stronger than ever.

We're constantly listening to your feedback and seeking out new opportunities to inspire and engage. The energy and enthusiasm we see from our members remind us that learning, growth, and fun don't stop—no matter your age!

Volunteers & Members: The Heartbeat of RSC

Of course, none of this would be possible without you—our members, volunteers, and supporters. Every day, we welcome wonderful folks through our doors, each bringing their own stories, talents, and warmth. Some come to find new friends or try something new; others come to give back, lending a hand as volunteers in our programs, events, or kitchen.

The sense of connection and belonging that fills the Center is a testament to your generosity of spirit. New faces join us often, eager to get involved and be a part of something special. We are always amazed by the kindness, wisdom, and humor you bring to our community.

Looking Ahead: A Big Membership Drive!

As we look to the new year, we're setting our sights high with an ambitious goal: welcoming 750 new members to the Redmond Senior Center! Did you know that there are over 13,000 seniors in our community? That's an incredible pool of potential friends, neighbors, and fellow adventurers.

We want to spread the word about the great things

happening at the Center. If you're already a member, consider inviting a friend to join you for a program or event. If you've been on the fence, now is the perfect time to jump in! Membership offers access to all our fantastic programs, special events, and the chance to be part of a supportive, dynamic community.

Your Support Makes All the Difference

I would be remiss if I didn't mention the challenges we face. Like many community organizations, we rely on a mix of funding sources to keep our doors open and our programs thriving. With some federal funding currently on pause, your year-end gifts are more important now than ever before.

This holiday season, we're aiming to raise \$100,000 by December 31st. Every contribution—large or small—helps ensure that we can continue providing the programs, services, and support that our seniors deserve. Your generosity goes directly toward sustaining our mission and keeping the momentum going strong into the new year.

Together, the Future is Bright

As I reflect on the past year, I am filled with gratitude for the stability, growth, and joy that define the Redmond Senior Center. But even more, I am filled with hope for what lies ahead. With your support, commitment, and enthusiasm, there is truly no limit to what we can achieve together.

Thank you for being the heart and soul of this wonderful community. Wishing you and your loved ones a joyful holiday season, warm memories, and a bright, exciting new year.

With gratitude and cheer,

Randy Graves

Executive Director, Redmond Senior Center

Ready to join, volunteer, or make a year-end gift? Visit our website, drop by the Center, or give us a call—we can't wait to welcome you! 🎉

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Our Instructors

Highlighting the ones teaching our members

Marnae Powell: Movement as Medicine

How One Instructor Heals a Community, One Step at a Time

By James Morris



*Marnae Powell, Therapeutic Mobility Instructor
at the Redmond Senior Center.*

If you step into the bustling Therapeutic Mobility class at the Redmond Senior Center on a Monday or Wednesday morning, there's a good chance you'll encounter more than just gentle stretches and friendly faces. At the center of it all is Marnae, a force of warmth, energy, and care who's changing lives in both subtle and profound ways. Her story is a testament to the healing power of movement—and the extraordinary impact of one volunteer's dedication.

A Calling Born from Compassion

From the time she was in ninth grade, Marnae was captivated by the idea of helping others be healthy. Inspired by her high school health teacher, Mrs. Wilson, and fueled by her own athletic upbringing, she recognized early on the connection between activity and well-being. “I never really liked sitting inside and being sedentary,” she recalled, describing her love of sports—including soccer, basketball, swimming, softball, and skiing.

Yet her path as an instructor wasn’t always obvious. After college, where she majored in health education and minored in PE, life took her in different directions—jobs, raising four kids, and working as a realtor. It wasn’t until she attended a fitness class in Redmond in 2005 that destiny intervened: the instructor recognized her musical background and natural rhythm and encouraged her to step to the front of the room.

“I didn’t want to be in front of people like that,” Marnae admits, laughing at the memory. But with a gentle nudge from her mentor, she found her courage and began teaching. From step aerobics to yoga, kickboxing to weight training, her skillset grew—and so did her confidence.

Creating a Safe Space for Growth

These days, Marnae is the heart and soul of the Therapeutic Mobility class, offering a lifeline of movement, connection, and hope for seniors in Redmond. Drawing on a philosophy that “movement is healing,” she’s built a class that welcomes all levels—from those just beginning to those recovering from injuries. Her approach is gentle, encouraging, and unfailingly inclusive.

“In any class I teach... anyone off the street should be able to come and feel successful,” she insists. Inclusive modifications allow every participant to join in, no matter what their physical limitations. If someone can only move for 20% of the class, Marnae reassures them: “You keep coming back, that 20% will grow.”

The impact goes far beyond physical gains. Students regularly report improvements in pain,

balance, and flexibility, but the transformation is often deeply emotional, too. One participant, injured decades prior in a car accident, wrote a heartfelt note after experiencing her first pain-free days in years. Another discovered the joy of social connection, forging new friendships after conquering feelings of isolation and anxiety. “Marnae creates a place where everyone feels successful and welcome,” one patron shared—a motto she models with every joke and genuine smile.

Leading with Heart and Humor

Facing a packed room—sometimes more than 40 strong—Marnae uses laughter to break down barriers and nerves. “I make a lot of jokes so that people can maybe forget how uncomfortable they feel,” she explains. Her authenticity and warmth make therapeutic movement less intimidating and more accessible to all.

Beyond teaching, she advocates for accessibility and inclusion. She dreams of a larger space—a gymnasium with a stage—where seniors can gather, move, and thrive. Parking challenges and limited capacity don’t deter her optimism; she simply adapts, squeezing more value and connection out of every available inch.

A Ripple Effect That Lasts

Marnae’s message is simple but profound: Consistency in movement is key to health. She gently reminds students and the wider community that “movement is healing”—and that it’s never too late to start. Even a brief walk, a small stretch, or a gentle push-up can transform mind, body, and outlook.

As Redmond’s senior population continues to grow, so too does the reach of Marnae’s generosity and expertise. Her volunteerism isn’t just exercise, it’s medicine, friendship, and hope, wrapped in the kindness of a teacher whose heart is as strong as her stride.

In the words of Marnae, “You’re always going to be glad you came.” And for dozens of seniors each week, that’s not just encouragement, it’s a promise kept. 🌈

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



**Thank you to all our Partners In Care
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Happy Holidays!

Join us at the
Redmond Senior Center
325 NW Dogwood Ave, Redmond, OR
Wednesday
December 17
10:00 AM

Questions about Medicare? Are you turning 65?
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This event is only for educational purposes and no plan-specific benefits or details will be shared.

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Redmond, Oregon  **Senior Center**

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Activities & Events

Upcoming events and recaps of past activities.

Celebrate the Season at Redmond Senior Center!

By Angela Boock



Ho ho ho, Redmond friends! December is here, and that means it's time for joy, connection, and a sleigh full of special events at the Redmond Senior Center. Whether you're looking to get crafty, enjoy live music, or simply share a cup of cheer, we've got something festive for everyone. Mark your calendars—here's your sneak peek at the fun coming your way:

December's Book Club Read:



December Highlights

- **December 4 – Member Christmas Craft Fair:** Kick off the month by browsing unique, handmade gifts at a Craft Fair put on by our members! Support them and find treasures for your loved ones, and enjoy the creative spirit of our community.
- **December 5 – Happy Hour with DaChara Duo:** Raise your glass to great company and even greater music! The DaChara Duo will fill the lounge with lively tunes—don't miss this toe-tapping, heartwarming afternoon.
- **December 9 - Dry Canyon Art Center Field Trip:** We're taking a group downtown to visit the new DCAA Art Center in downtown Redmond.
- **December 10 – Ugly Christmas Sweater Contest and Karaoke:** It's time to dig out that gloriously gaudy sweater! Strut your stuff for prizes and belt out your favorite holiday hits. Whether you sing like an angel or just want to cheer from the audience, you're sure to leave with a smile.
- **December 10 – Wellbeing Talk: Grief Awareness:** The holidays can be tough for many. Join us for an open and supportive discussion on navigating grief, led by a compassionate expert. Let's care for each other this season—mind, body, and soul.
- **December 11 – Christmas Music with Ricky:** Get into the holiday groove with Ricky's festive tunes! Whether you're humming along or tapping your

feet, this musical afternoon is sure to put you in the spirit.

- **December 18 – Line Dancers Christmas Program:** Our talented line dancers have a special performance ready to dazzle you! Come cheer them on and maybe pick up a few new moves yourself.
- **December 19 – Happy Hour with Lindy Gravelle:** Another round of holiday cheer! Lindy Gravelle returns with her musical magic—relax, mingle, and soak up the good vibes.
- **December 22 – Claus & Kids Christmas Party:** Santa and Mrs. Claus are making a special stop at the Center! Bring the grandkids for crafts, games, and cookie decorating. This is one family-friendly celebration you won't want to miss.
- **December 24 – Wellbeing Connect with Sharon Lainer:** On Christmas Eve, join Sharon Lainer for a warm and welcoming circle of support. Let's end the year feeling connected and cared for.

Join the Festivities!

There's no better place to celebrate the holidays than with friends at the Redmond Senior Center. Whether you're joining us for one event or all of them, we can't wait to make memories with you.

Wishing you all a season filled with laughter, love, and light.

See you at the Center! 🎉

Book Club

By Kathleen Veenstra

The Senior Center Book Club meets at 1:30pm on the 3rd Wednesday of the month. It is open to any interested reader whether or not they have finished the book. One warning, though: if you haven't read the book you are definitely going to hear 'spoilers' in our open discussion! The book for December is "The Dutch House" by Ann Patchett. Our books are voted on by members every six months or so from titles available as book club kits at Deschutes Public Library. Using the DPL book club kits means that readers don't have to purchase a book every month if

they don't want to. The majority of our books have been historical fiction but we are not limited to any genre ----- that just happens to be the most commonly agreed on titles by our members. Since we are all volunteers the book club doesn't really have a leader. Gari Robinson and I have taken turns leading discussions and I am willing to be contacted with book club questions at ktv87544@gmail.com. We welcome volunteer discussion leaders! The book club has been meeting since August of 2024. 🎉

Home & Living

Practical lifestyle tips, safety improvements.

A Day in the Life of a \$25 Donation

By The Donation



Hi there.
I'm a \$25 donation.
Not flashy. Not famous. But I've got a job to do—and I take it seriously.

I was born just a few seconds ago, when someone clicked that big blue “Donate” button on the Redmond Senior Center’s website. One tap, one act of kindness, and poof—there I was, ready to roll.

You might think I’m just a number in a spreadsheet. But let me show you what I really become.

9:00 AM – Fuel for the Day

First stop: the kitchen. It smells like rosemary and roasted vegetables in here. Our chefs, Jose and Siggy, in aprons are chopping, stirring, laughing. I slide into a line item on the grocery bill—fresh produce, lean proteins, a few loaves of bread. That’s right: I’m helping make lunch.

By noon, I’m part of a hot meal served to a woman named Jane*. She’s 83, lives alone, and comes here every Tuesday and Thursday. Today it’s chicken carbonara, noodles, and mixed vegetables. She calls it “the best part of her week.”

I’m not just lunch. I’m warmth. I’m dignity. I’m a reason to get dressed and come see friends.

1:30 PM – A Brush with Joy

After lunch, I head down the hall to the Art & Craft room. There’s a watercolor class in full swing—sunflowers, mountain scenes, a few abstract masterpieces in progress. I help cover the cost of brushes, paper, and canvases.

A man named Joe dips his brush into a bright blue. “I haven’t painted since high school,” he says. “Didn’t realize how much I missed it.”

That’s me again. I’m not just art supplies. I’m memory. I’m confidence. I’m connection.

3:00 PM – The Ripple Effect

By now, I’ve touched a meal, a moment, and a memory. But I’m not done.

Because Jane goes home feeling nourished. Joe leaves with a painting and a smile. And the volunteers? They feel purposeful. The staff? Encouraged. The community? Just a little stronger.

All because someone gave \$25. All because I exist.

5:00 PM – Signing Off

I may be small. But I’m mighty.
I don’t sit in a vault or gather dust. I move. I serve. I show up where I’m needed.

And tomorrow? Another \$25 donation will take my place. Another story will begin.

Maybe it’ll be yours. 🌈

Happy Birthday!

Anderson, Diane
Baldwin, Fred
Beal, Margaret
Bourassa, Diane
Byrum, Sharon
Chandler, Estes Dale
Clark, Scot
Coonfield, Heidi
Dalton, David
English, Melody
Estelle, Carolyn
Fritz, Shirley
Goodling, Patricia
Grandey, Truman

Henson, Margaret "Rita"
Johnson, Rocky-Leland
Kent, Gloria
King, Margaret
Knox, Margie
Launer, Lynn
Matthews, Suzanne
McBride, LoriLark
Meeks, Marcella
Miller, Robert
Mitchell, Ellen
Pazourek, Mike
Ramirez, Zoila
Reed, Patricia (Pat)

Salomone, Mary Ellen
Scott, Georgie
Stallings, Valerie
Steiger, Sandra
Steiger, Sandy
Steward, Leila
Stoaks, Connie
Teske, Daisy
Toney, Oakcha
Trench, James
Turner, Jeanne
Wade, Cynthia

Welcome New Members

Davis, Mary
Dwyer, Michelle
Fields, Donna
Fields, Henry
Forrester, Irma
Gilliland, Ann

Lemke-Wallace, Cathleen
Montoya, James
Muchille, Joanne
Scholz, Lani
Smith, Renee
Turner, Jeanne

Save the Date

THURSDAY
DEC. 4
10:00 AM



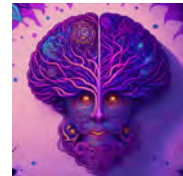
Member's Christmas Craft Fair

TUESDAY
DEC. 9
1:00 PM



Field Trip to DCAA Art Center

WEDNESDAY
DEC. 10
10:00 AM



Alzheimer's & Hospice Talk

WEDNESDAY
DEC. 10
1:00 PM



Ugly Christmas Sweater Contest

THURSDAY
DEC. 18
11:00 AM



Line Dancer's Christmas Program

MONDAY
DEC. 22
1:00 PM



Clauses & Kids Christmas Party

Holiday Memory Lane

Preserving Your Stories and Recipes for Future Generations

By James Morris

The holiday season is a time of joy, warmth, and togetherness—a perfect opportunity to reflect on cherished memories and family traditions. But have you ever thought about how these stories and recipes can become lasting treasures for your children, grandchildren, and beyond? At Redmond Senior Center, we believe your legacy is one of the greatest gifts you can give. Let's explore fun and meaningful ways to capture your holiday memories and keep them alive for future generations!

A Lesson Learned: My Own Memory Lane

I didn't realize how much I would miss the voices and flavors of my family until they were already gone. I remember standing in my kitchen one cold December evening, searching desperately through old recipe boxes, hoping to find my grandmother's famous cornbread recipe, the one that filled her farmhouse with the smell of butter and love every Christmas morning. But her handwriting was nowhere to be found. The recipe was lost, and with it, a piece of her.

Worse still, I never wrote down the stories my father would share about our ancestors' journey on the Trail of Tears—their courage, heartbreak, and hope woven into our family's foundation. Those stories were told around our holiday table, but I thought I'd always remember them. Now, they drift like faint echoes in my mind.

If I could go back in time, I'd ask more questions, scribble down every detail, and record every laugh. I learned, too late, that memories fade if we don't capture them. That's why I'm passionate about helping others preserve their own stories and recipes, so they don't become lost treasures like mine.

Why Your Memories Matter

Your stories are unique. The way your family celebrated, the recipes you cooked, and the traditions you cherished are part of your personal history. By preserving these memories, you offer your loved ones a sense of identity, connection, and belonging.

Practical Tips for Writing Down Your Stories

- **Start Small:** Don't feel pressured to write a novel! Begin with a single memory: "The Christmas I got my first bicycle," or "Grandma's famous pumpkin pie."
- **Make it Fun:** Write as if you're telling a friend. Include little details: the smell of cookies baking, the laughter around the table, or the favorite songs you sang.
- **Set a Routine:** Dedicate a few minutes each week to jot down a new story. Soon, you'll have a wonderful collection!
- **Use Prompts:** If you're stuck, try prompts like: "What was the best holiday gift you ever received?" or "Describe your favorite holiday meal growing up."

Creating a Family Cookbook

- **Gather Recipes:** Ask family members for their go-to holiday dishes. Don't forget to include your own favorites!
- **Add Stories:** For each recipe, include a short note about its history or a funny memory. ("Uncle Joe always burned the rolls, but we ate them anyway!")
- **Choose a Format:** Handwritten recipe cards are charming, but digital options make sharing easier. Websites like [FamilySearch Memories](#) or apps like [Cookbook Create](#) can help you build and print your own family cookbook.
- **Get Creative:** Include photos of finished dishes, old family gatherings, or children helping in the kitchen.

Using Digital Tools to Preserve Photos and Videos

- **Scan Old Photos:** Digitize printed photographs using a scanner or smartphone app (like Google PhotoScan).
- **Organize Albums:** Create digital albums labeled by year, event, or family member.
- **Share Online:** Private family Facebook groups, Google Photos, or Dropbox are great for sharing albums and videos with loved ones far and wide.
- **Backup Regularly:** Save copies to an external drive or cloud service for safekeeping.

Capturing Oral Histories: Interview Techniques

- **Prepare Questions:** Make a list of open-ended questions. For example: “How did your family celebrate holidays when you were a child?” or “What holiday tradition means the most to you?”
- **Record Conversations:** Use your phone or a digital recorder. Even a simple video call can be saved!
- **Include Everyone:** Invite grandchildren or friends to join in. Their curiosity can spark wonderful stories.

- **Be Patient:** Sometimes the best stories come out in casual, unhurried conversations.

Sharing Your Legacy

- **Host a “Memory Night”:** Gather family (in person or via video call) to share stories, photos, and recipes.
- **Create Memory Books:** Print a collection of stories and photos for each branch of the family.
- **Pass It On:** Encourage younger family members to add their own stories and recipes, making your legacy a living, growing treasure.

Final Thoughts

Preserving your holiday memories and recipes isn’t just about nostalgia—it’s about passing on love, laughter, and a sense of belonging. **Your stories are precious.** By taking a little time to write, record, and share, you ensure they’ll warm hearts for generations to come.

Don’t wait until it’s too late, take a stroll down Holiday Memory Lane today, and give your family the gift of your memories. They’ll thank you for it, and so will you. 🍂

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December's Dance Navigating Grief with Grace and Resilience

By James Morris

The air is crisp, the scent of pine needles hangs heavy, and carols twinkle from every corner. December. A month painted in vibrant hues of celebration, family gatherings, and the promise of a fresh start. Yet, for many, December also carries a quiet undercurrent of reflection, a poignant awareness of those who are no longer with us. The holidays, with their inherent focus on togetherness, can amplify feelings of loss, making the season a bittersweet dance between joy and remembrance. This month, let's gently explore the landscape of grief, offering understanding, tools, and a reminder that you are not alone in navigating these complex emotions.



What Is Grief, Really?

Grief. The word itself can feel heavy, laden with sorrow. But what is it, really? It's not simply sadness, though sadness is certainly a part of it. Grief is the natural and multifaceted response to loss. Loss can take many forms: the passing of a loved one, the end of a relationship, the loss of a career, or even the loss of a cherished dream. It's a deeply personal experience, unique to each individual and shaped by their relationship to what or who has been lost. Think of it like a fingerprint – no two are exactly alike.

Grief encompasses a wide range of emotions: anger, disbelief, guilt, anxiety, and profound sadness. It can manifest physically as fatigue, changes in appetite, or difficulty sleeping. It can also impact your cognitive abilities, making it hard to concentrate or remember things. Understanding that grief is a complex and normal reaction is the first step towards navigating it with compassion and self-care.

When Grief Shows Up

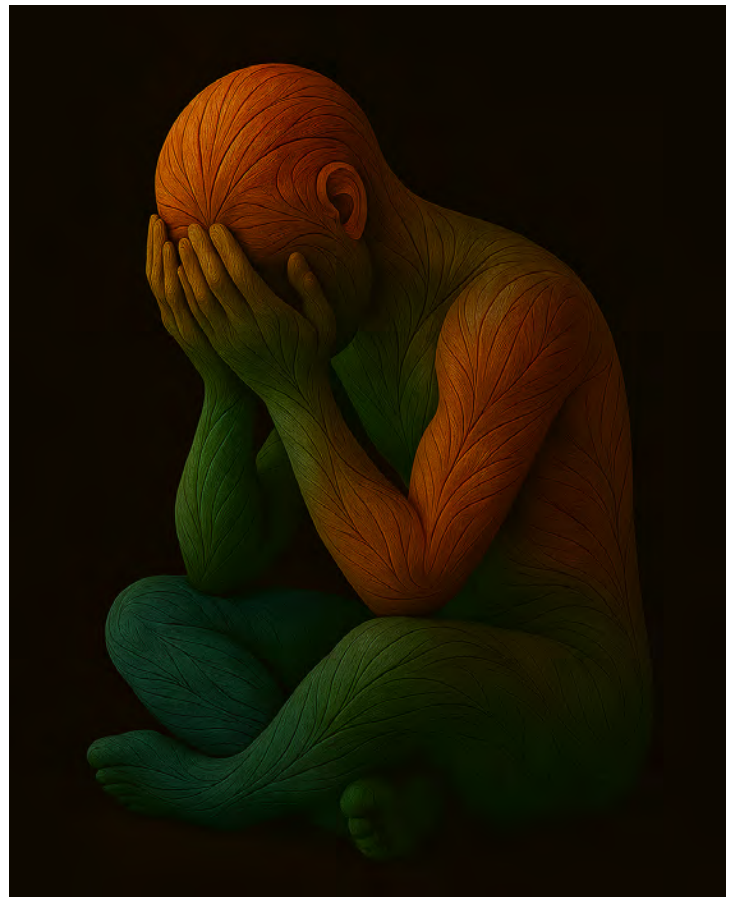
Grief doesn't follow a linear timeline. There's no "right" way to grieve, and there's certainly no expiration date. While the initial intensity of grief may lessen over time, it can resurface unexpectedly, triggered by anniversaries, holidays, or even a familiar scent or song. These "grief bursts" are perfectly normal and don't mean you're not healing. They're simply reminders of the love and connection you shared.

Pay attention to the signals your body and mind are sending you. Are you withdrawing from activities you once enjoyed? Are you experiencing persistent feelings of sadness or anxiety? Are you struggling to cope with daily tasks? Recognizing these signs is crucial for seeking support and implementing healthy coping mechanisms. Remember, acknowledging your grief is a sign of strength, not weakness.

What Helps: Tools for Moving Through Grief

So, how do you navigate this complex emotional terrain? Here are a few tools that can help:

- **Acknowledge Your Feelings:** Don't try to suppress or ignore your emotions. Allow yourself to feel the sadness, anger, or whatever else arises.



Journaling, talking to a trusted friend or family member, or seeking professional counseling can provide a safe space to process your feelings.

- **Practice Self-Care:** Grief can be physically and emotionally draining. Prioritize self-care activities that nourish your mind, body, and spirit. This could include getting enough sleep, eating nutritious meals, engaging in gentle exercise, spending time in nature, or practicing relaxation techniques like meditation or deep breathing.
- **Establish a Routine:** While it may be tempting to withdraw, maintaining a daily routine can provide a sense of structure and normalcy during a time of upheaval.
- **Connect with Others:** Isolation can exacerbate feelings of grief. Reach out to friends, family, or support groups. Sharing your experiences with others who understand can be incredibly validating and comforting.



- **Be Patient with Yourself:** Healing takes time. Don't put pressure on yourself to "get over it" quickly. Allow yourself the space and grace you need to grieve at your own pace.

Out of the Ordinary: The "Grief Time Capsule"

Looking for a unique way to honor your loved one and process your grief? Consider creating a "Grief Time Capsule." This isn't about burying the past; it's about preserving memories and creating a tangible connection to the person or experience you've lost.

Gather meaningful objects that represent your relationship: photos, letters, small trinkets, even a favorite recipe. Write down memories, stories, and feelings associated with each item. You can even include a letter to your future self, reflecting on your journey through grief and the lessons you've learned. Seal the capsule and decide when you'll open it – perhaps on an anniversary or a significant milestone. This exercise can be a powerful way to acknowledge your grief, celebrate the past, and look forward to the future.

Closing Thought: Grief as a Form of Love

Grief is not a sign of weakness; it's a testament to the love you shared. It's a natural and necessary part of the human experience. As you navigate the complexities of grief, remember to be kind to yourself, seek support when you need it, and allow yourself the time and space to heal. Embrace the memories, honor the love, and know that even in the midst of sorrow, there is hope for healing and a future filled with meaning and joy. December's dance may be bittersweet, but it's a dance you don't have to navigate alone. 🌈

Grief Awareness Resources

NATIONAL RESOURCES

National Suicide Prevention Lifeline: 24/7 crisis support, suicide prevention counseling, 988, suicidepreventionlifeline.org

Crisis Text Line: 24/7 text-based crisis support, Text HOME to 741741, crisistextline.org

GriefShare: Grief recovery support groups, online resources, 800-395-5755, griefshare.org

National Alliance on Mental Illness (NAMI): Mental health education, support groups, helpline, 800-950-NAMI (6264), nami.org

American Foundation for Suicide Prevention: Suicide prevention education, survivor support, 212-363-3500, afsp.org

The Compassionate Friends: Support for bereaved parents, siblings, grandparents, 877-969-0010, compassionatefriends.org

OREGON STATEWIDE RESOURCES

Oregon Health Authority Crisis Services: Mental health crisis intervention, referrals, 800-273-8255, oregon.gov/oha/hsd/amh

Lines for Life: 24/7 crisis support, grief counseling referrals, 503-244-5211, linesforlife.org

Oregon Family Support Network: Family support, grief resources, advocacy, 503-323-8521, orfsn.org

NAMI Oregon: Mental health support, education, advocacy, 503-230-8009, namior.org

CENTRAL OREGON LOCAL RESOURCES

Deschutes County Behavioral Health: Mental health services, crisis intervention, grief counseling, 541-322-7500, deschutes.org/health

Partners in Care Hospice: Hospice care, bereavement support, grief counseling, 541-382-5882, partnersincarehospice.com

Bend Memorial Clinic Behavioral Health: Counseling, therapy, grief support services, 541-382-3344, bendmemorialclinic.com

Central Oregon Council on Aging: Senior grief support, bereavement groups, 541-678-5483, councilonaging.org

St. Charles Health System Spiritual Care: Chaplain services, grief support, bereavement care, 541-382-4321, stcharleshealthcare.org

Mountain View Hospital Grief Support: Grief support groups, bereavement counseling, 541-475-3882, mountainviewhospital.org

Mosaic Medical Behavioral Health: Mental health counseling, grief therapy, 541-383-3005, mosaicmedical.org

wellbeing series
GRIEF AWARENESS



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WEDNESDAY
DECEMBER 10
10:00 AM

Wellbeing Presentation
Grief Awareness

Navigating grief can be a challenging journey, but you don't have to walk it alone. This December, the Redmond Senior Center invites you to join our Wellbeing Series as we focus on Grief Awareness—a topic that touches us all at some point in our lives. On December 10, our center will host a special presentation led by experts in grief counseling and support. Whether you have recently experienced a loss, are supporting a friend, or simply want to learn more, this session is open to everyone in our community. Our knowledgeable speakers will share insights on understanding the grieving process, coping strategies, and resources available to help individuals and families heal.

The presentation will include time for questions and discussion, offering a safe, welcoming space to connect with others who understand and care. **You are not alone; together, we can foster a compassionate community where everyone feels supported.**

We hope you'll join us for this meaningful event.

Let's come together to support one another and increase our awareness around grief and healing.

WEDNESDAY
DECEMBER 24
10:30 AM

Wellbeing Connect
Bringing It All Together

Led by Certified Life Coach **Sharon Lanier**, Wellbeing Connect is a powerful culminating session designed to weave together the themes explored in our monthly Self-Care Wellbeing Series. With her signature warmth and clarity, Sharon will help participants recognize the interconnected nature of wellness—how habits around nutrition, sleep, stress, emotional boundaries, and creative expression form a dynamic system that supports our overall vitality. Through reflection, practical examples, and group conversation, attendees will discover patterns that link these topics and leave with personalized insights on how to harmonize their wellness journey moving forward. This class is ideal for anyone seeking a deeper understanding of how daily choices work together to nourish both body and spirit.

Answers to Crossword, Pg. 26

ACROSS: 4. AMNESIA, 7. ALZHEIMER'S, 12. SAFETY, 13. STRESS, 14. COMFORT, 15. HOSPICE, 16. AGE, 17. COMMUNICATION, 19. DEMENTIA, 20. ROUTINE

DOWN: 1. EATING, 2. BEREAVEMENT, 3. ALZHEIMER'S, 5. DISORIENTATION, 6. RESPITE, 8. NEUROLOGICAL, 9. ASSOCIATION, 10. PLAQUES, 11. BREAKDOWN, 18. MRI

From the Kitchen

Easy recipes that help keep you healthy.

Why I'm Surviving Grief Awareness Month One Chicken Marsala at a Time (and You Should Too!)

By James Morris

If you've ever found yourself weeping into your soup, congratulations—you're officially human. And if you're doing it at the Redmond Senior Center during Grief Awareness Month, you're in excellent company. Let's be honest: grief is tough, emotions are messy, and sometimes the only thing that makes sense is a big plate of comfort food. I'm talking about the kind of meal that hugs you back.

Now, I know what you're thinking: "Comfort food? Isn't that just code for macaroni and cheese and six slices of pie?" Usually, yes. But this year, I've discovered something even better—and a little bit healthier, so my doctor will stop giving me that look. Let me introduce you to my new best friend: **Chicken Marsala with Zucchini Noodles**.

Yes, I hear you. Zucchini noodles? In my comfort food? Trust me, I was skeptical too. But hear me out: this dish is like if your favorite Italian restaurant and your favorite spa had a delicious, cozy baby. Picture this: tender, golden chicken thighs (no dry chicken allowed), swimming in a creamy, mushroomy sauce—thanks to coconut milk, so it's dairy-free, which means you can totally have ice cream for dessert. All of this is lovingly piled onto a bed of twirly zucchini noodles. And if you think "zoodles" sound too healthy for your

mood, swap 'em out for mashed potatoes or real pasta. I won't tell.

The best part? It's easy enough that even I can't mess it up. If you can dredge chicken in some arrowroot starch (don't worry, it's not a spelling bee word), chop a few things, and work a skillet, you're golden—just like those thighs. The whole thing comes together faster than you can say "Where did I put my glasses?"

So, this Grief Awareness Month, I'm giving myself permission to feel all the feelings—while also giving myself seconds. Grab the recipe for Chicken Marsala with Zucchini Noodles on the next page (or corner me at Bingo; or just go to RealSimpleGood.com). Join me in finding comfort, laughter, and maybe a little culinary adventure as we remember that sometimes, food really is the best hug of all.

Now, who's bringing dessert? 🍷



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Chicken Marsala with Zucchini Noodles

Ingredients

Mushrooms

- 12 oz. cremini mushrooms, sliced/rinsed/dried.
See notes.
- 2 tablespoons butter
- Chicken
- 2 large boneless skinless chicken breasts
- Salt/Pepper
- 1 teaspoon garlic powder
- ¼ cup flour
- 1-2 tablespoons olive oil

Marsala Sauce

- 2 cups chicken broth
- ½ beef bouillon cube
- ¼ cup heavy cream
- 1 teaspoon Worcestershire sauce
- ½ teaspoon onion powder
- ½ teaspoon mustard powder
- ¼ teaspoon dried thyme
- ¾ cup dry marsala wine, see notes
- 2 tablespoons butter
- 1 medium shallot, minced
- 2 cloves garlic, minced
- 2 tablespoons flour
- 1/8 teaspoon gravy master or kitchen bouquet, optional
- Freshly Parsley, to garnish

Instructions

- Prep Work
- Combine Sauce Mixture: Combine chicken broth, beef bouillon, heavy cream,

Worcestershire sauce, onion powder, mustard powder, and thyme. Set aside.

Cook the Mushrooms

- Melt butter over medium-high heat and add the mushrooms. Allow them to brown for 4-5 minutes, stir occasionally as they cook. Sprinkle with a little salt halfway through if desired.
- Set aside once cooked. (This method is the best way for them to retain their shape, color, texture, and flavor. This way they don't become waterlogged/rubbery by staying in the skillet.)

Dredge/Sear the Chicken

- Slice the chicken in half lengthwise to create 2 thinner slices. Cover with saran wrap and use the textured side of a meat mallet to pound it to ½ inch thick. Pat dry.
- Season each side with salt/pepper. Combine the garlic powder with the flour. Sprinkle it over the chicken and rub it over the surface of each side.
- Heat olive oil in a large pan over medium-high heat. Sear the chicken in batches for 4-5 minutes per side, until a golden crust has developed. Set aside.

Make the Sauce

- Turn the heat off. Add the wine and then set the heat to medium. Use a silicone spatula to clean the bottom and sides of the skillet, the “fond” will add more flavor to the sauce. Bring to a gentle bubble and reduce by half, about 5-6 minutes.
- Add the butter, garlic, and shallots and cook for 1 minute.
- Add the flour and stir continuously for 2 minutes. The color of the flour mixture should be dark brown.

Personal Tech

Simplifying smartphones, apps, and social media.

Tech the Halls

Simple Gadgets to Enhance Your Holiday Season (and Stay Connected!)

By James Morris

The holidays are here—time for twinkling lights, cheerful music, and, yes, a little bit of tech magic to make the season bright! Don't worry, you don't need to be a computer whiz to enjoy these easy-to-use gadgets. Whether you want to set the mood, stay in touch with family, or just make life a little simpler, there's something here for everyone. Let's "tech the halls" together!

1. Smart Speakers: Your Holiday Helper

What are they?

Smart speakers like the Amazon Echo (Alexa), Google Nest, or Apple HomePod mini are voice-controlled devices that can play music, answer questions, set reminders, and so much more. Think of them as your friendly holiday elf, always ready to help!

How can they make your holidays brighter?

- **Play festive tunes:** Just say, "Alexa, play holiday music," and let the good times roll.
- **Set reminders:** Never forget to check the oven, water the poinsettias, or call the grandkids.
- **Get recipes:** Need a quick gingerbread recipe? Just ask!
- **Hands-free help:** Perfect when your hands are full of wrapping paper or cookie dough.

Quick tutorial:

To get started, plug in your smart speaker, follow the app instructions on your phone, and start by saying, "What can you do?"

2. Video Calling Platforms: Gather 'Round, No Matter the Distance

What are they?

Video calling tools like Zoom, FaceTime, and Google Meet let you see and talk to your loved ones, even if they're far away. Some smart displays (like the Facebook Portal or Echo Show) make this even easier with built-in screens!

How can they make your holidays brighter?

- **Virtual get-togethers:** Host a family sing-along, share dinner "together," or open gifts face-to-face.
- **Stay connected:** See those smiles and share the holiday joy, even across the miles.

Quick tutorial:

1. **Zoom:** Download the Zoom app, click "Join a Meeting," and type in the code your family gives you.
2. **FaceTime (Apple devices):** Open the FaceTime app and tap the contact you want to call.
3. **Smart displays:** Ask your device, "Call [name]."

Troubleshooting tip:

If you have trouble hearing, check the volume on your device. If you can't see anyone, make sure your camera lens is clean and not covered.

3. Adaptive Lighting: Bright Ideas for Safety and Ambiance

What are they?

Smart bulbs and adaptive lighting systems (like Philips Hue or Wyze Bulb) let you control lights with your voice, phone, or even set automatic schedules.

How can they make your holidays brighter?

- **Create cozy ambiance:** Set your lights to warm reds and greens or make them twinkle for a festive feel.
- **Safety first:** Set lights to turn on automatically when it gets dark, or when you walk into a room, helping prevent trips and falls.
- **Easy control:** Turn lights on/off without getting up—just say, “Turn on the living room lights!”

Quick tutorial:

1. Replace your old bulb with a smart bulb.
2. Use the brand’s app to connect it to your Wi-Fi.
3. Set your favorite colors or schedules!

Common Tech Anxieties—and How to Beat Them

- **“What if I get stuck?”**
Don’t stress! Most devices come with friendly

customer support and are always happy to help.

- **“I’m worried about privacy.”**
You can mute smart speakers (look for a button with a microphone symbol), and always ask for help setting up privacy controls.
- **“It all feels overwhelming!”**
Start small—just use one new feature at a time. Before you know it, you’ll be the techie of the family!

Wrap-Up: Your Techy, Merry Holiday Awaits!

With just a few simple gadgets, you can make your holidays safer, more joyful, and more connected. Don’t let tech fears hold you back—remember, every expert started as a beginner (and probably still asks their grandkids for help now and then!).

Happy Holidays and Happy Tech-ing! 🎉



CHICKEN/ from Pg 23

- Add the sauce mixture (from step 1) in small splashes, stirring continuously. Bring to a boil, then reduce to a simmer. Let it simmer and reduce for 7-10 minutes, uncovered.
- The longer it simmers, the thicker and more concentrated it will get. (Optional: Add 1/8 tsp.
- Gravy Master or Kitchen Bouquet for a darker color.)
- Add the mushrooms back to the skillet and stir to combine. Add the chicken back and spoon the sauce on top. Cover partially and let it heat through for 3-4 minutes. Sprinkle with fresh parsley and serve!

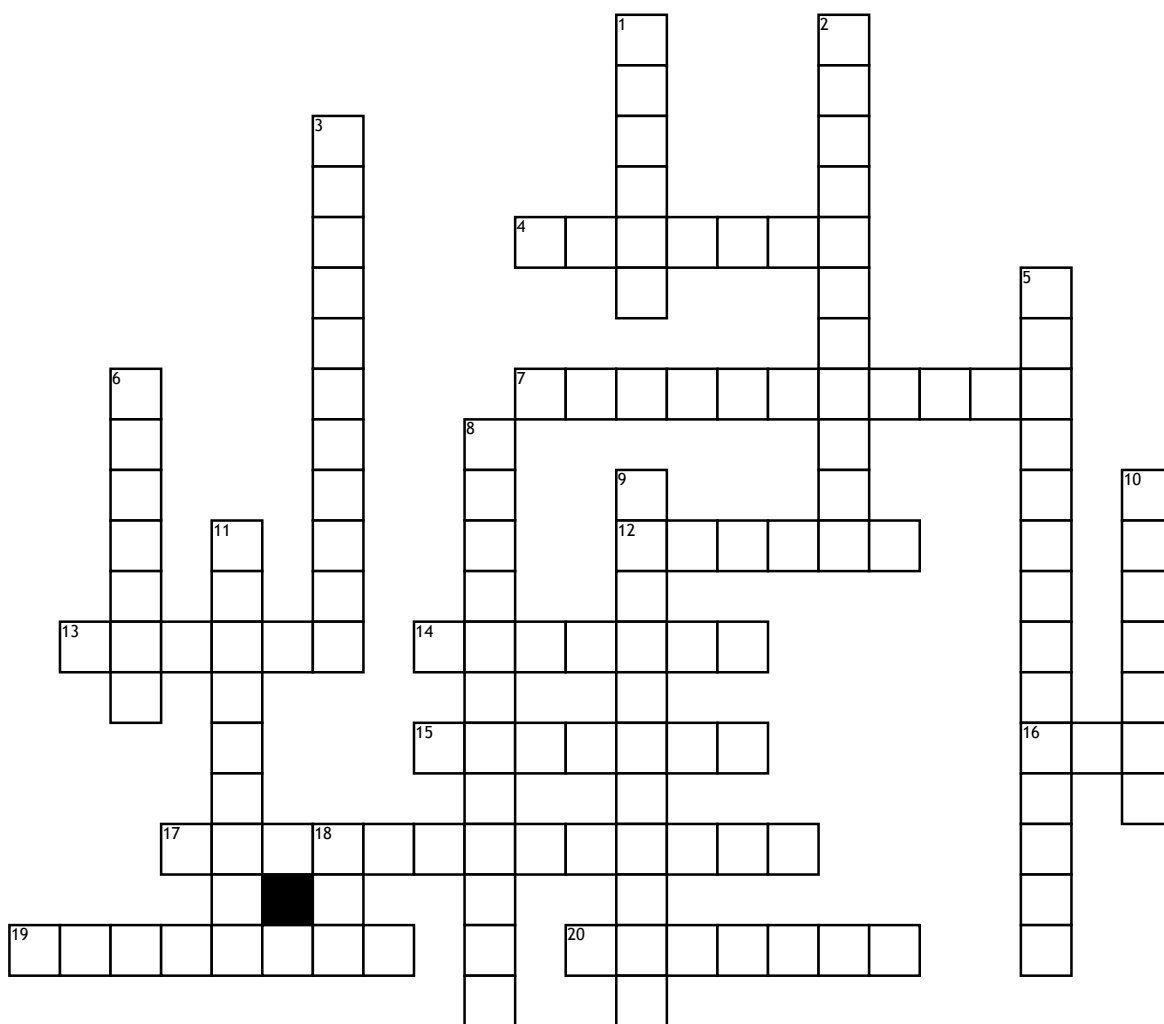
Serving Suggestions:

- Buttered Noodles

- Creamy Mashed Potatoes
- Roasted Green Beans

Tips and Tricks

- Use Cremini mushrooms for a browner color and firmer texture, but white button mushrooms can also be used.
- Adding 1/2 beef bouillon cube enhances the depth of flavor and adds a slightly darker color, despite this being a chicken dish.
- Worcestershire sauce adds umami without a detectable flavor, substitute soy sauce if necessary.
- Consider adding a few drops of Gravy Master or Kitchen Bouquet for a darker sauce color, though it’s optional.



Across

4. What is a common symptom involving loss of memory?

7. What disease is progressive and irreversible, affecting memory?

12. What should caregivers create to reduce risk of injury?

13. What is a major emotional challenge for caregivers?

14. What is the main focus of hospice care?

15. What type of care focuses on comfort for terminal illness?

16. What is the biggest risk factor for Alzheimer's?

17. What type of loss besides memory is common in late Alzheimer's?

19. What is a general term for a decline in mental ability?

20. What is one thing caregivers should establish for patients?

Down

1. What is a common physical decline in late Alzheimer's?

2. What type of support does hospice provide after death?

3. What is the most common cause of dementia?

5. What symptom involves confusion about time or location?

6. What is a service that gives caregivers a break?

8. What type of exam is used in Alzheimer's diagnosis?

9. What group offers support to Alzheimer's caregivers?

10. What protein structures build up in the brain of Alzheimer's patients?

11. What is an important strategy for simplifying care tasks?

18. What imaging scan may be used for diagnosis?

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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 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. 8, peeking through the library door.



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