



SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

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A February Filled With Heart

By James Morris

As we step into February, a month the nation dedicates to heart health, I find myself reflecting on the many forms a “healthy heart” can take. Yes, it’s about blood pressure, movement, nutrition, and the choices we make each day. But here at the Redmond Senior Center, heart health has always meant something deeper. It’s about connection. It’s about kindness. It’s about the way we show up for one another.

This year, that truth was recognized in a way that has touched me more than I can fully express.

The Redmond Senior Center has been awarded the **2025 Customer Service Award** by the Redmond Chamber of Commerce. As the Center’s Marketing Director, I am honored beyond words to accept this award on behalf of our entire community. It is not a reflection of one person’s work, but of a culture we have built together — a culture rooted in compassion, dignity, and genuine care for every older adult who walks through our doors.

Receiving this award during Heart Health Month feels especially meaningful. After all, the heart of the Senior Center is not a metaphor. It is real. It beats in every Meals on Wheels delivery, every warm greeting at the front desk, every volunteer who gives their time, every member who finds friendship here, and every partner who believes in our mission. It beats in the laughter that fills our dining room, the courage shared in

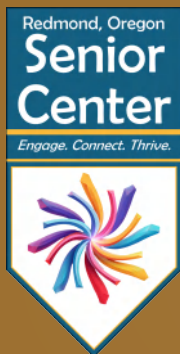
our support groups, and the quiet moments of connection that often go unseen but never unfelt.

February invites us to think about how we care for our physical hearts — and that matters deeply. In this issue, you’ll find resources, tips, and inspiration to help you stay strong, active, and informed. But I also hope you’ll take a moment to celebrate the emotional heart of this community, because that is what truly sets the Redmond Senior Center apart.

Over the past two years, we have witnessed extraordinary growth — not just in membership or programs, but in spirit. We have become a place where seniors are not only served, but seen. Where they are not only welcomed, but valued. Where they are not only supported, but celebrated. This award affirms what so many of us already knew: that the Redmond Senior Center is a place where heart is not just a theme for February, but a way of life.

To our members, volunteers, donors, partners, and friends — thank you. You are the reason this Center thrives. You are the reason this award was possible. And you are the reason our community continues to grow stronger, kinder, and more connected every day.

As we move through this month of heart health, may we continue to care for our bodies, nourish our spirits, and strengthen the bonds that make this Center a home. The heart of Redmond beats here — and it beats because of you.



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Redmond Senior Center Makes History With 2025 Customer Service Award

By James Morris



When the Redmond Chamber of Commerce announced the Redmond Senior Center as the Customer Service Award winner for 2025, it wasn't just a moment of recognition—it was a celebration that touched the hearts of everyone involved. For the first time, a senior center was honored with this distinction, marking a turning point in how our community values and understands the true meaning of customer service.

In a city known for its entrepreneurial energy, the Redmond Senior Center's recognition stands as a tribute to the quiet, steadfast, and deeply personal work of supporting older adults. It is a reminder that true service is about much more than transactions; it is about connection, dignity, and genuine care.

A Transformation Rooted in Welcome

Over the past two years, the Center has blossomed—not just in numbers, with membership up over 300% and donations tripling—but in spirit. Those who enter the building speak of a palpable warmth, a

sense of being genuinely seen and valued. This is no accident. As Executive Director Randy Graves reflected, the Center's approach is intentional: "We greet everyone in the first five seconds of entering our building to make sure they feel welcome—with music in the background and a warm smile." It's a philosophy inspired by the best in customer service, lovingly adapted to create belonging for Central Oregon's seniors.

Every Moment Matters

The heart of the Redmond Senior Center is its people—staff, volunteers, and members—who make every interaction meaningful. From the Meals on Wheels drivers delivering 31,000 meals a year at no cost, to the monthly Passion for Pets deliveries, to the Wellbeing Series that nurtures both mind and body, every program is a lifeline and a reminder that no one is alone. These aren't just services; they are threads of care woven through the community.

A Night to Remember

For Assistant Director Janean Baird, the awards ceremony was an emotional affirmation of the Center's impact. Listening to the Chamber executive director highlight programs like Passion for Pets, the Wellbeing Series, and Meals on Wheels, she felt the deep appreciation of peers and partners. "To be recognized by our peers for the work we do wells up emotions in me that are hard to explain," she shared. "This community of businesses and non-profits is like nothing I have ever experienced. The compassion and core value of service is inspiring, and I am humbled to be a part of it."

A Culture of Gratitude and Collaboration

At its core, the Center's mission is to enrich the lives of older adults through connection and care. That mission comes alive every day, not just through programs, but through small acts of kindness—remembering a name, celebrating a milestone, or simply sharing a smile. And as Janean expressed so beautifully,

the spirit of collaboration among Redmond's businesses and non-profits makes every achievement possible.

Looking Forward, Together

This historic award is not an endpoint, but a heartfelt encouragement to keep going. The Center's team—eight dedicated staff and a legion of volunteers—remains focused on combating loneliness, expanding programs, and building partnerships that lift the entire community. As Randy says, "Our goal is to continue to combat loneliness in Central Oregon!"

With gratitude for those who have supported, partnered, and believed in this mission, the Redmond Senior Center looks to the future with open arms—and an unwavering commitment to serve every person who walks through its doors with dignity, compassion, and joy.

Thank you, Redmond, for making history with us—one warm welcome at a time.

Key Achievements Behind the Award

- Every visitor greeted within five seconds of entering the building
- 31,720 Meals on Wheels delivered annually, free of charge
- Monthly pet food deliveries through Passion for Pets
- Wellbeing Series and custom Wellness Journal
- Tech empowerment with a self-published Windows 11 guide
- Membership growth of 300% and donations nearly tripled
- Activities and Events that keep the members moving

Warm Winter Wishes!



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Volunteering & Community

More Than Just a Meal

How Meals on Wheels Delivers Connection and Fights Loneliness

By James Morris



Loneliness doesn't always look dramatic. Sometimes it's simply the quiet of a home where the phone doesn't ring much anymore, or where days pass without a single visitor. For many seniors, that kind of isolation becomes part of daily life—and it can take a real toll on their health and happiness.

That's why Meals on Wheels is so much more than a meal delivery program. Yes, it brings nutritious food to the doorstep, but what it really delivers is connection, comfort, and the reassurance that someone cares.

For many older adults, the volunteer who knocks on the door each day is the only person they'll see. That short moment—a warm smile, a quick chat, a familiar face—can brighten the entire day. It's a simple interaction, but it carries a powerful message: *you matter, and you're not alone.*

There's also something deeply comforting about the routine itself. Knowing that someone will stop by at the same time each day brings a sense of stability, especially for seniors living with memory challenges or limited mobility. That predictable knock becomes a small anchor in the day, offering reassurance and calm.

Volunteers play another important role too—they look out for the people they serve. They notice if someone seems confused, if the house is unusually quiet, or if something just feels off. They're often the first to spot a fall, a health concern, or a sudden change in mood. Their presence creates a safety net that can prevent small issues from becoming emergencies.

Meals on Wheels also brings the community together in a beautiful way. Volunteers come from all walks of life: students, retirees, working parents, longtime residents; and they all share one purpose: supporting their senior neighbors. These intergenerational connections strengthen the community and remind us that caring for one another is something we all can do.

And of course, the meals themselves matter. Food is personal. It carries memories, traditions, and comfort.

Meals on Wheels programs work hard to honor cultural backgrounds, dietary needs, and personal preferences so that each meal feels familiar and nourishing in more ways than one.

For many seniors, asking for help can feel uncomfortable. Meals on Wheels helps remove that stigma by framing support as a community service rather than a handout. It's about dignity, respect, and making sure every senior feels valued—not pitied.

By providing both nutrition and social connection, Meals on Wheels helps seniors stay in their own homes longer, surrounded by the memories and comforts that mean the most to them. This independence is priceless, and it also reduces the need for costly long-term care.

The emotional benefits are just as important. Seniors who receive Meals on Wheels often report feeling less lonely, less anxious, and more connected to the world around them. That daily visit becomes a lifeline—one that nourishes the heart just as much as the body.

Meals on Wheels thrives because people choose to care. Whether you deliver meals, donate, volunteer, or simply share the mission with others, you become part of a movement that ensures no senior is forgotten. Every act of kindness creates a ripple that strengthens our entire community.

If you feel inspired to get involved or want to learn more, visit www.redmondseiors.org/meals-on-wheels or call (541) 548-6325. Supporting Meals on Wheels means delivering more than food, you're delivering hope, dignity, and connection. And that's something every senior deserves.



MEALS, NUMBERS, AND IMPACT

- Over 251 million meals are delivered to seniors across the U.S. every year—enough to circle the globe with kindness!
- 2.2 million seniors receive Meals on Wheels annually, including 360,000 U.S. veterans.
- The program operates through a network of about 5,000 local programs, reaching nearly every

community in America.

- Within just 30 days of receiving Meals on Wheels, seniors see an 85% reduction in hospitalizations—and that jumps to 93% after 90 days!
- 98% of seniors say the service helped them recover after leaving the hospital, and 81% report improved health.

VOLUNTEER HIGHLIGHT:

A Life Well-Lived and Shared: Gari Robinson's Joyful Journey

By James Morris



Step into the Redmond Senior Center on a Thursday morning, and you might be greeted by the cheerful smile of Gari Robinson. Whether she's adding a festive touch to a table centerpiece or helping someone find their way to an exercise class, Gari's presence lights up the room. Her story is one of adventure, resilience, and a deep passion for helping others, a journey that has touched countless lives, both near and far.

From Coast to Coast: A Life of Adventure

Gari's path to the Senior Center is as remarkable as it is inspiring. Born in Kansas City and raised in St. Louis, she moved to Portland, Oregon, in high school when her father—a station manager for Braniff International—was transferred. The transition was challenging at first, but it set the stage for a life filled with new experiences and opportunities.

“My dad got me a job at Timberline Lodge while I was still in high school,” Gari recalls with a smile. “I worked weekends and holidays up at Timberline.” That early taste of working life in the mountains led to years spent living in small communities around Mount Hood—Rhododendron, Welches, and Government Camp—where she worked for US Bank for two decades.

Her career journey didn't stop there. Gari spent time working for a CPA firm in Boston, and even lived in Alaska during the pipeline days, recalling, “I used to do our taxes back then, and I've always enjoyed it.” She later moved to California, where she embraced a new calling as a teacher, starting as a long-term substitute and eventually earning her teaching credential through an intensive intern program. “I became a teacher when I was over 50,” she says proudly. “I taught second grade until I was 65 and then continued as a long-term substitute for five more years.”

A New Chapter in Central Oregon

After retiring from teaching, Gari decided to move closer to her son in Central Oregon. “I sold my house and moved up here,” she says. “My aunt came to visit and asked if I'd been to the senior center. We looked it up, and it turned out they were serving pork loin for lunch that day. I just started coming, and I never stopped.”

Initially, she joined for Parks and Rec exercise classes, but before long, Gari began volunteering her time and talents. “I could see where they needed help, so I offered to pitch in wherever I could,” she says. Whether decorating for special events like the center's 75th anniversary, preparing baskets, or helping at the front desk, Gari quickly became a beloved fixture at the Senior Center.

Making a Difference, One Smile at a Time

Gari's favorite moments as a volunteer often involve connecting with people and bringing generations together. “I love when we can bring the kids in for events,” she says. “It reminds me of when I lived on Mount Hood and would pick up Meals on Wheels in Sandy, then deliver them around the mountain with my son and his friends. The people were always so appreciative, and the kids loved it too.”

These days, Gari continues to deliver Meals on Wheels as a backup driver about a dozen times a year. “The people are so thankful and appreciative,” she says. “It's always nice to see their smiles and know you're making a difference.”

Gari also volunteers as an AARP tax preparer, using her lifelong experience with taxes to help others. “This will be my second year doing taxes with AARP,” she says. “I've always enjoyed it, and it's a great way to give back.” She's excited about being asked to serve as a shift coordinator this year, helping even more people in the community.

The Power of Community

For Gari, the heart of the Redmond Senior Center is its people. “That's what keeps me coming back—the people,” she says. “You meet people from all types of backgrounds here. You start talking with someone and realize everyone has something to give. You can learn so much from each other.”

Having lived in twelve states and visited all fifty, Gari brings a wealth of life experience to every conversation. “I've lived everywhere from Alaska to Boston to Texas—even worked in Las Vegas at the Jockey Club and Flamingo,” she shares. “It's the diversity and the friendliness here that I love.”

She also enjoys seeing the center grow and evolve. “Now there are more activities and more continuity, which is so important for everyone,” she says. “It's vibrant—I always tell people, ‘You need to check it out. There's always something fun to do!’”

Bringing People Together

As an avid supporter of intergenerational activities, Gari dreams of even more ways to connect the community. “I’d love to see a cooking club where we could make big batches of food together and share with others,” she says. “Or maybe a big garden where people can come together, grow food, and have fun. I think these kinds of things bring people in and help them feel connected.”

Gari also believes in the power of simple gestures. “A smile goes a long way. Kindness goes a long way, especially in today’s world,” she says. “If someone’s new, I always tell them there are so many opportunities—art classes, cooking, exercise, games. Whatever you want to do, you can find an outlet for it here.”

A Lasting Impact

Gari’s positive spirit and dedication have made a lasting impact at the Redmond Senior Center. She’s especially proud of her work on the annual Snow Ball dance, where her handcrafted decorations bring joy to everyone who attends. “This will be my third year decorating for the Snow Ball,” she says. “I love making the little snowflake houses for the tables.”

She’s also a passionate reader and enjoys being part of the center’s book club. “I read a lot and love sharing books with others,” she says. “It’s another way to connect and keep learning.”

Inspiring Others

When asked what she’d tell someone considering a visit to the Senior Center for the first time, Gari’s answer is simple and heartfelt: “Come and check it out—it’s fun! There’s always something to do, and you’ll meet wonderful people. I think the biggest challenge for many is isolation, but just a smile and a little kindness can make all the difference.”

Gari Robinson’s story is a testament to the power of positivity, perseverance, and community. Through every chapter of her life, she has found joy in helping others and building bridges between people of all ages. Her journey is a shining example of how one person’s

enthusiasm and warmth can create ripples of happiness throughout an entire community.

If you find yourself at the Redmond Senior Center, look for Gari’s welcoming smile. Chances are she’s already thinking up the next way to make someone’s day a little brighter—and reminding us all that life’s greatest rewards come from giving back and sharing a little joy along the way.



February's Movie Matinee

Friday
February 6
1:00

FREE Popcorn
\$1 soda
\$3 beer/wine



Where Angels Fear to Tread

Navigating Passion and Society

Edward M. Forster's "Where Angels Fear to Tread," brought to the screen, goes beyond a typical period drama. It delves deeply into the tension between societal expectations and the pull of untamed passion, weaving a story of love, loss, and cultural conflict that prompts viewers to consider the limits we place on ourselves and each other.

At the heart of the film is **Lilia Herriton**, a recently widowed Englishwoman who scandalizes her conservative family by falling in love with a much younger Italian man, Gino Carella, while traveling in Tuscany. Lilia's bold decision to pursue this romance is not just impulsive; it is a deliberate act of rebellion against the suffocating norms of her Edwardian upbringing. Her actions spark a crisis that ripples through her family and community.

Alarmed by Lilia's choices, the Herriton family sends her brother Philip and sister Harriet to Italy to "save" her. Their journey is less about Lilia's well-being and more about maintaining the family's reputation. This sets up a vivid cultural clash between the buttoned-up English visitors and the vibrant

Italian locals—a contrast the film highlights with sensitivity and nuance.

The narrative skillfully captures the stifling atmosphere of the Herriton household, where **appearances and propriety** reign supreme. Lilia's marriage to Gino is an attempt to break free, to live authentically despite the cost. However, the birth of their son, a living symbol of their defiance, entangles the families further. When tragedy strikes, a bitter custody struggle ensues, exposing both genuine concern and deep-rooted fear of the unfamiliar.

Throughout the ordeal, Philip Herriton's perspective shifts. Initially motivated by duty, he gradually recognizes the emotional richness of Italian life and begins to question the rigid values he's been taught. The film uses his transformation to explore the **limitations of social convention** and the liberating potential of empathy.

Ultimately, "Where Angels Fear to Tread" is a moving meditation on the forces that shape our lives. It suggests that while love can cross any boundary, societal pressures are formidable adversaries. The film's tragic events are both a warning and a call to embrace understanding and boldness in the face of conformity. It is a poignant reminder that the most meaningful experiences often lie just beyond the boundaries of comfort—where angels fear to tread.

Lights, Laughter, and a Little Popcorn

Judy White on the Magic of Movie Matinee

By James Morris



When Judy White walks into the Redmond Senior Center for the monthly Movie Matinee, she isn't just looking for a film to fill her afternoon. She's seeking connection, comfort, and a little burst of joy—experiences that have become all the more meaningful since she moved to Redmond in 2022, following the loss of her husband.

“I love coming because I can come in the daytime. I don’t drive anymore,” Judy explains, her voice warm and matter-of-fact. “A year ago, I decided I wasn’t as secure. So, one evening after dinner, I handed my son the keys and said, ‘I’ve decided it’s time to stop driving.’” The Senior Center’s afternoon movies, she says, are a lifeline—an event she can look forward to, without the stress of driving at night.

For Judy, who spent 35 years in Maupin, Oregon, running a bed and breakfast and a whitewater rafting business with her late husband, finding community wasn’t a given. “I needed to move by one of the children,” she recalls. “I felt that Redmond was the best place... I had visited and checked out the art association, the library, and the senior center. That helped me make my decision.”

Her instincts proved right. From the first day she walked through the Senior Center’s doors, she felt the warmth and vibrancy that now defines her days. “Huge change,” she says, crediting the staff for transforming the space into what feels like “a home away from home and friends galore.”

The Movie Matinee is more than a screening. It’s a celebration—a chance for people to come together, enjoy free popcorn (and maybe root beer floats, if Judy’s suggestion catches on!), and be entertained. “Free popcorn,” she says with a laugh, is her first answer to anyone hesitant to join. “In the afternoon. Don’t have to drive at night in the dark.” For many, it’s a gentle invitation to step out of solitude and into shared joy.

Judy’s favorite films are those with heart—a good drama, a story with depth and laughter, and, above all, something that brings people together. “On Golden Pond was wonderful,” she reminisces. “The Holdovers was

good... I was amazed—there were 10 people there, and they stayed all the way through.” Whether she loves a movie or not, she never misses a matinee. “Sometimes you like them. Sometimes you don’t, but you still come, which is great,” says James, the Senior Center’s marketing director, noting Judy’s unwavering spirit.

But it’s not just about the movies. It’s about the community that forms in the soft glow of the TV screen, the conversations between friends old and new, and the laughter that rings out over spilled popcorn. Judy praises the variety of activities at the Center—art classes, exercise groups, and creative partnerships that spill over from scheduled sessions into real-life friendships. “We made a commitment to each other that every Wednesday, rain or shine, we will get together and we will paint,” shares one friend, highlighting the ripple effect of connection that starts in places like the Movie Matinee.

For those who hesitate, Judy’s advice is simple and heartfelt: “Since the new people came in and redid it... It’s so vibrant. There’s so many activities.” The Senior Center, she believes, is all about battling isolation, welcoming newcomers, and building a space where everyone feels seen and valued.

So, if you find yourself craving company, a few laughs, and perhaps a good cry over a timeless classic, take a page from Judy White’s story. Come for the movie, stay for the community. The popcorn is free, the smiles are genuine, and the seat next to Judy just might be the best in the house.

Join the Redmond Senior Center’s Movie Matinee—every second Friday of the month at 1:00 PM. Free popcorn, good company, and unforgettable afternoons guaranteed.

Health & Wellness

THE REAL SENIOR HEART HEALTH CRISIS

A Friendly, Down-to-Earth Guide to Protecting Your Heart

By James Morris

Most of us have heard the same heart-health advice for years: eat less salt, take your walks, keep up with your medications. And yes—those things matter. But what if some of the biggest threats to your heart aren't showing up in your bloodwork at all? What if the real dangers are the ones you can't see, the ones that quietly build up in your daily routines, your habits, and even your emotions?

Three hidden forces—social isolation, early frailty, and chronic inflammation—chip away at heart health in ways most seniors are never warned about. They don't show up on a cholesterol panel. They don't get mentioned during a quick doctor's visit. But they have a powerful impact on how long and how well you live.

The good news is that once you understand them, you can take simple, doable steps to protect yourself. Nothing extreme. Nothing complicated. Just small, meaningful changes that fit into your real life.

Social Isolation: The Heart Risk That Sneaks Up on You

Loneliness isn't just an emotional experience—it's a physical stressor. Research from Harvard shows that seniors without strong social connections have a significantly higher risk of heart disease and stroke. That's not a small bump. That's a major health threat.

But here's something important: You don't have to live alone to feel isolated. You can be surrounded by people and still feel like you're missing meaningful connection. Many seniors say, "I see people



all the time,” but when we dig deeper, they realize they’re not having the kind of conversations or relationships that make them feel truly seen.

And traditional advice—“Join a club!”—can feel unrealistic if mobility, hearing, or transportation challenges get in the way.

What Actually Helps

- **Social prescribing:** Some healthcare providers now connect seniors with community groups, volunteers, or “befriender” programs based on personal interests. It’s not about being pushed into a random activity—it’s about finding something that genuinely fits your personality and abilities.
- **Micro-connections:** Not every interaction has to be a big outing. A daily phone call with a friend, a shared hobby with a neighbor, or even a friendly chat with the cashier you see every week can lift your mood and lower stress hormones.
- **Purposeful roles:** Volunteering isn’t just about showing up—it’s about feeling useful. Seniors who take on meaningful roles, like mentoring younger people or helping organize community events, gain more heart-protective benefits than those who simply attend activities.

Connection doesn’t have to be loud, busy, or exhausting. It just has to be meaningful.

Hidden Frailty: Why Feeling “Fine” Isn’t the Whole Story

Frailty often starts quietly, long before you notice anything major. Maybe you walk a little slower than you used to. Maybe getting out of a chair takes a bit more effort. Maybe your grip isn’t quite as strong.

These small changes matter. Age-related muscle loss—called sarcopenia—can double your risk of heart failure and hospitalizations. And here’s the surprising part: early signs of frailty can predict heart problems more accurately than some blood tests.

But you don’t need a gym membership or fancy equipment to fight back.

Simple Movements That Make a Big Difference

- **Sit-to-stand exercises:** Rise from a chair without using your hands. Try 10 repetitions, twice a day. This strengthens your legs, improves balance, and supports independence.
- **Heel raises:** Hold onto a counter for support and rise onto your toes 10 times. This strengthens your calves and improves circulation.
- **Balance checks:** Stand on one foot (with something sturdy nearby). If you can’t hold it for 10 seconds, it’s a sign to talk with your doctor about fall prevention and strength-building.
- **Resistance bands:** Keep a set near your favorite chair. They’re inexpensive, gentle on the joints, and perfect for arm curls or leg extensions during TV time.

Think of these movements as insurance for your independence. They’re small, but they add up.

Inflamm-Aging: The Quiet Fire That Damages Your Heart

As we age, our bodies naturally produce more inflammation. Scientists call this “inflamm-aging”—a slow, steady burn inside the body that can damage blood vessels and increase heart risk even when your cholesterol and blood pressure look normal.

Most seniors never get screened for inflammation, and many of the recommendations out there are vague or unrealistic. But there *are* simple ways to cool the fire.

Everyday Ways to Reduce Inflammation

Make small food swaps: Replace white bread or processed snacks with whole grains, nuts, or seeds. Add a cup of berries or leafy greens to one meal a day. These foods naturally fight inflammation.

Quick Heart-Health Wins

- One meaningful conversation a day lowers stress
- Ten sit-to-stands twice daily strengthens legs and balance
- Add berries or leafy greens to one meal
- Five minutes of deep breathing reduces inflammation

Did You Know?

Loneliness increases heart disease risk as much as smoking 15 cigarettes a day, according to several large studies.

Try This Today

Stand up from your chair without using your hands. If it's tough, that's your body asking for more strength work.

Blue Zone Secret

People in the longest-living communities don't "exercise"—they move naturally throughout the day.

A Simple Sleep Reset

Turn off screens 30 minutes before bed. Your heart and brain will thank you.

Conversation Starter

Call someone you haven't talked to in a while and simply say, "You crossed my mind today."

Try mini stress resets: Stress fuels inflammation, but you don't need a long meditation session to calm your system.

Try five minutes of deep breathing or guided relaxation. Or practice "box breathing": inhale for 4 counts, hold for 4, exhale for 4, hold for 4.

Protect your sleep: Sleep is one of the most powerful anti-inflammatory tools you have.

Keep a consistent bedtime.

Avoid screens for 30 minutes before bed. If you wake up often, try focusing on your breath instead of reaching for your phone.

These small habits help your body repair itself overnight.

The Power of Place: Lessons from the World's Longest-Living Communities

In the world's "Blue Zones"—places where people regularly live into their 90s and 100s—heart health isn't treated like a chore. It's woven into everyday life.

People walk to see friends.

They grow their own food.

They have meaningful roles in their communities.

They celebrate small rituals that give life rhythm and purpose.

You don't have to move to Greece or Japan to borrow their secrets.

Blue Zone-Inspired Habits You Can Start Today

Walk with purpose: Instead of walking just for exercise, walk to visit a friend, run an errand, or enjoy a hobby.

Grow something—anything: A small herb garden on your windowsill can give you fresh, anti-inflammatory foods and a sense of accomplishment.

Create simple rituals: Weekly coffee with friends. Sunday phone calls with family.

A daily gratitude list.

These small traditions anchor your week and strengthen your emotional well-being.

Your New Heart Health Playbook: Small Steps, Big Impact

You don't need to overhaul your life to protect your heart. You just need to take small, intentional steps—ones that feel doable and personal.

Here's a simple checklist to get started:

Reach out: Make one meaningful social connection each day. A call, a text, a conversation—anything that reminds you you're not alone.

Move with intention: Do one balance or strength-building activity daily. Even two minutes counts.

Tame inflammation: Choose one anti-inflammatory swap this week—food, stress, or sleep.

And most importantly: Talk to your doctor about hidden risks like frailty and inflammation. Don't be afraid to advocate for yourself. These issues are real, but they're also beatable—one small step at a time.

You have more power than you think. Your heart is listening to the choices you make every day. Start with one change, and let it build from there.

The Silent Saboteurs: The Hidden Risks to Senior Heart Health

Unveiling the Less Obvious Threats Beyond Diet & Exercise

Beyond Diet & Exercise: What's Really Putting Senior Hearts at Risk?

SOCIAL ISOLATION

HIDDEN FRAILTY

CHRONIC INFLAMMATION ('Inflamm-Aging')

SOCIAL ISOLATION: THE SILENT KILLER

Seniors lacking social connection have a **29% higher risk** of heart disease and **32% higher risk** of stroke.

TIP: Daily micro-connections protect your heart—start with a call or short visit.

INFLAMM-AGING: QUIET DAMAGE

Low-grade inflammation (high CRP/IL-6) quietly damages senior hearts—even with normal cholesterol.

TIP: Add berries or leafy greens to one meal and practice 5 minutes of deep breathing.

THE BLUE ZONES SECRET: LEARNING FROM LONGEVITY

In regions where seniors thrive, daily **social connection** and **purposeful movement** are the norm.

TIP: Walk with a friend or grow something—small rituals matter.

YOUR NEW HEART HEALTH CHECKLIST

- ☒ **Make one meaningful social contact daily** (Call, visit, or group activity).
- ☒ **Do one balance or strength movement** (Sit-to-stands, heel raises, tai chi).
- ☒ **Make an anti-inflammatory swap** (Replace processed food with whole foods, reduce stress, or improve sleep).

ASK YOUR DOCTOR ABOUT HIDDEN RISKS LIKE FRAILTY AND INFLAMMATION.

Small, intentional steps = heart protection for years to come!

Heart Health Resources

NATIONAL RESOURCES:

American Heart Association

The nation's leading nonprofit for heart disease and stroke education, research, and advocacy.

1-800-242-8721

www.heart.org

National Heart, Lung, and Blood Institute (NHLBI)

NIH division offering research, education, and public information on heart health, including The Heart Truth campaign.

1-877-645-2448

www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth

Centers for Disease Control and Prevention (CDC), Heart Disease Division

Authoritative information on heart disease prevention, risk factors, and statistics.

1-800-232-4636

www.cdc.gov/heart-disease/about/index

Million Hearts

National initiative to prevent 1 million heart attacks and strokes, with public education and clinical tools.

millionhearts.hhs.gov

Mended Hearts, Inc.

The largest peer-to-peer heart patient support network, offering education and support groups.

1-888-432-7899

www.mendedhearts.org

American College of Cardiology (CardioSmart)

Patient education, advocacy, and resources for cardiovascular health.

1-800-253-4636

www.cardiosmart.org

MedlinePlus, Heart Disease Resources

Reliable, up-to-date information on heart diseases and prevention from the U.S. National Library of Medicine.

medlineplus.gov/heartdiseases.html

LOCAL RESOURCES:

St. Charles Health System

Largest provider in Central Oregon with hospitals in Bend, Redmond, Prineville, and Madras; offers comprehensive cardiology services.

(541) 382-4321

www.stcharleshealthcare.org

St. Charles Heart and Lung Center (Bend)

Expert cardiology care, emergency response, diagnostics, and ongoing management.

(541) 388-4333

www.stcharleshealthcare.org/services/heart-lung

Summit Health Cardiology

Full range of cardiology services, advanced diagnostics, and multiple locations in Bend, Redmond, and Sisters.

(541) 382-2811

www.smgoregon.com/specialty/cardiology/

Children's Heart Center of Central Oregon

Pediatric cardiology, preventive care, and family support.

(541) 728-0995

www.childrensheartclinic.com

Mosaic Community Health

Integrated, culturally appropriate healthcare, preventive services, and chronic disease management.

(541) 383-3005

www.mosaicch.org

High Lakes Health Care

Primary care, preventive screenings, and chronic disease management, including heart health.

(541) 389-7741

www.highlakeshealthcare.com

Deschutes County Health Services

Preventive health services, screenings, and community health programs.

(541) 322-7400

www.deschutes.org/health



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Activities & Events

Healing Circle Grief Support



Details at a Glance:

- **What:** Healing Circle Grief Support
- **Where:** Redmond Senior Center
- **When:** First Wednesday of every month, 12:30 PM (starting February 4)
- **Cost:** Free
- **Facilitator:** Kat Crawford, Bereavement Coordinator with ClearPath Healthcare
- **Who's welcome:** Everyone seeking comfort, understanding, or connection after loss

A New Gathering at Redmond Senior Center

By James Morris

Grief is a journey we all must walk at some point, but that doesn't mean we have to walk it alone. The Redmond Senior Center is delighted to announce a heartwarming new program designed to offer comfort, connection, and a gentle space for healing: the **Healing Circle Grief Support Group**.

Starting February 4th and continuing on the first Wednesday of every month at 12:30 PM, our doors will open to anyone seeking understanding, comfort, or simply a place to share their story. Whether your loss is fresh or something you've carried for years, this group is here for you.

Each monthly session will be guided by the wonderful Kat Crawford, Bereavement Coordinator with ClearPath Healthcare. Kat is known for her deep compassion and steady presence, bringing years of experience to help participants explore their grief at their own pace. She's there to listen, to guide, and to help you find strength in the company of others who truly understand.

Best of all? This program is absolutely **free**!

So, what can you expect? Imagine a warm circle of chairs, a welcoming atmosphere, and a community that cares. There's no pressure to share more than you wish, sometimes just listening can be healing. The Healing Circle is about finding belonging and support, no matter where you are on your journey.

We invite you to join us at the Redmond Senior Center for this special collaboration with ClearPath Healthcare. Take your place in the circle—you belong here.

A circle is a place of belonging. We invite you to take your place in it—because healing happens together.



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



ClearPath
HEALTHCARE
Formerly Known as Hospice of Redmond



**A Monthly Gathering for
Connection and Care**

Location: Redmond Senior Center

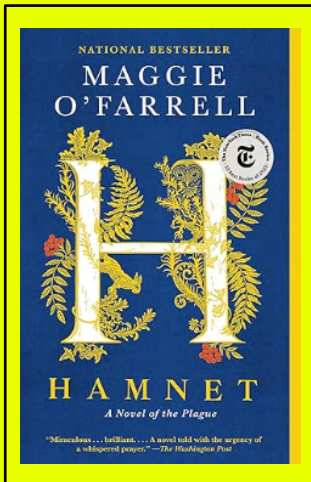
Cost: Free

Frequency: First Wednesday of every month at 12:30 PM

A collaboration with ClearPath Healthcare and Redmond Senior Center.

Book Club

February's Read - "Hamnet" by Maggie O'Farrell



England, 1580: The Black Death creeps across the land, an ever-present threat, infecting the healthy, the sick, the old and the young alike. The end of days is near, but life always goes on.

A young Latin tutor—penniless and bullied by a violent father—falls in love with an extraordinary, eccentric young woman. Agnes is a wild creature who walks her family's land with a falcon on her glove and is known throughout the countryside for her unusual gifts as a healer, understanding plants and potions better than she does people. Once she settles with her husband on Henley Street in Stratford-upon-Avon, she becomes a fiercely protective mother and a steadfast, centrifugal force in the life of her young husband, whose career on the London stage is just taking off when his beloved young son succumbs to sudden fever.

Hamnet is mesmerizing, seductive, impossible to put down—a magnificent leap forward from one of our most gifted novelists.

Wednesday, February 18

1:30 PM

Fall in Love with February at the Redmond Senior Center!

By Angela Boock, Program Director



Cue the confetti cannons, folks—February is here! While the rest of the world is stuck counting the days until spring, we’re heating things up at the Redmond Senior Center with a calendar so lively, Cupid himself is asking for our autograph. Get ready to pencil in some fun, because our February activities are the real heart-throbs of winter!

- **February 2: Cooking Class — “Marry Me Chicken”:** Love at first bite! We’re kicking off February with a recipe so delicious, it’s rumored to inspire spontaneous proposals. Whether you want to woo your sweetheart or just your tastebuds, “Marry Me Chicken” is sure to make your heart (and stomach) swoon. Engagement rings optional.
- **February 6: Movie Matinee — “Where the Angels Fear to Tread”:** Popcorn, plot twists, and a dash of drama! Join us for an afternoon at the movies, where the only thing more comfortable than our chairs is the company you’ll keep. We’ll be screening “Where the Angels Fear to Tread,” so bring your curiosity—and maybe a hanky, just in case.
- **February 9: Valentine’s Painting Class with Jan:** Unleash your inner Picasso (or finger-painter, we don’t judge)! Jan’s got the brushes, the paint, and more Valentine’s Day spirit than a box of assorted chocolates. Come paint your heart out—literally! Whether you’re crafting a masterpiece for a special someone or a “mystery abstract” for your own wall, this class is for you.
- **February 13: Valentine’s Happy Hour with DaChara Duo:** Wine, music, and a guarantee of zero awkward Valentine’s Day dates. Raise a glass and your spirits with the DaChara Duo, whose tunes are as smooth as our happy hour snacks. Bring a friend, or come solo and leave with new ones. Love (and perhaps a little dancing) is in the air!
- **February 16: Cooking Class — Chicken Parmesan:** Because true love is cheesy. Back by popular demand: another lip-smacking cooking class! This time, we’re going Italian with Chicken Parmesan. Come for the culinary tips, stay for the inevitable mozzarella jokes.
- **February 24: Field Trip — Indian Head Casino (weather permitting):** Feeling lucky? We’re betting big on fun with a trip to Indian Head Casino! Whether you prefer the slots, the tables, or just people-watching (did you see that hat?), it’s guaranteed to be a day of adventure. Fingers crossed for good weather and even better luck! (Limited seating.)

Don’t Miss Out! Ready to make February fabulous? Call, sign up, or send a carrier pigeon—just don’t miss your chance to join the fun. At the Redmond Senior Center, there’s always room at the table (especially if there’s chicken involved).

See you there—where the only thing more contagious than laughter is our enthusiasm for good times!



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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

Home & Lifestyle

The Lonely Heart

How Isolation Affects Our Tickers

By James Morris, Editor of Senior Moments

Hello friends! James Morris here, your trusty guide through the winding roads of health, happiness, and all things Redmond. Today, I want to talk about something close to my heart—literally! Let's pull up a cozy chair, pour a cup of tea, and chat about how isolation can sneak up on our heart health, especially as we get older.

The Surprising Link Between Loneliness and Heart Health

We all know the old saying, “Home is where the heart is.” But what happens when home gets a little too quiet? Turns out, loneliness and social isolation aren't just tough on our moods, they can actually put our hearts at risk. According to the American Heart Association, folks who feel isolated have a higher chance of developing heart disease or having a stroke. Yikes!

But why? Well, when we feel lonely, our bodies can go into a kind of “stress mode,” pumping out hormones like cortisol. Over time, this can raise our blood pressure, mess with our sleep, and even make our arteries less flexible. In other words, loneliness isn't just a sad feeling, it's a real health hazard.

Real Talk: How Isolation Sneaks In



Now, I'll be the first to admit: I love a good book on a rainy afternoon, and sometimes a little peace and quiet is just what the doctor ordered. But too much of a good thing can tip into trouble. Maybe the kids have moved away, or it's harder to get out and about these days. Before you know it, days can blend together, and the phone stays awfully silent.

Here's the kicker: even folks who live with others can feel isolated. It's not just about being physically alone, it's about feeling connected.

The Good News: We Can Protect Our Hearts Together

But don't fret! The story doesn't end with doom and gloom. The same research that warns us about loneliness also gives us hope. Staying socially connected—whether it's a weekly bridge game, a phone call with an old friend, or attending an activity here at the Redmond Senior Center—can help keep our hearts humming happily.

In fact, studies show that people who maintain strong social ties have lower blood pressure, healthier hearts, and even live longer. So, your "prescription" might just

be to sign up for that dance class or try out the new art workshop (bonus points if you bring a friend!).

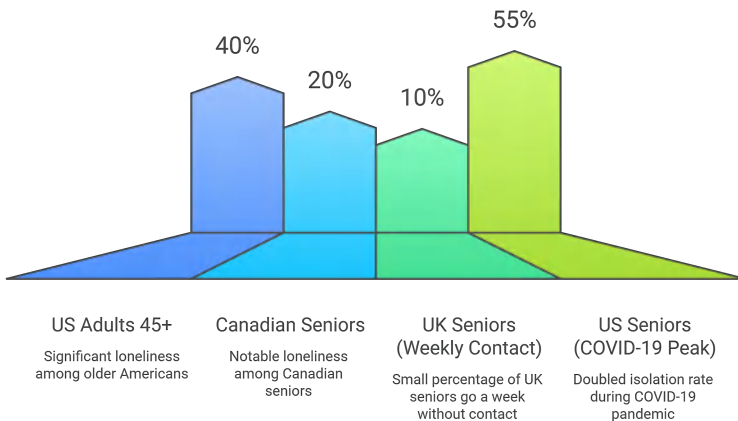
A Few Heart-Healthy Tips from Yours Truly

- **Reach Out:** Don't wait for someone to call—pick up the phone or send a letter. Trust me, your old pal from high school will be delighted.
- **Stay Active:** Physical activity releases feel-good chemicals and is even better when shared. Walk, dance, or garden with a neighbor.
- **Join In:** Our Senior Center is a fantastic place to meet friendly faces (and maybe win at bingo).
- **Volunteer:** Helping others is a surefire way to boost your mood and widen your circle.

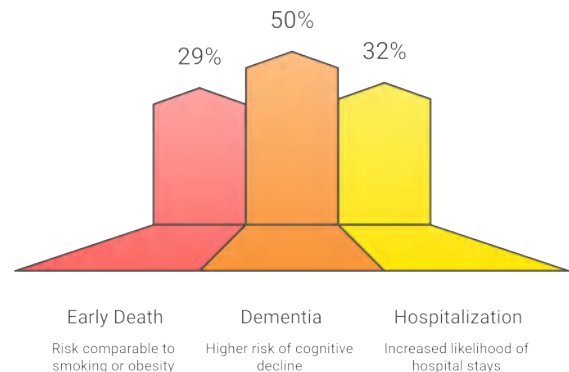
Final Thoughts

So, dear readers, let's look out for each other and keep the spirit of community alive. Our hearts—and our smiles—will be all the stronger for it. If you see me around the Center, don't be shy. I'm always up for a chat. After all, the best medicine might just be a good friend.

Loneliness and Isolation Rates Among Older Adults



Health Risks Associated with Social Isolation



Personal Tech

Stay Heart-Smart

The Easiest Apps to Keep Your Ticker in Top Shape

By James Morris



If there's one thing we all agree on, it's that the heart deserves a little extra love. It works hard for us every single day—quietly, faithfully, and without asking for much in return. The good news is that today's smartphones make it easier than ever to keep an eye on your heart health. No complicated gadgets. No confusing screens. Just simple, senior-friendly apps that help you stay informed and in control.

Here are a few standouts that our members have found especially helpful, easy to use, and surprisingly fun.



Senior Health Tracker (iPhone & Android; Free with available upgrades)

Think of this as your all-in-one wellness companion. Designed specifically for adults 60 and older, Senior Health Tracker offers gentle reminders, easy-to-read screens, and helpful insights about your heart, blood pressure, and overall wellbeing. It even includes tips on nutrition, mobility, and brain health. If you want one app that does a little bit of everything—without overwhelming you—this is a great place to start.



Instant Heart Rate Monitor (iPhone & Android; Free with available upgrades)

This one feels a bit like magic. Place your fingertip over your phone's camera, and in a few seconds it shows your heart rate. That's it. No straps, no sensors, no fuss. Seniors love it because it's quick, clear, and surprisingly accurate. It's perfect for those moments when you simply want to check in with your body and see how it's doing.



Heart Rate Monitor App (iPhone & Android; Free)

If you prefer something even more streamlined, this app keeps things beautifully simple. Open it, tap once, and it measures your pulse. The numbers are large, the layout is clean, and there's nothing extra to get lost in.

It's a great choice for anyone who wants a no-nonsense way to track their heart rate from day to day.



WebMD Symptom Checker (iPhone & Android; Free)

We've all had those moments: "Is this something... or nothing?" The WebMD Symptom Checker helps you make sense of what you're feeling. While it's not a substitute for a doctor, it does offer clear explanations and guidance—especially helpful when you're trying to decide whether to call your provider or simply keep an eye on things. Seniors appreciate its plain language and easy navigation.



Pacer (iPhone & Android; Free with available upgrades)

Walking is one of the best things you can do for your heart, and Pacer makes it feel like a friendly companion is cheering you on. It tracks your steps, encourages gentle movement, and celebrates your progress. No complicated fitness goals—just simple, steady motivation to keep your heart happy.

Why These Apps Matter

Heart health doesn't have to be intimidating. These apps put helpful tools right in your pocket, giving you confidence, clarity, and a little extra peace of mind. Whether you're checking your pulse, tracking your steps, or learning more about your symptoms, each app offers a simple way to stay connected to your wellbeing.

And the best part? You're in control. You choose what to track, when to check in, and how to use the information. It's heart-smart living made easy.

How Cell Phones are Helping Seniors Survive

- **Health:** Smartphone users report 13–15% higher self-rated health and 50%+ lower depression.
- **Social Connection:** Cell phones help reduce social isolation and expand seniors' social networks.
- **Emergency Safety:** Using a mobile phone in emergencies can save 137 more lives per 100,000 patients.
- **Cognitive Function:** Digital tech use is linked to a 58% reduced risk of cognitive impairment.
- **Independence:** Smartphones help seniors manage daily tasks and support "aging in place."

Game On!

Puzzles offer seniors a wonderfully gentle workout for the mind, helping keep memory, focus, and problem-solving skills sharp. They encourage the brain to stay active and engaged, which supports cognitive health over time. Just as importantly, puzzles create a sense of accomplishment and calm—an enjoyable way to reduce stress and boost mood. Whether done alone or with a friend, they provide a simple, meaningful way to stay mentally strong and emotionally connected.

K P B W Z N M X S S U E T W L M L S T D N L K X
 I I C Z Z I Y Z T O S M S A R V Y H F M T U H I
 Y N R G L U V S R H H P K L O E V Z N W W W D C
 T V F A F Q I J E B M V A K U O E O B A R Z N J
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 A D V S A T H M G A R G V N W T M R N J Z O F V
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Samual S. Johnson Foundation | (541)548-8104 | SSSPFoundation.com
Shelk Foundation | (541)447-6296
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:

...Front page, Tree of Life logo, behind the bottom left root.



Membership Registration

☐ New ☐ Renewal

☐ \$50 1per year ☐ \$5 per month

☐ Scholarship (approval required) ☐ Volunteer ☐ Staff



Redmond, Oregon

Senior Center

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First Name: _____ M.I.: _____

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Email: _____

Cell Phone: _____

☐ Male ☐ Female ☐ Other/Prefer not to answer

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P.O. Box: _____ City: _____ State: _____ Zip: _____

Emergency Contact Name: _____

Relation: _____

Phone: _____

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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.

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