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NOVEMBER 2024

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SENIOR MOMENTS NEWSLETTER

NOVEMBER is ALZHEIMER AWARENESS & HOSPICE MONTH

In this issue...

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Alzheimer's Awareness and Hospice Care Month

November is a significant month for the Redmond Senior Center, as it marks Alzheimer's Awareness and National Hospice and Palliative Care Month. In line with these observances, the Wellbeing Series will focus on raising awareness about Alzheimer's disease and the vital role hospice care plays in supporting patients and families. This month's events aim to provide our senior community, caregivers, and loved ones with resources, education, and support to navigate the complexities of aging, memory care, and end-of-life services.



The Redmond Senior Center Wellbeing Series will host informational sessions covering:

- Recognizing Early Signs of Alzheimer's: Memory lapses, confusion with time or place, and difficulty with familiar tasks.
- Coping Strategies for Caregivers: How to care for loved ones while maintaining your mental and emotional health.
- Latest Research and Treatments: Updates on medical advancements, clinical trials,

and medications that can slow the disease's progression.

This information will be shared through workshops and educational materials, aiming to empower caregivers and families with knowledge and resources.

Understanding Alzheimer's Disease

Alzheimer's disease is the most common form of dementia, affecting nearly 6 million Americans. It is a progressive neurological disorder that leads to memory loss, cognitive decline, and eventually, the inability to perform daily tasks. As we age, the risk of developing Alzheimer's increases, making it essential to understand the early warning signs and available treatments.

The Role of Hospice and Palliative Care

As Alzheimer's disease progresses, patients and families often need specialized care. National Hospice and Palliative Care Month highlights the compassionate



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end-of-life care that can enhance the quality of life for both patients and their families. Hospice care focuses on comfort, pain management, and emotional support during the final stages of life, allowing individuals to pass with dignity and without unnecessary suffering.

Key topics covered this month include:

- What is Hospice Care? Understanding the services provided, such as medical, emotional, and spiritual support.
- When is Hospice Care Needed? Identifying the right time to seek hospice services for your loved ones.
- Myths and Misconceptions: Addressing common misconceptions about hospice care, such as believing it is only for cancer patients or that it hastens death.

Special guest speakers from local hospice organizations will join the Wellbeing Series to discuss how their services offer comfort and support not only to patients but also to their families.

Support for Caregivers and Families

Caring for someone with Alzheimer's or another life-limiting illness can be emotionally draining and physically demanding. In recognition of the essential role caregivers play, the Redmond Senior Center will provide resources and workshops specifically designed for their well-being. These will include:

- Caregiver Support Groups: An opportunity to connect with others facing similar challenges.
- Stress Management Techniques: Meditation, exercise, and self-care practices to reduce burnout.
- Navigating Hospice Decisions: A guide for families on how to discuss and plan end-of-life care with their loved ones.

Community Engagement and Resources

Throughout November, the Senior Center will offer various ways for the community to engage in Alzheimer's awareness and hospice care education. These include:

- Memory Walks: Encouraging physical activity while raising awareness and funds for Alzheimer's research.
- Informational Booths: Representatives from local

hospice services, Alzheimer's support groups, and medical professionals will be available to provide personalized advice and resources.

- Educational Seminars: Open to the public, these sessions will cover everything from the medical side of dementia to the personal stories of families affected by Alzheimer's.

Final Thoughts

Alzheimer's and hospice care are deeply personal and emotional topics that touch many lives in our community. By coming together this November, we aim to foster a supportive environment where people can share experiences, learn, and connect with the resources they need. Whether you are a caregiver, family member, or simply want to learn more, the Redmond Senior Center's Wellbeing Series is dedicated to providing the knowledge and support to help you through these challenges.

Let's make November a month of awareness, compassion, and community support as we work together to uplift those affected by Alzheimer's and end-of-life care.

For more information about the November Wellbeing Series or to participate in upcoming events, please visit the Redmond Senior Center website or call us at (541) 548-6325. •

THIS MONTH'S TALKS/EVENTS:

Nov. 6

Partners in Care Alzheimer Talk

Nov. 13

Hospice of Redmond speaks on Hospice options

Nov. 20

St. Charles speaks on Hospice

Caring for someone with Alzheimer's or another life-limiting illness can be emotionally draining and physically demanding.

ALZHEIMER'S AWARENESS AND HOSPICE CARE RESOURCES

Here's a list of helpful local and national resources for those seeking more information and support regarding Alzheimer's disease, caregiving, and hospice care:

National Resources

1. Alzheimer's Association

- Services: Comprehensive resources including a 24/7 helpline, information on Alzheimer's research, clinical trials, and support for caregivers.
- Contact: 1-800-272-3900 | www.alz.org

2. National Hospice and Palliative Care Organization (NHPCO)

- Services: National resource for hospice care, offering tools for caregivers, resources on palliative care, and a directory of hospice providers.
- Contact: 1-800-658-8898 | www.nhpco.org

3. Family Caregiver Alliance

- Services: Support and resources for caregivers, including online tools, webinars, and caregiver support strategies.
- Contact: 1-800-445-8106 | www.caregiver.org

4. The Alzheimer's Foundation of America

- Services: Provides educational materials, a national helpline, and a caregiver support network.
- Contact: 866-232-8484 | www.alzfdn.org

5. The Hospice Foundation of America

- Services: Offers educational resources on hospice and palliative care, including webinars and caregiving guides.
- Contact: 1-800-854-3402 | www.hospicefoundation.org

6. CaringInfo (NHPCO)

- Services: A resource providing advance directives, legal documents, and information on hospice and palliative care planning.
- Contact: 1-800-658-8898 | www.caringinfo.org

Local Resources in Redmond, Oregon, and Surrounding Areas

1. Redmond Senior Center

- Services: Offers educational workshops, caregiver support groups, wellness programs, and activities for seniors.
- Contact: (Insert Phone Number) | Redmond Senior Center Website

2. Alzheimer's Association - Oregon & Southwest Washington Chapter

- Services: Provides support groups, educational resources, and advocacy for Alzheimer's patients and caregivers throughout Oregon, including Central Oregon.
- Contact: 24/7 Helpline: 1-800-272-3900 | Alzheimer's Association Oregon Chapter

3. Partners In Care - Bend, Oregon

- Services: Offers comprehensive hospice and palliative care services, including in-home care, respite care, and bereavement support for families in the Central Oregon region.
- Contact: 541-382-5882 | Partners In Care

4. Heart 'n Home Hospice & Palliative Care

- Services: Provides compassionate hospice and palliative care services across Central Oregon, focusing on comfort, dignity, and support for patients and families.

- Contact: 541-504-9577 | Heart 'n Home Hospice

5. Council on Aging of Central Oregon

- Services: Provides resources for seniors and their caregivers, including meal programs, support services, and respite care options for family caregivers in the Redmond area.
- Contact: 541-678-5483 | Council on Aging of Central Oregon

6. St. Charles Health System - Home Health and Hospice

- Services: Offers in-home hospice care, palliative care, and support services throughout Central Oregon, including Redmond, ensuring comfort and care at the end of life.
- Contact: 541-706-6700 | St. Charles Hospice



Rotary  Club of Redmond

Free Home Maintenance for Seniors!

Simple home repairs becoming too much to handle?
The Rotary Home Team is here to help Redmond seniors stay safe and comfortable.

We Offer Help With:

Light bulb replacement

Smoke alarm batteries

Leaky faucets

Drawer handles/cabinet pulls

Tripped circuit breakers

How It Works:

Call the Redmond Senior Center to schedule your free visit! Volunteers come by every other month to assist with household tasks. We bring all the tools, and if we can't solve your problem, we'll connect you with someone who can.

Contact the Redmond Senior Center today to sign up!

UPDATES & NEWS

KNOW YOUR STAFF

Lahna Avery - Volunteer Coordinator
Janean Baird - Office Manager / MoW Coordinator
Angela Boock - Activities Coordinator
Randy Graves - Director of Operations
James Morris - Marketing Coordinator
Jose Perez - Chef

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Bola Gbadebo

The Power of Storytelling and Community

By James Morris

When you meet Bola Gbadebo (pronounced bad-e-bo), the first thing that strikes you is her passion—not just for filmmaking, but for people. She is a storyteller at heart, someone who has built her career by capturing the essence of human experience and emotion. Through her documentaries, poetry, and community work, Bola creates spaces where connections flourish. And now, she's about to bring that same energy to the Redmond Senior Center.

"I've always believed that if you love people, you have to show up for them," Bola told me, her voice steady with conviction. Born and raised in Pleasanton, California, she pursued a degree in sociology. This field reflects her deep interest in human behavior and relationships. But like many, the COVID-19 pandemic forced her to rethink her professional path. In a time of isolation and uncertainty, Bola took a bold step: she became a news reporter, quickly advancing to a news anchor.

In this role, Bola honed her ability to engage with people from all walks of life. "Journalism gave me a platform to tell real stories—stories that matter," she said. But she wanted more. The desire to control the narrative and dig deeper into human experiences led her to found her own film production company, Bolo Films.



Bola's first documentary, *Confidence*, premiered in September and is a striking example of her ability to capture the raw essence of human struggle and resilience. Through interviews with people of different ages, races, and backgrounds, she explored the complexities of confidence—how we build it, how we lose it, and how we reclaim it.

"I started the project because I was grappling with my own issues around confidence," she explained. "But as I spoke to others, I realized that we all share similar struggles. *Confidence* isn't a linear journey—it's full of setbacks, but also triumphs." Her film has already resonated with audiences, many of whom see themselves in the stories she brings to life on screen.

Now, Bola is hard at work on her next documentary, *Love*, which delves into the evolution of romantic love. This time, she's exploring love from multiple perspectives—interviewing married couples, divorcees, widows, and singles to understand how love transforms over time. "I'm fascinated by how love shapes who we are, not just in romantic relationships, but in the love we have for ourselves," Bola said, her eyes lighting up as she spoke about the project.

While her work as a filmmaker has garnered her recognition, it's her recent decision to get involved with the Redmond Senior Center that has us all excited. Bola

has only agreed to lend her voice and creativity to our efforts; her potential impact is already evident. “I see the Senior Center as a great opportunity to connect people and foster more empathy within the community,” she said. “It’s not just about showing up—it’s about making sure people feel seen and heard.”

Bola’s goal is to help spread the word about the Center, using her platform to highlight our services to seniors, many of whom are underserved simply because they don’t know what’s available. “There are so many seniors who could benefit from what the Center provides, but there’s a lack of awareness,” she said. “I want to help change that.”

Though she’s just starting to get involved, Bola has already expressed excitement about working on initiatives that bring more visibility to the Senior Center. One project that caught her eye is the upcoming “Every Senior Matters” campaign. This initiative invites people to share stories about seniors who have made an impact on their lives, turning these stories into short videos that celebrate the wisdom and experiences of the elderly. Bola immediately saw the potential for this campaign to create a ripple effect of appreciation and awareness. “These are the stories that need to be told,” she said. “I’m looking forward to being part of this journey.”

Beyond her work with the Center, Bola is a creative powerhouse. She’s a poet, a musician, and a lover of nature. When I asked her about her creative process, she smiled and said, “I think I’m just naturally introspective. I love observing people, understanding what makes

them tick. There are stories everywhere if you just take the time to look.”

Her commitment to storytelling is evident in everything she does. Whether she’s filming a documentary or attending a community event, Bola’s focus is always on making meaningful connections. It’s not uncommon to see her engaging with people, listening with genuine curiosity, and finding the extraordinary in the everyday. “You don’t always have to create something new,” she told me. “Sometimes the most powerful stories are already there—you just have to listen.”

As our conversation drew to a close, I asked Bola what message she would leave with the seniors at the Redmond Senior Center. Her answer was both simple and profound: “Be involved. Life is bigger than any one person, and the way we move through the world impacts everyone around us. When you engage with your community, you give others permission to do the same.”

Bola Gbadebo is more than just a filmmaker—she’s a force for good, using her talent and passion to bring people together. Though she only recently joined our efforts at the Redmond Senior Center, her presence and dedication are sure to make an immediate impact. We’re excited to have her with us as we continue to build connections and strengthen our community.

Stories weave through us,
Connections grow, hearts unite,
Empathy takes flight.

A festive poster for the Redmond Senior Center's Holiday Bazaar. The background is a solid red color. At the top, there are several red and white striped Christmas ornaments. The text is centered and reads: "Redmond Senior Center's" in a white serif font, followed by "Holiday Bazaar" in a large, bold, white serif font. Below that, it says "Saturday, November 9th, 2024" and "9 a.m. to 3 p.m." in a white serif font. The bottom of the poster features a decorative border of white snowflakes and stars. The address "325 NW Dogwood Ave" and "Redmond, OR 97756" are written in a white serif font, followed by the phone number "541-548-6325" in a white serif font.

Redmond Senior Center's
Holiday Bazaar
Saturday, November 9th, 2024
9 a.m. to 3 p.m.
325 NW Dogwood Ave
Redmond, OR 97756
541-548-6325

Discover the Vibrant Community

A Conversation with Angela Boock, Program Coordinator

By James Morris

Nestled in the heart of Redmond, the Redmond Senior Center is more than just a place for older adults to gather—it's a vibrant community offering engaging activities designed to enrich the lives of local seniors. Angela Boock, the Program Coordinator for the Senior Center, is the mastermind behind the diverse array of events that keep participants coming back for more. With a deep passion for working with the senior population, Angela brings her creativity, compassion, and dedication to make every day at the Senior Center special. Whether you're seeking entertainment, relaxation, or good company, the Redmond Senior Center has something for everyone.

Angela's mission at the Senior Center is simple yet profound: to provide various activities that cater to different interests. "Not everybody wants to play bingo," Angela explains, "so we try to offer something for everyone." The result is a bustling monthly calendar packed with engaging activities that include:

- Bingo and Karaoke: Classic favorites that foster camaraderie and fun.
- Happy Hour: A social highlight with different themes, including trivia, live music, and more.
- Line Dancing: A chance to get moving, stay active, and enjoy some lively tunes.
- Movie and Popcorn Nights: A cozy evening where seniors can relax and enjoy a favorite film.
- Nail Polishing: An unexpectedly popular offering in which Angela connects with participants one-on-one, providing a pampering experience and a personal touch that many cherish.

One of Angela's favorite activities is nail polishing, something she began while working in memory care. "It's relaxing for me, and I get to sit down one-on-one with people and chat, get to know them. I've created a lot of good friendships this way," she says. These small moments of connection make the Senior Center activities stand out, transforming routine events into meaningful



experiences.

Angela is always looking for new ideas to keep the activities exciting and engaging. From browsing Pinterest to participating in activity coordinator groups on Facebook, she pulls inspiration from everywhere and welcomes suggestions from the seniors themselves. If someone has an idea,

Angela is willing to try it. "If it works, it works, and if it doesn't, we'll try something else," she says with a smile.

One upcoming event that has Angela particularly excited is a Halloween costume contest with karaoke. Angela's enthusiasm for the Senior Center's events is infectious, and it's easy to see why participants love coming back.

Beyond the daily activities, Angela also helps coordinate the Meals on Wheels program, providing food and moments of joy to seniors who may not be able to visit the center. Each week, volunteers deliver flowers along with meals; for some recipients, this simple gesture has had a profound effect. Angela recounts how they upgraded from handing out single roses to gifting full bouquets. "A couple of people who were dealing with cancer were just thrilled," she shares. One woman was brought to tears by the gesture, showing just how impactful these small acts of kindness can be.

Angela has big dreams for the Redmond Senior Center's future, including organizing field trips. "I would love to have a bus and take people on field trips," she says. Though still in the works, Angela believes this initiative would be well-received by the seniors, providing an opportunity to explore new places and experiences together as a community.

Angela and her team work tirelessly to ensure that the Redmond Senior Center is a welcoming and dynamic environment. "I couldn't do this job without the team," she says. The supportive atmosphere and strong sense of community among staff members are essential in creating the joyful, engaging experience that seniors have come to love.

Whether you're looking to make new friends, stay active, or enjoy a new hobby, the Redmond Senior Center is the perfect place to start. The activities are designed to offer something for everyone, and the warm, inclusive environment makes it easy to get involved.

Ready to join the fun? Visit the Redmond Senior Center today, meet Angela, and discover the wealth of activities that await you. You'll leave with a smile and perhaps a new favorite pastime! •

October Volunteers of the Month

Michael and Judy Bolander

By James Morris

This October, the Redmond Senior Center proudly honors Michael and Judy Bolander as our Volunteers of the Month. With over two decades of dedicated service, this couple exemplifies the heart and soul of community volunteerism. Their journey with Meals on Wheels, which began in 1976, has spanned several states and decades, and their commitment inspires all of us.

Michael and Judy began their volunteering journey in Oregon through their church, delivering meals to neighbors in need. Over the years, they moved several times, living in Alaska and Oregon and eventually settling in Redmond in 2011. Wherever they've gone, they've carried with them their passion for helping others, especially through Meals on Wheels.

For the Bolanders, volunteering is not just about delivering food—it's about building relationships. They recall many touching moments where their presence made a life-saving difference. One such moment involved a diabetic woman who was on the verge of a crisis. Judy remembers pounding on her window, trying to get her attention. "If you guys hadn't come, I think I would have died," the woman later said after Michael and Judy intervened with quick thinking and a simple glass of juice.

Michael often reflects on their deep connections with the people they serve. "The meals are secondary," he says. "Our job is to make sure people are okay." They recount many stories of checking in on individuals only to discover they needed immediate help. Whether it was spotting a house fire or finding someone after a fall, the Bolanders have been true guardians of their community, going above and beyond the call of duty.

The couple's volunteering efforts have never wavered, even after selling their Arizona home and returning to



Redmond full-time. Now, they look forward to continuing their work year-round, forming bonds with their routes and neighbors, ensuring no one is forgotten or overlooked.

Beyond their volunteering, Michael and Judy's life together is a testament to love and commitment. Married for 59 years, they met in high school and have been inseparable ever since. Their work history is as varied and interesting as their life story—Michael served as a federal officer and customs inspector, while Judy worked as an immigration officer and later in other federal positions. Their shared experiences have forged a strong partnership in both life and service.

When asked what advice they'd give to others considering volunteering, Michael didn't hesitate. "It's one of the most rewarding things I've done in my life," he said. They encourage others to join them in volunteering, emphasizing the immense joy and fulfillment that comes from serving others. Their message to the community is simple but profound: "Get involved—you'll be amazed by the difference you can make."

The Redmond Senior Center is fortunate to have Michael and Judy Bolander in our community. Their kindness, dedication, and willingness to help others is an example for us all. As we celebrate their work, we hope their story inspires others to find ways to contribute and make a difference, just as they have done so selflessly for so many years.

Thank you, Michael and Judy, for your unwavering service and for making our community a better place.

If you want to volunteer or learn more about our Meals on Wheels program, don't hesitate to get in touch with us at the Redmond Senior Center. Together, we can continue the legacy of care and connection that the Bolanders have helped to build. •

You are Not Alone. Getting Support for a Loved One with Alzheimer's or Dementia

(Reprinted from Hospice of Redmond)

Of the nearly 7 million Americans living with Alzheimer's disease, the vast majority live in their own homes throughout their illness. While caring for a loved one with Alzheimer's at home can be rewarding, it poses challenges, especially as the disease progresses.

Remember, caregiver burnout can happen without the right support. As Johns Hopkins geriatric psychiatrist Deirdre Johnson, MD, so eloquently stated, "The care of dementia is the care of two people: the person with the illness and the person taking care of them." This underscores the crucial role of support in the caregiving journey.

Knowing that resources are available in Central Oregon can provide a sense of relief. Whether you are a family member, friend, or caregiver, organizations such as the Council on Aging, Alzheimer's Association, and Hospice of Redmond's Transitions program can offer assistance and help you navigate the complexities of caring for someone with Alzheimer's or dementia. In this blog, we will provide an overview of each.

The Council on Aging

The Council on Aging in Central Oregon plays a significant role in supporting individuals with Alzheimer's or dementia and their caregivers. They offer a range of services, including educational resources, support groups, and more, all designed to help caregivers navigate the unique challenges of their role.

The Alzheimer's Association

The Alzheimer's Association is a national organization with local chapters that provides extensive resources and support for individuals with Alzheimer's or dementia and their caregivers. It offers educational programs, including workshops and training sessions, to help caregivers develop effective caregiving strategies and better understand the disease. The Alzheimer's Association also provides support groups, community resources, and a 24/7 Helpline to offer guidance and



assistance to caregivers and families. In addition, its website has a plethora of resources, including articles to help caregivers support their loved ones.

Hospice of Redmond's Transitions Program

Hospice of Redmond's Transitions program offers specialized support for individuals with dementia and Alzheimer's and their families. A primary aspect of the program is helping individuals navigate the complexities of their health conditions while maximizing the available benefits. There are considerable resources available in Central Oregon; people just need to know where to look. That's where Hospice of Redmond's Transitions Coordinators come into play. From acquiring necessary medical equipment, such as grab bars for the bathroom, to navigating the complex insurance world, having a knowledgeable person on your team can make things easier. You can read more about the extensive and often surprising resources available through Transitions in our blog [here](#).

In addition to these organizations, it's important to remember that seeking support from healthcare professionals, social workers, and mental health professionals can also be beneficial. Building a strong support network is essential for caregivers, and asking for help is okay. Caring for someone with Alzheimer's or dementia can be emotionally and physically demanding, so it's crucial to take care of your own well-being as well. Remember, your well-being is just as important as your loved one's. Find time for self-care and seek respite when needed. Taking care of yourself will enable you to provide better care for your loved one.

Remember, you are not alone; support is available to help you navigate this challenging journey. By staying connected with these organizations and seeking help when needed, you are taking control and empowering yourself. Your dedication and love make a difference in your loved one's life, and it's okay to ask for assistance along the way.

Pearl Harbor, Pants, and a Piece of Paper

By Eileen Gose



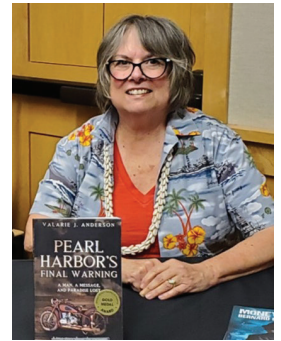
See, hear, and even taste the 1940s! Learn how a piece of paper put the surprise in the Pearl Harbor attack and set Rosie the Riveter in motion. Historians and authors Valarie J. Anderson and Eileen Tannich Gose will present “Pearl Harbor,

Pants, and a Piece of Paper” the day before the anniversary of the Pearl Harbor attack. This captivating event will take place on December 6, 2024, and offers a unique and insightful exploration of pivotal historical moments intertwined with personal narratives. The authors will take the audience on a thought-provoking journey through time by weaving together the story of Pearl Harbor, the significance of women in pants, and the impact of a single piece of paper. In anticipation of the event, the authors share a few thoughts.

Valarie J. Anderson:

Eighty-three years ago, a cryptic message raced across the Pacific, a dire warning to the U.S. military command: something catastrophic would unfold at 1:00 EST on December 7, 1941. Every Pacific outpost received it in time to brace for an impending attack from Japan—every outpost, that is, except Honolulu.

Twelve years ago, I stumbled upon that message tucked away in a red suitcase beneath my mother’s guest room bed. The discovery sparked a six-year odyssey that led me down a trail of



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Partners In Care





inconsistencies between the Congressional Record and the primary documents I held. Determined to unveil the truth my grandfather and mother had hidden in that suitcase, I wrote—Pearl Harbor’s Final Warning. It won two national awards, but the revelations within are what truly matter.

Radiogram 1549, intended for Ft. Shafter, didn’t reach its destination in time. Washington rerouted it to the Radio Corporation of America’s Honolulu office because of atmospheric disturbances, landing squarely in my grandfather’s lap—the district manager for RCA’s Hawaii operation. Lacking any “Rush” or “Urgent” markings, RCA pigeonholed the message the usual delivery run. A string of snafus ensued, and the world changed in an instant, forcing individuals to face unimaginable changes as they grappled with the personal grief of a nation at war.

During my research, I uncovered a German spy who betrayed Pearl Harbor to the Japanese. This led me to write *Money Eater*, *Bernard Otto Kuehn*. In addition, I recently released *Sparks in the Ether*, a prequel to *Pearl Harbor’s Final Warning*.

Eileen Tannich Gose:

The attack on Pearl Harbor caused immediate changes to women’s roles within the United States, altering their lives and even their clothing. In fact, throughout history, women’s fashions have reflected their struggle for social and political equality. This fascinating topic had me scouring antique shops for primary sources—old photographs, letters, postcards, advertisements, catalogs, and even articles of clothing. And women’s clothing says a lot—a bonnet can hide the face, a tightly-laced corset can cause health concerns, a hobble skirt prevents normal strides, and pants empower!

Indeed, these two issues have intertwined throughout American history, and yes, ladies’ clothing has reflected, impeded, and even spurred women’s equality. The result of my decade of study is the book I co-authored titled *Reflecting Freedom: How Fashion Mirrored the Struggle*

for Women’s Rights.

During WWII, as men went off to fight, women needed to step in and “fill their men’s shoes.” Propaganda convinced society that it was okay for women to do non-traditional work. And Rosie the Riveter was born! Posters showed pretty women wearing coveralls and hair gathered under kerchiefs while performing “men’s” work, such as riveting on an airplane.

Rosie succeeded in convincing women to contribute to the war effort. As a result, millions of women went to work in heavy industry, the federal government, and prewar “male” service jobs such as bus drivers, gas station operators, and milk delivery. Moreover, drastic circumstances led Congress to admit women into the military. Millions of women answered the call to duty by saying, “We can do it!”



Join us for a Pearl Harbor themed lunch:

A special menu prepared by our own Chef Jose.

RSVP

to goseranch@gmail.com
by November 22.

SENIOR CENTER ACTIVITY CALENDAR

MON	TUE	WED	THU	FRI
Alzheimer Awareness & Hospice Month				1 10:00 Cards w/Friends 10:30-11:30 Healthy Habits Chair Yoga & Chats 11:45-12:30 Lunch 12:30 Walk to Coffee 1:00 Ping Pong
4 11:30 Bridge 11:45-12:30 Lunch 1:00 Name the Game Monday 1:00 Pickleball 1:30 Poker Refresher Course	5 10:00 Card Sharks 11-3 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing	6 11-11:45 Meet & Greet (New Members) 11:45-12:30 Lunch 1:00 Partner's in Care Alzheimer's 1:00 Poker w/Friends 1:00 Crochet Club	7 10:00 Cards w/Friends 10:00 Line Dancing 11-3 Nails by Angela 11:45-12:30 Lunch 1:00 Bingo	8 9:00 Feet Retreat 10:00 Cards w/Friends 10:30-11:30 Healthy Habits Chair Yoga & Chats 11:45-12:30 Lunch 12:30 Walk to Coffee 1:00 Happy Hour w/Lindy Gravelle 1:00 Ping Pong
11 11:30 Bridge 11:45-12:30 Lunch 1:00 Veterans Day Presentation 1:00 Name the Game Monday 1:00 Pickleball 1:00 Heart Warmers 1:30 Poker Refresher Course	12 10:00 Card Sharks 11-3 Nails by Angela 11:00 Tech Tuesday w/James 11:45-12:30 Lunch 1:00 Cross Stitch class 1:00 Pickleball 1-2:30 Line Dancing	13 11:45-12:30 Lunch 1:00 Hospice of Redmond, Hospice Talk 1:00 Poker w/Friends 1:00 Crochet Club	14 10:00 Cards with Friends 10:00 Line Dancing 11-3 Nails by Angela 11:00 T-Mobile Kiosk 11:45-12:30 Lunch 1:00 Bingo	15 10:00 Cards w/Friends 10:30-11:30 Healthy Habits Chair Yoga & Chats 11:45-12:30 Lunch/Birthdays 12:30 Walk to Coffee 1:00 Christmas art class/Sharpie Doodle Watercolors card making w/Sonya Massey 1:00 Ping Pong
18 11:30 Bridge 11:45-12:30 Lunch 1:00 Name the Game Monday 1:00 Pickleball 1:30 Poker Refresher Course	19 10:00 Card Sharks 10:00 Card/Stamping Class 11-3 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing	20 9:00 Feet Retreat 11:45-12:30 Veterans Appreciation Lunch 1:00 St. Charles Medical Center, Hospice Info 1:00 Crochet Club 1:00 Poker w/Friends 1:30 Book Club	21 10:00 Cards with Friends 10:00 Line Dancing 11:45-12:30 Lunch 11-3 Nails by Angela 1:00 Bingo	22 10:00 Cards w/Friends 10:30-11:30 Healthy Habit Chair Yoga & Chats 11:45-12:30 Lunch 12:30 Walk to Coffee 1:00 Movie & Popcorn/ A Christmas Story 1:00 Ping Pong
25 11:30 Bridge 11:45-12:30 Lunch 1:00 Name the Game Monday 1:00 Heart Warmers 1:00 Jewlery Class 1:00 Pickleball 1:30 Poker Refresher Course	26 10:00 Card Sharks 10:30 Pharmacy Review 11:00 Tech Tuesday w/James 11-3 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch class 1-3 Pickleball 1-2:30 Line Dancing	27 11:45-12:30 Thanksgiving Lunch 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Recipe Club	28 	29 CLOSED

All listings are subject to changes without notice.

PARKS & REC WEEKLY SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:45-8:45am	Fitness 4 Life	Zumba®	Fitness 4 Life	Fitness 4 Life	Zumba®
9:00-10:00am		**Pumped Up Strength		**Pumped Up Strength	
9:15-10:20am	Powercut Plus	Balance & Core	Powercut Plus	Yoga Strong	Cardio Kickboxing
10:35-11:35am	SilverSneakers® Classic	Zumba Gold®	SilverSneakers® Classic	SilverSneakers® Yoga	SilverSneakers® Circuit
5:30-6:30pm		Power Combo	Dance Fitness	Power Combo	

**Pumped Up Strength is Virtual Only

Nov. 8

HAPPY HOUR

Lindy Gravelle

Nov. 22

MOVIE MATINEE

"A Christmas Story"

Fun starts at 1PM | FREE Popcorn
1st beverage FREE, \$3/ea thereafter

PROGRAMS & SERVICES

Join Our Volunteer Team at Redmond Senior Center

A Warm Welcome from Redmond Senior Center

At the Redmond Senior Center, we are always excited to welcome new volunteers who are eager to contribute their time and skills to enrich the lives of our community's seniors. If you're considering joining our vibrant team, here's everything you need to know about the process and what you can expect.

Step-by-Step Guide to Becoming a Volunteer

1. Volunteer Application and Background Check

The first step to joining our team is to complete a volunteer application. This process is vital as it helps us understand more about you and your interests. Along with the application, you will need to consent to a background check to ensure the safety and security of our community. You can find the application form and background consent form attached to this newsletter or directly at the center.

2. Submission of Documents

Once your forms are complete, please return them to us at the center. In addition, we require color copies of the front and back of your driver's license. We will handle the submission of your forms, and you should receive an email from either Orchards or Emily Wells within a day or two. This email will ask you to confirm your consent

for the background check, which is typically completed within 30 days.

Visit Us and Explore

If you haven't already, we encourage you to visit the Redmond Senior Center. It's a great opportunity to look around, meet potential new friends, and get a firsthand feel of the environment and activities you will be a part of. We host a variety of activities and provide a hot lunch from Monday to Friday between 11:45 AM and 12:45 PM.

Questions? Get in Touch!

Should you have any questions or need further assistance, feel free to call or visit us. I am available at the center from Monday to Friday between 8 AM and 1 PM. However, any of our office staff can assist you, answer your questions, and accept your forms.

Looking Forward to Meeting You

We are thrilled about the possibility of having you join us and look forward to meeting you soon. Volunteering at the Redmond Senior Center is not just about helping others—it's also about making new connections, learning, and growing in a supportive community.

Join us and make a difference in the lives of many while enriching your own. •

HAPPY BIRTHDAY VOLUNTEERS!

DeWitt, Patricia
Hays, Sue
Lawler, Ray
Moore, Rob

Oster, Bill
Ray, Allen
Tambellini, Gordon
Valentine, Penelope





Bingo

Join us for a night of fun and games at
Elements Public House

WEDNESDAY'S
6 - 8 PM | 1857 NW 6th St., Redmond, OR

Supporting Redmond Senior Center's Passion For Pets Program



WELCOME TO Fabulous BINGO

NOW ON MONDAYS TOO

at the REDMOND SENIOR CENTER

MONDAY & THURSDAY'S 1 to 2 PM



Crochet Club

WEDNESDAY'S 1 to 2 PM

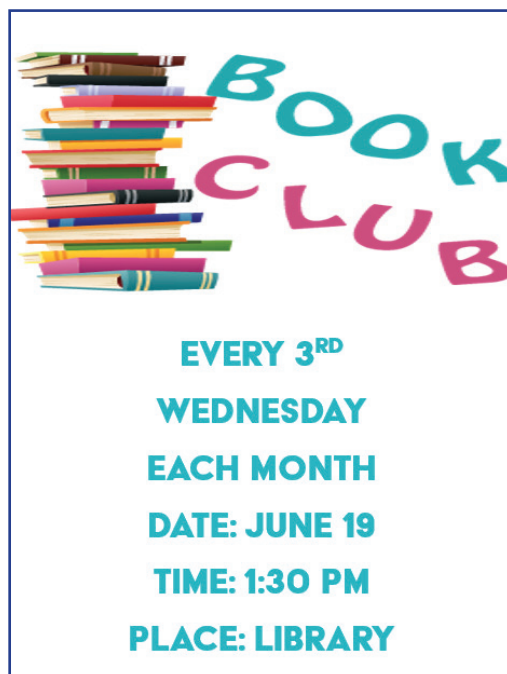


CARD MAKING CLASS

Card/Stamping class with Mary
Every 3rd Tuesday @ 10 AM
\$8 (members only)
Please sign up at the front desk.

Schedule Update:

Jewelry Class
Now held on the last Monday of each month.



BOOK CLUB

EVERY 3RD WEDNESDAY EACH MONTH
DATE: JUNE 19
TIME: 1:30 PM
PLACE: LIBRARY

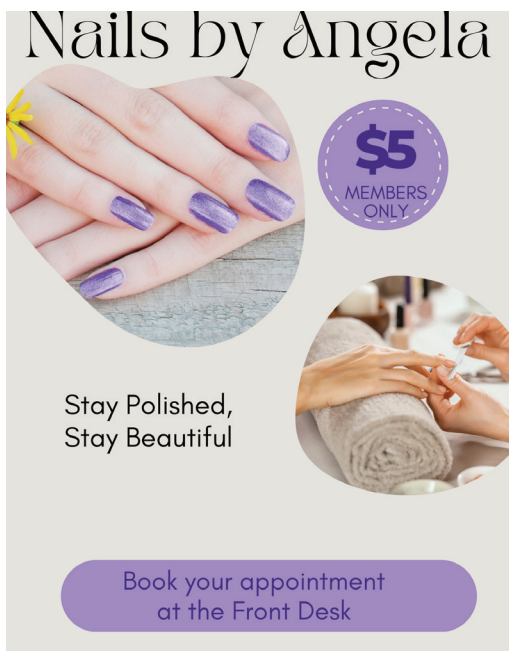


RSC Marketing Hub
Dynamic. Creative. Effective.

YOUR AD HERE

Let people know about your business or event!

See **JAMES MORRIS** in the Office



Nails by Angela

\$5 MEMBERS ONLY

Stay Polished, Stay Beautiful

Book your appointment at the Front Desk



Feet Retreat LLC

DAWN UNZE, RN
Foot Care Coordinator
(541) 788-4785
oregon.feetretreat@gmail.com
www.OregonFeetRetreat.com

foot inspection
trim/file/callus reduction

MEMBERSHIP & SUPPORT

Membership Registration

\$50 per year

☐ New ☐ Renewal

Last Name: _____

First Name: _____ M.I.: _____

Nickname: _____

Date of Birth: _____

Home Phone: _____

Email: _____

Cell Phone: _____

☐ Male ☐ Female ☐ Other/Prefer not to answer

Address Line 1: _____

Address Line 2: _____

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

Ethnic Status: _____ Disabilities: _____

Allergies: _____ Language: _____

☐ Head of Household ☐ Mailing List ☐ Live Alone ☐ Live in Rural Area

Emergency Contact Name: _____

Relation: _____

Phone: _____

RELEASE:

I understand and agree that the information contained on this form may be released for statistical purposes and I agree to the release of information for that limited purpose only. I understand that any release of information in identifiable form must be accompanied by a signed consent form and that the information will not be used as an eligibility determination or effect participation as a recipient unless law has specifically restricted program participation.

Signature: _____ Date: _____

Office Use Only

Date: _____

FOB#: _____

Paid by: ☐ Cash ☐ Check # _____ ☐ Credit Card
Other: ☐ Scholarship ☐ Volunteer ☐ Volunteer Driver ☐ Staff



Complete this form and bring it in!

Valuable Resources for Seniors

- Alzheimer's Association
https://www.alz.org/alzheimer_s_dementia
- Advanced Mobility | Providing Solutions for Mobility
<https://www.advancedmobilityofbend.com/>
- Chamber of Commerce:
Redmond | <https://www.visitredmondoregon.com/>
Bend | <https://bendchamber.org/>
- Central Oregon Council on Aging
<https://www.councilonaging.org/>
- Financial & Legal
<https://www.councilonaging.org/find-help/financial-legal/>
- Deschutes County Resource List
<https://www.deschutes.org/health/page/community-resource-list>
- Hospice of Redmond
<https://www.hospiceofredmond.org/>
- In-Home Health Care Resources from Council on Aging:
<https://3v9xgga2gzq2bs9vm26vya5g-wpengine.netdna-ssl.com/wp-content/uploads/sites/42/2019/03/In-Home-CareAgencyList.CouncilonAging.2019.pdf>
- Low Cost Pet Resources
<https://3v9xgga2gzq2bs9vm26vya5g-wpengine.netdna-ssl.com/wp-content/uploads/sites/42/2019/06/Low-Cost-Pet-Resources.pdf>
- Oregon Association of Area Agencies on Aging & Disabilities (O4AD)
<http://www.o4ad.org/>
- Redmond Economic Development Inc (REDI)
<https://www.rediinfo.com/quality-life>
- Oregon Senior Living Guide
<https://www.caring.com/senior-living/oregon>

Support the Senior Community!



325 NW Dogwood Ave
Redmond, OR 97756
(541)548-6325

Our Mission

Recognizing seniors as valued community members, the Redmond Senior Center leads and advocates efforts to provide resources contributing to happier, healthier, and meaningful senior lives and community vitality.

Your donation to the Redmond Senior Center directly supports vital programs and services for local seniors, including nutritious meals, wellness activities, social events, and transportation assistance. These resources help seniors maintain their independence, stay active, and build a strong community, ensuring they live healthier, more fulfilling lives.

Every contribution makes a meaningful difference!

Name: _____

Address: _____

City/ST/Zip: _____

Phone: _____ Email: _____

Enclosed is my
donation of

☐ \$250

☐ \$150

☐ \$75

☐ \$25

☐ \$ _____

Check Enclosed. Please make checks payable to **REDMOND SENIOR CENTER**

Please charge my gift to: ☐ Visa ☐ Mastercard ☐ AmEx ☐ Discover

Card #: _____ Exp. Date: _____

Signature: _____ Sec. Code: _____

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

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

Thank you for your generous donation!

☐ Make it monthly