



325 NW Dogwood Avenue, Redmond, Oregon 97756 | www.RedmondSeniors.org | (541)548-6325

OCTOBER 2024

SENIOR MOMENTS NEWSLETTER

OCTOBER
is
CANCER AWARENESS
MONTH

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Cancer Awareness and Prevention A Guide for Seniors

October is Cancer Awareness Month, and at the Redmond Senior Center, we are committed to sharing valuable information to help our senior community stay informed and proactive about their health. While cancer can affect anyone at any age, it is particularly important for older adults to understand the risks, symptoms, and preventive measures to ensure early detection and a healthy lifestyle.

In this article, we'll discuss key points related to cancer awareness that are especially important for seniors. We'll cover the common risk factors, the importance of screenings, and ways to improve overall wellness. By staying informed and making conscious health choices, seniors can reduce their cancer risk and detect any potential issues early, when treatment is often more effective.

1. Understanding Cancer Risk Factors for Seniors

As we age, the risk of developing cancer increases due to several factors, including genetic predispositions and lifetime exposure to environmental risks. Some of the most common risk factors for seniors include:

- **Age:** Cancer risk increases significantly after the



age of 60. This is because the body's cells undergo more changes over time, and the immune system can become less effective.

- **Family History:** If you have close relatives who have had cancer, your risk may be higher. Genetic testing can help determine if you carry genes that make you more susceptible.
- **Lifestyle Choices:** Smoking, poor diet, lack of exercise, and excessive

alcohol consumption all contribute to a higher risk of cancer. While we cannot control age or genetics, making healthier lifestyle choices is always beneficial.

2. The Importance of Regular Screenings

Early detection of cancer dramatically improves treatment outcomes. For seniors, regular screenings can catch cancer in its early stages, often before symptoms appear. Some common cancer screenings recommended for older adults include:

- **Colonoscopies:** These help detect colon cancer early and are recommended for adults over 50, with intervals based on personal risk.

CANCER PREVENTION RESOURCES

Here's a list of national and local resources that readers can use to get more information on cancer awareness, prevention, and support. These organizations offer a range of services, from educational materials to support groups and screening programs.

National Resources

1. American Cancer Society (ACS)
 - Website: www.cancer.org
 - Phone: 1-800-227-2345
 - Provides cancer information, support for patients and caregivers, and information on prevention, screenings, and research.
2. National Cancer Institute (NCI)
 - Website: www.cancer.gov
 - Phone: 1-800-422-6237
 - Offers detailed information on all types of cancer, clinical trials, and cancer research. Provides a toll-free helpline and resources for cancer patients and families.
3. Centers for Disease Control and Prevention (CDC) - Cancer Prevention and Control
 - Website: www.cdc.gov/cancer
 - Provides information on cancer prevention, screening guidelines, and statistics on cancer in the U.S.
4. CancerCare
 - Website: www.cancercare.org

- *Mammograms*: Women over 50 should continue getting mammograms as part of breast cancer screening.
- *Prostate Exams*: Men over 50 should consult their doctors about regular prostate cancer screenings.
- *Skin Checks*: Regular skin examinations can help detect skin cancer, which becomes more common with age.

Screenings should be a part of your yearly health check-up. Discuss with your doctor which tests are most appropriate for your personal health profile.

3. Healthy Lifestyle Tips for Cancer Prevention

While not all cancers are preventable, many lifestyle changes can help reduce the risk. These changes also contribute to better overall health and well-being, which is especially important for seniors. Some tips include:

- *Quit Smoking*: Smoking is a leading cause of several cancers, including lung, mouth, and throat cancers. It's never too late to quit, and doing so can improve your health significantly, even in later years.
- *Eat a Balanced Diet*: A diet rich in fruits, vegetables, whole grains, and lean proteins helps support the immune system. Antioxidants in many plant-based foods can protect cells from damage.
- *Stay Active*: Regular physical activity helps

- Phone: 1-800-813-4673
 - Offers free, professional support services for anyone affected by cancer, including counseling, support groups, and financial assistance programs.
5. National Comprehensive Cancer Network (NCCN)
 - Website: www.nccn.org
 - Provides cancer treatment guidelines, patient resources, and clinical trial information. Known for its evidence-based treatment standards.

Local Resources (Redmond, OR Area)

1. St. Charles Cancer Center
 - Website: www.stcharleshealthcare.org
 - Phone: 541-706-5800
 - Located in Bend, just a short drive from Redmond, St. Charles Cancer Center offers comprehensive cancer treatment, including medical oncology, radiation therapy, and support services such as nutrition counseling and survivorship programs.
2. Deschutes County Health Services - Cancer Prevention & Control
 - Website: www.deschutes.org/health
 - Phone: 541-322-7400
 - Deschutes County provides information on cancer screenings, preventive health measures, and local public health resources

maintain a healthy weight, boosts immunity, and improves heart health. Aim for 30 minutes of moderate exercise on most days of the week, such as walking, swimming, or gentle stretching exercises.

- *Limit Alcohol*: Alcohol consumption has been linked to an increased risk of several types of cancer. Seniors should moderate their intake, sticking to guidelines of no more than one drink per day for women and two for men.
- *Protect Your Skin*: Seniors are more susceptible to skin cancer due to cumulative sun exposure. Always use sunscreen when outdoors, wear protective clothing, and avoid peak sun hours.

4. Mental and Emotional Wellness

Living with a chronic illness like cancer can be emotionally and mentally challenging. For seniors, managing stress, anxiety, and depression is an important part of overall wellness. Even if you are not personally affected by cancer, you may know someone who is, and being emotionally prepared is key.

- *Stay Connected*: Keep in touch with friends, family, and community groups. Staying socially active helps maintain emotional well-being and reduces feelings of isolation, which can occur in older age.
- *Manage Stress*: Consider mindfulness exercises like yoga, meditation, or simple breathing techniques

for residents in the Redmond area.

3. Oregon Health & Science University (OHSU) - Knight Cancer Institute
 - Website: www.ohsu.edu/knight-cancer-institute
 - Phone: 503-494-7999
 - Based in Portland but serving patients statewide, the OHSU Knight Cancer Institute is a leading cancer research and treatment center. They offer cutting-edge treatments, clinical trials, and patient support programs, and they collaborate with local healthcare providers.
4. Komen Oregon and Southwest Washington
 - Website: www.komenoregon.org
 - Phone: 503-552-9160
 - Focused on breast cancer awareness, this organization provides education, screening, and diagnostic services in Oregon, including financial assistance for mammograms and other diagnostic tests.
5. Central Oregon Cancer Survivorship Program
 - Website: www.centraloregancancersurvivorship.org
 - Phone: 541-706-4970
 - This program provides support for cancer survivors in Central Oregon, including Redmond, by offering educational workshops, group support, and wellness programs designed to help survivors transition to life after treatment.
6. Partners in Care - Hospice and Supportive Care for Cancer Patients
 - Website: www.partnersbend.org
 - Phone: 541-382-5882
 - Located in Bend, Partners in Care provides hospice and

to reduce stress.

- *Seek Support:* There are numerous support groups for cancer survivors, caregivers, and loved ones. Joining these groups can offer a sense of community and provide emotional relief.

5. Staying Proactive About Your Health

Being proactive is crucial to reducing cancer risks and ensuring early detection. Here are a few steps seniors can take to stay on top of their health:

- *Regular Doctor Visits:* Keep up with annual check-ups and discuss any concerns with your healthcare provider. Be honest about symptoms, changes in your body, or health history updates.
- *Know the Symptoms:* Be aware of common cancer symptoms, such as unexplained weight loss, persistent fatigue, changes in skin appearance, or lumps. Reporting these symptoms early can make a significant difference.
- *Vaccinations:* Vaccines such as the Human Papillomavirus (HPV) vaccine and the Hepatitis B vaccine can help prevent cancers related to these viruses. Seniors should check with their doctors to see if they are eligible for these vaccinations.

6. Resources Available at Redmond Senior Center

At Redmond Senior Center, we are committed to supporting our community's wellness. Throughout October, we'll be offering a series of educational

palliative care services for cancer patients. They also offer grief counseling and emotional support for patients and families facing serious illness.

7. The Tower Theatre Foundation - Cancer Support Programs
 - Website: www.towertheatre.org
 - Phone: 541-317-0700
 - Though primarily an entertainment venue, the Tower Theatre in Bend hosts events and fundraisers aimed at supporting cancer research and awareness in Central Oregon. These events often include partnerships with local cancer organizations.
8. Central Oregon Health Council - Cancer Screening Resources
 - Website: www.cohealthcouncil.org
 - The Central Oregon Health Council helps coordinate healthcare services in the region, offering cancer screening information and access to local health resources, including for those in Redmond.

THIS MONTH'S TALKS/EVENTS:

Oct. 2
Chemotherapy
Side Effects
w/Oncology
RN Christine
Ohlemann

Oct. 9
Redmond Senior
Center Wellness
Fair

Oct. 23
Self-care and
Cancer presented
by St. Charles
Medical Center

workshops and events focused on cancer awareness. These will include:

- *Chemotherapy Side Effects:* Join Oncology RN Christine Ohlemann for a health talk to learn what to expect during chemotherapy treatments.
- *Wellness Fair:* Get information from local vendors on a variety of topics, not just cancer.
- *Self-Care and Cancer:* Join in the conversation with experts from St. Charles Medical Center on the benefits of taking care of your self during cancer.

By staying informed and proactive about your health, you can take positive steps to reduce your cancer risk and enjoy a healthy, fulfilling life.

Cancer awareness is not just about knowing the risks but also about taking action to protect your health. As a senior, staying on top of screenings, making healthy lifestyle choices, and managing emotional well-being are all crucial parts of cancer prevention and early detection. The Redmond Senior Center is here to support you every step of the way, so take advantage of the resources available this October and beyond. Together, we can make a positive difference in our health and our community. •

Feel free to reach out to the Redmond Senior Center for more information about our Cancer Awareness Wellness Series and other health programs tailored to seniors.

Honoring the Warriors

Paying Tribute to Cancer Fighters and Survivors

October is Cancer Awareness Month, a time dedicated to raising awareness, offering support, and honoring those who have faced the challenges of cancer with courage and resilience. Whether currently battling the disease or celebrating years of being cancer-free, each individual's journey is a testament to the strength of the human spirit. To pay tribute to these incredible fighters and survivors, I will be entering the names of those who have been affected by cancer, honoring their perseverance and celebrating their victories.

This initiative not only acknowledges the personal battles fought by each person but also serves as a reminder of the importance of continued research, early detection, and support for those impacted by cancer. By sharing these names, we hope to inspire others and stand in solidarity with the countless individuals and families who have shown unwavering strength in the face of adversity.

NAME	CANCER TYPE	STATUS
Cyndy Wilson	Breast	Passed
Janene Pohorski	Breast	Passed
Howard Supanchide	Lung	Passed
Cathy Goodwin	Breast	Survivor 
Irene Bianco	Cervical	Passed
Sharon Lanier	Skin	Survivor 
Lamont D. Boileall	Lung	Passed
Teresa Brown	Breast	Survivor 
Rosie	Breast	Survivor 
Paige Porter	Breast	Survivor 

Local Paws Joins Forces with Redmond Senior Center

A Community Initiative to Support Seniors and Their Pets

By James Morris

A local business in Redmond is making a difference that extends far beyond its store walls. Local Paws, a community-focused pet supply store, is launching an inspiring initiative in partnership with the Redmond Senior Center this October. The aim? To raise awareness and funds to support seniors and their beloved pets.

Local Paws, which started as Oregon's only "dog food truck" in 2020 and has since grown into a brick-and-mortar store, was founded with a simple mission: to help people and their pets. When owners Jessica and Mark Tiersma heard about the Redmond Senior Center's work with seniors and their pets, they felt an immediate connection.

"My grandparents would put their dachshund's health before their own, as many seniors do with their pets," Jessica shared. "These pets are not just companions; they're family. They bring so much joy and comfort, and it's crucial that we support both seniors and their pets. The Redmond Senior Center's dedication to this cause aligns perfectly with our values at Local Paws."

Randy Graves, Director of Operations at the Redmond Senior Center, echoed this sentiment, highlighting the profound impact pets have on the lives of seniors. "For many of our seniors, their pets are their lifeline—offering companionship, comfort, and a reason to get up each day. It's really nice to see Local Paws, a local business, stepping up to help out seniors and their pets. This partnership means a lot to us, and we're excited to see the positive change it will bring to our community."

The Local Paws and Redmond Senior Center partnership will begin with the Local Paws Partners Program. Throughout October, the program will collect donations of non-perishable human food, dog and cat food, and supplies. Community members can drop off donations at the store, and those who contribute 10 or more items will be rewarded with a free item from Local Paws' Give Back Basket.

In addition to physical donations, cash contributions are welcomed to help raise funds for additional food and services for the Senior Center's Passion for Pets program. For seniors facing challenges such as limited mobility or restricted access to resources, this initiative is a lifeline that can make a significant difference.

Local Paws also offers seniors a special discount as part of its ongoing commitment to the community. Every Tuesday, seniors 65 and older receive a 10% discount on all purchases. This gesture helps seniors provide for their pets and fosters a sense of belonging and appreciation.

Jessica encourages community members to get involved beyond donations. "There are so many ways to contribute, whether it's volunteering at the Senior Center, becoming a pet foster, or simply spreading the word about this initiative. We've already seen a fantastic response from the community, and we're excited to see this program grow."

Local Paws has several events planned to promote this partnership and bring the community together. One of the highlights is the 4th Annual Customer Appreciation Event on Saturday, October 12th, from 9:30 AM to 2:30 PM. This event will feature five local non-profits, including the Redmond Senior Center. Attendees can purchase raffle tickets for just \$2 each, with baskets valued at over \$300. All proceeds will be divided among the participating organizations.

"Pets have always been a big part of our lives," Jessica says. "We never imagined that starting Local Paws would bring us so much joy and allow us to give back in such a meaningful way. We love the relationships we've built with our neighbors and their pets, and this partnership with the Senior Center is just another way we can support our community."

Local Paws' partnership with the Redmond Senior Center is a beautiful example of how local businesses can make a tangible impact on their communities. By supporting this initiative, you're not just helping seniors and their pets—you're strengthening the bonds that make Redmond such a special place.

Visit Local Paws this October to learn more about the Local Paws Partners Program and find out how you can contribute. Whether it's through donations, volunteering, or simply spreading the word, every little bit helps. And don't forget to take advantage of the senior discount every Tuesday!

For more details, visit localpawsredmond.com or the store at 435 SW Evergreen Ave. in Redmond to speak with the friendly staff. Together, we can make a difference for those who need it most. •

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

BOARD OF DIRECTORS

Diana Barker
Earl Fisher
Ron Hagen
Sharon Lanier
Tom McEnneany
Paul Rodby
Jo Anne Sutherland
Steve Wilson

Celebrating 75 Years of Community Our Milestone Anniversary

This past weekend marked a special moment in the Redmond community. The Redmond Senior Center celebrated its 75th Anniversary with a two-day event that honored its history and impact on local seniors. The festivities brought together over 500 people, highlighting the center's lasting contribution to the city of Redmond and its senior residents.

Day One: Open House at the Redmond Senior Center

The celebration kicked off on Saturday, September 14, with an open house at the Senior Center's facility at 325 NW Dogwood Avenue. Approximately 300 guests visited throughout the day, exploring the facility, learning about its programs, and sharing in the camaraderie that has defined the Redmond Senior Center for seven decades.

The event featured a lineup of distinguished speakers, beginning with James Morris, the Senior Center's Marketing Director. Morris welcomed the crowd and reflected on the center's proud history. Morris emphasized the center's importance as a resource and a gathering place for Redmond's senior community. His speech was followed by remarks from Redmond Mayor Ed Fitch, who praised the center's commitment to serving older adults and highlighted its role in fostering



community engagement and support.

Diana Barker, President of the Senior Center's Board of Directors, closed the speech series by expressing heartfelt gratitude to the donors, staff, volunteers, and community members who had made the 75-year journey possible. Barker highlighted the crucial role of their support in the center's success and longevity, thanking everyone who contributed to its mission. Her speech was met with enthusiastic applause, reflecting the deep appreciation and shared pride for

the collective effort that has sustained the center for so many years.

Visitors spent the rest of the open house touring the facilities, meeting the staff, and enjoying light refreshments. Many participated in a silent auction and raffle giveaways for a chance to win locally inspired prizes. The atmosphere was one of celebration, gratitude, and excitement for the center's future.

Day Two: Music and Fun at Blacksmith Public House

The festivities continued on Sunday, September 15, at the Blacksmith Public House in downtown Redmond. This event, attended by around 200 people, provided a

more relaxed and festive atmosphere where attendees enjoyed live music, dancing, and delicious food.

The musical lineup began with local artist Glenn Lowe, who warmed up the crowd with an acoustic set. His performance set the stage for the main act, Sleepless Truckers, a popular local band that kept the energy high throughout the afternoon with a mix of classic hits and original tunes. The combination of live music, dancing, and great company made the afternoon memorable for all who attended.

Adding to the festivities was a complimentary charcuterie board, meticulously prepared by the Senior Center's own Chef Jose Perez. The beautiful spread of cheeses, meats, fruits, and crackers was a hit, drawing guests to the table throughout the afternoon. Chef Perez's work was yet another reminder of the dedication and talent within the Senior Center team.

To top it all off, several gift baskets donated by local businesses were raffled off, bringing excitement

to the event. Winners left with prizes that ranged from gourmet goodies to local services, further enhancing the celebratory spirit.

A Community Legacy

The weekend-long celebration honored the Redmond Senior Center's 75 years of service and reinforced its vital role in the community. Since its inception, the center has been a cornerstone for senior residents, offering programs, meals, and social opportunities that improve quality of life. Over the years, it has grown into a cherished institution supported by staff, volunteers, and local leadership.

As Redmond looks ahead, the Senior Center remains committed to supporting seniors with care, respect, and dedication. The weekend's events perfectly reflect this commitment and promise of even more good things to come in the next 75 years. •

Thank you, Sponsors and Donors!

1st Interstate Bank
American Title Co.
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Carol Picknell
Cascade Lakes Brewery
Cecilia Bryant
Central Oregon Electric Coop
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Crater Lake Distillery
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Richard Johnston
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Sleep Inn, Redmond
St. Charles Medical Center
Susan Lees
The Chocolate Company
Tight Knot Craft Coffee
Trader Joes, Bend
Tricia Leagjeld
True Value Hardware
Valerie Smith
Wendy Wheeler-Jacobs
Wild Ride (2 gift cards)

A Heartfelt Thank You to All Who Made the 75th Anniversary Celebration a Success

The 75th Anniversary of the Redmond Senior Center was a weekend to remember, filled with joy, reflection, and a strong sense of community. This milestone event, held on September 14th and 15th, was more than just a celebration of our rich history—it was a testament to the unwavering support, dedication, and passion of so many individuals and organizations that came together to make it possible.

To Our Incredible Volunteers:

Your tireless efforts and enthusiasm were indeed the backbone of this celebration. From setting up venues to assisting with logistics and warmly welcoming every guest, you ensured that each event ran smoothly and every attendee felt valued and appreciated. Your commitment to excellence and community service is unmatched, and we are deeply grateful for your invaluable contributions.

To Our Devoted Staff:

Your meticulous planning and hard work made the anniversary weekend successful. You went above and beyond to coordinate every detail, ensuring that all events were meaningful and memorable. We deeply cherish your dedication to our mission and your unwavering commitment to creating a special experience for everyone. Thank you for your incredible efforts in bringing this celebration to life.

To Our Esteemed Board Members:

Your vision, guidance, and leadership were instrumental in making this celebration a reality. Your strategic planning and unwavering support have been vital to the success of this event and our ongoing mission to serve the community. We are inspired by your commitment and are honored to have your support.

To the City Council and Mayor Fitch:

We are immensely grateful for your partnership and support. Your presence at the celebration highlighted the strong bond between the Senior Center and the city of Redmond. Your advocacy for our organization and commitment to fostering a vibrant and inclusive community has been crucial to our continued success. We look forward to many more years of collaboration and shared achievements.

To Our Generous Donors:

Your belief in our mission and generous contributions were the foundations of this celebration. Thanks to your support, we were able to host an event that not only celebrated our past but also looked forward to a bright and promising future. We sincerely appreciate your continued support and dedication to our cause.

To Everyone Who Made This Possible:

The 75th Anniversary Celebration was more than just a gathering—it was a testament to what we can achieve when we come together as a community. It was a weekend filled with love, joy, and a shared vision for the future of the Redmond Senior Center. None of this would have been possible without each and every one of you.

From the bottom of our hearts, thank you for making this celebration an unforgettable success. Your dedication, generosity, and passion have made a lasting impact on our community, and we are truly blessed to have such a wonderful group of individuals and partners supporting us.

With heartfelt appreciation,

The Redmond Senior Center Management

Photos from the 75th Anniversary Weekend



Elva Brooks: Sharing a Passion for Crochet

By James Morris

Elva Brooks, a dedicated teacher at the Redmond Senior Center's Crochet Club, has been enriching the lives of local seniors with her crochet expertise and warm spirit. Her journey with crochet began in her early teens, learning the craft from her aunt during summer visits. "I was about 14 or 15 when I started crocheting," Elva recalls. Her initial projects were simple doilies, but her skills quickly advanced as she explored more complex patterns.

At 18, Elva began creating baby blankets and sweaters for her daughter, and she soon expanded to more ambitious projects. One notable memory involves a sweater she made for her husband, featuring intricate cable and popcorn stitches. "I had done about 12 inches when I realized I had skipped a row," she remembers. Frustrated, she began unraveling the stitches, much to her husband's dismay. While humorous in hindsight, this incident highlights her commitment to quality and precision.

Elva's passion for crochet extends beyond her own



WEDNESDAY'S
1 to 2 PM

projects. Over the years, she has taught many others, from her own mother to a group of 4-H girls. Now, she shares her expertise with seniors at the Redmond Senior Center, guiding them through projects and helping them develop new skills. "I've taught a group of 4-H girls to crochet, and now I'm teaching seniors," she says proudly.

For Elva, the Crochet Club is more than a class—it's a community. The seniors she teaches find a creative outlet and a supportive group where they can connect and share their experiences. Each session, filled with laughter and the soothing rhythm of crochet hooks, fosters a sense of accomplishment and

camaraderie.

Elva Brooks's dedication to teaching crochet at the Senior Center reflects her belief in the power of craft to bring people together. Her classes are a testament to her love for crochet and her commitment to helping others discover the joy of creating something beautiful with their own hands. •

THANK YOU SPONSORS AND PARTNERS



Partners In Care



Volunteer Heroes

By Lahna Avery

It's been a busy and interesting summer here at the Senior Center. New activities, interesting seminars and celebrations have seen the Center come alive! I so appreciate all of our volunteers and am keenly aware we would not have accomplished what we have without our wonderful helpers. In the almost 2 years that I have been volunteering/working here I have met so many new people and seen so many wonderful changes that it reminds me every day what a wonderful community we live in.

Not that it hasn't been without challenges. This has been a very taxing summer on drivers. Almost every week we have had Meals on Wheels routes that needed last-minute filling, and I am grateful to every volunteer who answered my calls to fill in at the last minute. Things are looking up, several drivers who have been off for medical reasons will soon be back, and we have new drivers waiting for background checks to be completed!

Here are some interesting statistics:

- We have 147 Redmond Senior Center volunteers
- Approximately 100 of these volunteers are Meals on Wheels drivers
- On average we deliver 623 meals a week



- And we have 184 driver slots to fill per month
- 26 volunteers volunteer in multiple areas (MOW driving, kitchen help, office help, etc)

We are always recruiting volunteers, and besides needing drivers, we also have volunteer openings for dining room helpers, kitchen help, and event volunteers. Currently we have volunteer needs for Friday and Saturday November 1st and 2nd at the Snowflake Boutique at the fairgrounds. The organizers of this event have asked us to help with

volunteers, and in exchange, they will share some of the proceeds from the ticket sales with us. Our volunteers will be in the ticket booths, selling the tickets, and we will also need a few people to work the “hold” table.

Please never hesitate to call or email me if you ever have questions, or if I can help in any way. And please spread the word that the Redmond Senior Center is a wonderful place to volunteer and visit! •

You can contact Lahna at Lahna@RedmondSeniors.org



*"Autumn is a second
spring when every leaf
is a flower"*

- Albert Camus

Partnering with Local Paws Supporting Our Seniors and Their Beloved Pets

By James Morris

We are thrilled to announce a wonderful new partnership with Local Paws through their Local Paws Partners Program! Starting this October, Local Paws will be raising funds and collecting food donations for the Redmond Senior Center, helping us continue our mission to support seniors and their pets in our community.

At the Redmond Senior Center, we believe that every senior deserves to feel secure and cared for, and that includes their cherished animal companions. For many of our seniors, pets are more than just animals—they are loyal friends and family members who provide comfort and companionship, especially in times of loneliness.

Recognizing the deep bond between seniors and their pets, Lahna Avery, our dedicated Volunteer Coordinator, launched the Passion for Pets program earlier this year. This initiative ensures that seniors and their pets have enough food and supplies to live comfortably and with dignity. In just the first six months, Lahna and her team of incredible volunteers have delivered nearly 100 months' worth of food to seniors participating in the program. This tremendous effort has been a lifeline for many in our community, helping to relieve the financial and emotional strain that often accompanies caring for a beloved pet.

The Local Paws Partners Program is a testament to the power of community and collaboration. Through this initiative, Local Paws will be collecting food donations and raising funds to directly support our Passion for Pets program. Starting October 1st, they will have a dedicated space in their store for community members to drop off food and supplies for both seniors and their pets. This generous support will help us continue our work, ensuring that seniors and their pets have what they need to thrive.

Your contributions—whether a can of food, a bag of pet supplies, or a financial donation—can make an immediate impact. Every little bit helps, and together, we can ensure that no senior or pet in our community goes hungry.



Imagine being a senior on a fixed income, faced with the heartbreaking decision of whether to feed yourself or your beloved pet. For many of the people we serve, their pets are their sole source of companionship and joy, a lifeline to better mental and emotional health. By supporting this partnership, you are not just filling a pantry—you are helping

to preserve these invaluable relationships.

With the help of Local Paws and generous community members like you, we can continue to provide essential services and supplies that make a real difference in the lives of our seniors and their pets. Your support means the world to us and to those who rely on our help.

We invite you to join us and Local Paws in making a positive impact:

- **Donate Food and Supplies:** Drop off non-perishable food items and pet supplies at the Local Paws store starting October 1st. Every contribution counts!
- **Spread the Word:** Share information about this initiative with friends, family, and on social media to help raise awareness and encourage others to get involved.
- **Financial Contributions:** Consider making a monetary donation to support our programs directly. Every dollar helps us continue to provide the vital services our community relies on.

This partnership with Local Paws is more than just a fundraiser—it's a symbol of the strength and compassion that defines our community. With your support, we can ensure that no senior or pet goes without the essentials they need to thrive.

We are deeply grateful for the generosity of Local Paws and our community, and we are excited to see the impact we can achieve together. Visit Local Paws starting October 1st, and help us make a difference in the lives of those who need it most.

Together, we can create a community where everyone is cared for—seniors and their beloved pets alike. •

SENIOR CENTER ACTIVITY CALENDAR

MON	TUE	WED	THU	FRI
CANCER AWARENESS MONTH	1 11-3 Nails by Angela 11:45-12:35 Lunch 12:30 Chair Yoga 1:00 Pickleball 1-2:30 Line Dancing	2 11:45-12:35 Lunch 1:00 Poker with Friends 1:00 Crochet Club 1-3 Pinochle 1-3 Ping Pong 1:00 Chemotherapy Side Effects	3 10:00 Line Dancing 10:15 Cards with Friends 11-3 Nails by Angela 11:45-12:35 lunch 1:00 Bingo	4 10:15 Cards w/Friends 11:45-12:35 Lunch 12:30 Walk to Coffee 1:00 Election Town Hall Meeting 1:00 Ping Pong
	7 11:30 Bridge 11:45-12:35 Lunch 1:00 Jewelry Class 1:00 Pickleball 1:00 Bingo	8 11-3 Nails by Angela 11:45-12:35 Lunch 11:00 Tech Tuesday w/James 12:30 Chair Yoga 1:00 Pickleball 1-2:30 Line Dancing	9 10:00 Spinners Guild 11-3 Wellness Fair 11:45-12:35 Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1-3 Pinochle 1-3 Ping Pong	10 10:00 Line Dancing 10:15 Cards w/Friends 11:00 T-Mobile Kiosk 11:45-12:35 Lunch 11-3 Nails by Angela 1:00 Bingo
	14 11:00 Bridge 11:45-12:45 Lunch 12:30 Heart Warmers 1:00 Jewelry Class 1:00 Pickleball 1:00 Bingo 1:00 Heart Warmers	15 11-3 Nails by Angela 11:45-12:35 Lunch 12:30 Chair Yoga 1:00 Pickleball 1-2:30 Line Dancing	16 9:00 Feet Retreat 11:45-12:35 Veterans Appreciation/Lunch 1:00 Crochet Club 1:00 Pinochle 1-3 Ping Pong 1:00 Poker w/Friends 1:30 Book Club	17 10:15 Cards w/Friends 11:45-12:35 Lunch 11-3 Nails by Angela 1:00 Bingo 1:00 Line Dancing
	21 11:30 Bridge 11:45-12:35 Lunch 1:00 Jewelry Class 1:00 Pickleball	22 11:00 Tech Tuesday w/James 11-3 Nails by Angela 11:45-12:35 Lunch 12:30 Chair Yoga 1:00 Pickleball 1-2:30 Line Dancing	23 11:45-12:35 Lunch 1:00 Crochet Club 1:00 Pinochle 1-3 Ping Pong 1:00 Poker w/Friends 1:00 Self Care during Cancer with ST Charles Hospice	24 10:15 Cards w/Friends 11:45-12:35 Lunch 11-3 Nails by Angela 1:00 Bingo 1:00 Line Dancing
	28 11:30 Bridge 11:45-12:35 Lunch 12:30 Heart Warmers 1:00 Bingo 1:00 Jewelry Class 1:00 Pickleball	29 11-3 Nails by Angela 11:45-12:35 Lunch 12:30 Chair Yoga 1-2:30 Line Dancing 1-3 Pickleball	30 11:45-12:35 Lunch 1:00 Crochet Club 1:00 Poker w/Friends 1:00 Arts & Crafts	31 10:00 Line Dancing 10:15 Cards w/Friends 11:45-12:35 Lunch 1:00 Costume Contest & Party/Karaoke
All listings are subject to changes without notice.				



PARKS & REC WEEKLY SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45-8:45	Fitness 4 Life	Zumba	Fitness 4 Life	Fitness 4 Life	Zumba
9:15-10:20	PowerCut Plus	Balance & Core	PowerCut Plus	Yoga Strong	Cardio Kickboxing
10:35-11:35		Zumba Gold			SilverSneakers Classic
5:30-6:30		Power Combo	Dance Fitness	Power Combo	

HAPPY HOUR
 Oct. 11
 Generation Gap

MOVIE MATINEE
 Oct. 18
 Last Vegas
 Oct. 25
 Arsenic & Old Lace

Fun starts at 1PM | Beer, wine, and soda provided | Donations encouraged.

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!

Avery, Justin
Benz, Mary
Clark, Joyce
Graves, Randall
Hays, Sue
Musso, Nicolette
Richlie, Lawrence

Schimming, Pat
Smith, Linda
Stage, Gary
Wells, Ronald
Wilcox, Louis
Wolgamott, Gina



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 Redmond Senior Center with Every Search!

Did you know you can support the Redmond Senior Center just by searching the internet? It's easy, free, and makes a real impact!

1. Go to [Bing.com/give](https://bing.com/give) and sign up.
2. Choose REDMOND COUNCIL FOR SENIOR CITIZENS INC as your designated nonprofit.

Every time you search using Microsoft Bing, a portion of the proceeds will be donated to help our seniors thrive. Imagine the difference we can make together!

Spread the word—invite your friends and family to join. The more people who use **Give with Bing**, the more support we can provide to the Redmond Senior Center. Let's turn every search into a step toward a stronger community!

