

JUNE 2024



325 NW Dogwood Avenue
Redmond, Oregon 97756



Redmond, Oregon
Senior Center
Engage. Connect. Thrive.

1949 - 2024

(541)548-6325

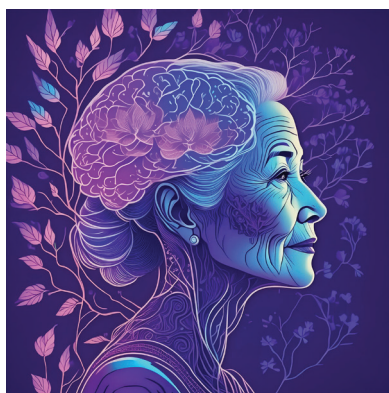
www.RedmondSeniors.org

SENIOR MOMENTS NEWSLETTER

A Journey of Love and Awareness Navigating Dementia and Promoting Brain Wellness

By James Morris

When I received the call about my mother, my life changed forever. She had been diagnosed with dementia, and her condition was rapidly declining. The strong, vibrant woman I once knew was fading, replaced by confusion and forgetfulness. As the child that lived closest, it fell to me to take care of her. I left my bustling city life behind and returned to our family home, knowing I was about to embark on the most challenging journey of my life.



Living with my mother during her final months was both heartbreaking and enlightening. It was an experience that opened my eyes to the realities of dementia and the importance of brain wellness. As I watched my mother struggle with her memory and basic daily tasks, I realized how critical it was to raise awareness and support for those affected by this devastating condition.

Understanding Dementia and Brain Wellness

Dementia is not a single disease, but a collective term used to describe various symptoms of cognitive decline, such as memory loss and impaired judgment. Alzheimer's disease is the most common form

In this issue...

- 4 Updates & News**
- 6 Sponsors**
- 8 Events & Activities**
- 9 Calendar**
- 10 Programs & Services**
- 11 Membership & Support**

**JUNE
is
ALZHEIMER'S
AND BRAIN
AWARENESS
MONTH**



of dementia. Still, there are many other types, each with its own challenges.

Brain wellness, particularly for seniors, is vital in mitigating the risks of dementia. Maintaining a healthy brain can involve a combination of physical exercise, mental stimulation, proper nutrition, and social engagement. Activities such as reading, puzzles, and learning new skills can keep the mind sharp. Regular physical exercise improves blood flow to the brain and can reduce the risk of cognitive decline. Eating a balanced diet rich in antioxidants, omega-3 fatty acids, and vitamins also supports brain health.

The Role of Caregivers and Family Members

As my mother's primary caregiver, I quickly learned that caring for someone with dementia requires patience, compassion, and resilience. Each day brought new challenges, from managing her medications to helping her with daily routines. The most difficult part was witnessing her frustration and confusion, feeling helpless as her condition worsened.

Caregivers play a crucial role in the lives of those with dementia. They provide physical and emotional support, creating a stable environment that helps ease anxiety and confusion. Caregivers need to take care of their mental and physical health, seeking support from

friends, family, and professional resources to avoid burnout.

Finding Support and Resources

Navigating the world of dementia care can be overwhelming, but numerous resources are available to help. Organizations like the Alzheimer's Association offer a wealth of information on understanding the disease, managing symptoms, and finding local support groups. Many communities also have adult daycare centers and respite care services, providing caregivers with much-needed breaks.

In my journey, I found solace and guidance through support groups. Connecting with other caregivers who understood my struggles was incredibly therapeutic. Sharing experiences, tips, and encouragement helped me cope with the emotional toll of caregiving.

A Personal Journey of Love and Acceptance

During the quiet moments with my mother, I discovered the profound depth of our bond. Even as her memory faded, the love we shared remained a constant presence. I read to her from her favorite novels, filled the house with her cherished music, and recounted stories from our past. These small acts of connection brought moments of clarity and joy, even amidst the decline.

Signs to Look for if You Think Someone is Suffering from Dementia

1. Memory Loss

- Frequently forgetting recent events or conversations
- Repeating the same questions or stories

2. Difficulty Performing Familiar Tasks

- Struggling with routine activities, like making a cup of tea or managing finances
- Trouble following a recipe or keeping track of monthly bills

3. Language Problems

- Finding it hard to find the right words or follow a conversation
- Replacing words with unusual or incorrect terms

4. Disorientation

- Getting lost in familiar places
- Confusion about time, dates, and locations

5. Poor Judgment

- Making poor decisions, such as giving away large sums of money to telemarketers
- Neglecting personal hygiene or dressing inappropriately for the weather

6. Changes in Mood or Behavior

- Increased anxiety, agitation, or depression
- Showing uncharacteristic anger or aggression

7. Withdrawal from Social Activities

- Losing interest in hobbies and activities once enjoyed
- Avoiding social interactions and becoming isolated

8. Problems with Abstract Thinking

- Difficulty understanding concepts that require reasoning, like numbers or planning
- Struggling to follow complex instructions

9. Misplacing Things

- Placing items in unusual spots, like keys in the fridge
- Accusing others of stealing misplaced items

10. Changes in Personality

- Significant changes in personality or behavior
- Becoming suspicious, fearful, or overly dependent on a caregiver

11. Trouble with Visual and Spatial Relationships

- Difficulty reading, judging distances, or identifying colors
- Problems with balance and coordination

12. Difficulty Concentrating

- Struggling to focus on tasks or conversations
- Taking much longer to complete simple tasks

Recognizing these signs early can help in seeking medical advice and support, leading to better management of dementia and improved quality of life for both the individual and their caregivers.

BRAIN HEALTH RESOURCES

National Resources

Alzheimer's Association (alz.org)

- Offers information on Alzheimer's and dementia, including signs, stages, diagnosis, and treatment options. They also provide a 24/7 helpline (800.272.3900) for immediate support and guidance.

National Institute on Aging (NIA) (nia.nih.gov)

- Provides research-based information on Alzheimer's disease and related dementias, healthy aging, and cognitive health.

Centers for Disease Control and Prevention (CDC) (cdc.gov/aging/aginginfo/alzheimers.htm)

- Offers resources on brain health basics, caregiving tips, and data on Alzheimer's disease.

Dementia Friendly America (dfamerica.org)

- A network of communities striving to become more dementia-friendly through education and community engagement.

Memory and Aging Center (memory.ucsf.edu)

- Provides comprehensive information on various forms of dementia, including resources for managing daily life and links to research opportunities.

Local Resources (Redmond, Oregon)

Oregon Chapter of the Alzheimer's Association (alz.org/oregon)

- The local chapter provides support groups, educational programs, and community resources specifically tailored for the Oregon community,

including those in Redmond.

Aging and Disability Resource Connection of Oregon (adrcforegon.org)

- Offers comprehensive resources and services for aging adults and those with disabilities, including information on dementia and local support options.

Deschutes County Health Services (deschutes.org/health)

- Provides public health services that include education on dementia, wellness programs for seniors, and links to local health resources.

Redmond Senior Center (redmondcenter.org)

- Offers various programs and activities that promote brain health, including workshops and social engagement opportunities designed to support cognitive functions.

Support and Engagement

- *Local Senior Centers:* Redmond Senior Center, among others in the area, regularly hosts educational workshops, support groups, and wellness activities focused on enhancing brain health.

- *Libraries:* The Redmond Public Library offers literature and occasionally schedules talks on brain health and related topics.

- *Community Health Clinics:* Clinics in and around Redmond often provide screenings, informational materials, and referrals to specialists for further help with brain health and dementia.

One evening, as the sun set and bathed her room in a warm glow, my mother whispered, "I'm sorry for the times I wasn't there, for the times I hurt you."

Tears welled up in my eyes. "Mom, it's okay. I forgive you. I've always forgiven you."

She nodded, a small smile playing on her lips. "I love you," she said.

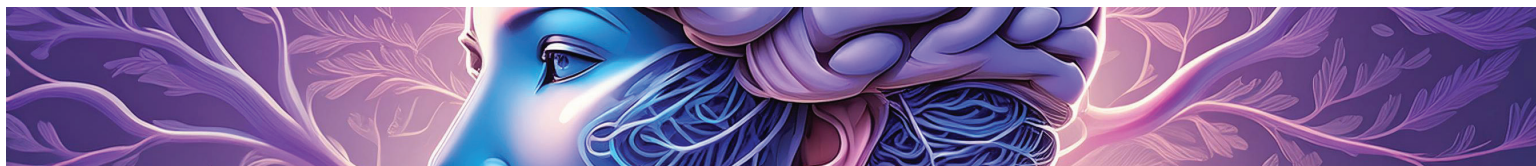
"I love you too," I replied, my voice breaking.

Those final months taught me invaluable lessons about forgiveness, love, and the importance of living in the moment. Though my mother eventually passed away, the time we spent together was a gift. It reinforced the significance of brain wellness and the critical need for dementia awareness.

Getting Help

If you or someone you love is dealing with dementia, know that you are not alone. Reach out to organizations like the Alzheimer's Association or local support groups. Consult with healthcare professionals to understand the best care options. Most importantly, take care of yourself and seek support from friends, family, and the community.

Raising awareness about dementia and promoting brain wellness is crucial for improving the quality of life for seniors and their caregivers. By understanding the disease, supporting research, and fostering a compassionate community, we can make a difference in the lives of those affected by dementia. •



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
Anne Shapiro - MoW Coordinator

BOARD OF DIRECTORS

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

Dancing Through the Seasons

Joyce Sharp's Line Dancing Legacy at Redmond Senior Center

By James Morris

In the heart of the Redmond Senior Center, amidst the laughter and lively melodies, there stands a figure synonymous with joy and rhythmic harmony. Joyce Sharp, our esteemed line dancing instructor, has been the cornerstone of the dance floor since 2016, weaving together a community that finds unity in dance steps and the joy of movement. Her role is not just about teaching dance, but about fostering a sense of belonging and connection among the members.

A proposal from a dear friend in Prineville led Joyce to take on the role of line dancing instructor at the senior center. Little did she know this decision would spark a vibrant chapter in her life and the lives of many seniors in Redmond. Joyce's approach to line dancing goes beyond mere steps and counts; she cultivates an environment where fun, fitness, and friendship flourish equally.

One of the most remarkable aspects of Joyce's line dancing class is its embrace of various music genres. While country western might be the heart of line dancing, Joyce ensures that her classes resonate with everyone by incorporating a wide array of tunes. This inclusivity in music selection keeps the class fresh, engaging, and accessible to all, irrespective of their musical preferences. Joyce's thoughtful approach to music selection ensures that everyone feels welcomed and catered to in her class.

The COVID-19 pandemic posed unprecedented challenges, but Joyce's resilience shone brightly as



she adapted to continue her classes. When the senior center doors closed temporarily, Joyce and her dedicated group of around 20 participants didn't skip a beat. They took their dancing shoes outdoors, making the parking lot and Centennial Park their new dance floors. This adaptability not only kept the spirit of line dancing alive but also reinforced the sense of community among the participants. Joyce's unwavering commitment and adaptability during these challenging times are truly admirable.

Joyce Sharp's commitment to her class is a testament to her passion for line dancing and her belief in its benefits. Her focus on ensuring that everyone has fun gets some exercise and learns the steps of line dancing has created a welcoming and dynamic environment. It's a place where age is just a number, and the joy of dancing brings everyone together.

As we highlight Joyce's remarkable journey and contributions, we express gratitude for her dedication. Joyce has not just taught line dancing; she has nurtured a community where every step on the dance floor is a step toward joy, health, and unity.

Joyce's line dancing class is a beacon of light at the Redmond Senior Center, proving that when we come together to dance, we also come together to celebrate life and each other. Here's to many more years of dancing, laughter, and community with Joyce at the helm. •



A Heartfelt Note to Our Valued Volunteers

Dear Volunteers,

As many of you know, the Redmond Senior Center thrives because of the dedication and passion each of you brings to our community. Your endless efforts ensure that our seniors receive the support, companionship, and care they need and deserve. We have always been committed to showing our appreciation and believe in providing a nurturing environment for our volunteers.

That said, we must share an important update regarding our volunteer lunch program. Due to increased food prices and budget constraints, we have made the difficult decision to discontinue providing free lunches for volunteers starting July 1.

Why This Change?

Our primary goal is to enhance the quality and variety of services offered to our seniors. To do this effectively, we must prioritize our funds toward the core areas that directly impact their well-being. Therefore, reevaluating non-essential spending became necessary. This decision ensures that we can continue delivering essential services without compromise.

Our Continued Commitment to Volunteers

Despite this change, our commitment to recognizing and valuing your contributions remains unwavering. As a token of our gratitude, we are pleased to offer each volunteer a free annual membership to the Redmond Senior Center. This membership includes access to our facilities and events, which recognize your invaluable contributions.

Share Your Thoughts

We understand that changes can bring questions and concerns, and we want to hear from you. Your feedback is invaluable as we navigate this transition. Please get in touch with Randy Graves, our Director, to discuss your thoughts or concerns. Randy is available to listen and provide any clarifications you may need.

A Final Word of Thanks

Your dedication and hard work are the heartbeat of the Redmond Senior Center. We sincerely appreciate the time, energy, and love you pour into making our center a warm, welcoming place for our seniors. We hope to continue our journey together, building a stronger community one day at a time.

Thank you for your continued support and understanding.

Warm regards,

The Redmond Senior Center Team

NEW & RENEWING MEMBERS

WELCOME!

Halford, Lorie
Lords, Janet



Bring Your Friends to Redmond Senior Center!

The Redmond Senior Center is a key community space for seniors, offering a wide range of activities and benefits. We invite you to help us grow our community by bringing your friends to the center.

Benefits of Bringing Friends

- **Enhanced Experience:** Enjoy activities more with your friends by your side.
- **Better Health:** Socializing can significantly improve mental and physical health.
- **Stronger Community:** Each new member brings valuable perspectives and strengthens the center.

How to Introduce Friends

- **Casual Visits:** Bring a friend to a favorite activity or event.
- **Special Events:** Look out for "Bring a Friend" events designed to welcome newcomers in a fun setting.
- **Share Your Story:** Use personal stories to show the positive impact of the center on your life.

Incentives for Referrals

When your friends join, both of you may receive discounts, recognition, or other rewards.

Inviting friends to join the Redmond Senior Center enriches everyone's experience. Help us grow our community—every new member makes a difference!

Let's strengthen our center together by welcoming your friends into this vibrant community!

THANK YOU SPONSORS AND PARTNERS



Partners In Care





BRAIN HEALTH AWARENESS MONTH

Presented by



Partners In Care

JOIN US FOR A THREE-PART TALK ON BRAIN HEALTH

DAY 1

JUNE 12

1 PM

**Caregiving for your loved one
with dementia: Tips, Tools,
and Tricks**

DAY 2

JUNE 19

1 PM

**Understanding Dementia:
Types, Causes, and How to
Get Help**

DAY 3

JUNE 26

1 PM

**Preparing for life with
dementia: Advance
Directives, POLST, and more**

Brain health and dementia awareness classes are crucial for equipping individuals with the knowledge and skills to better support loved ones facing dementia. This comprehensive three-day class offers valuable insights and practical tools for caregivers. On Day 1, participants will learn effective caregiving strategies, including essential tips, tools, and tricks to enhance daily care for those with dementia. Day 2 delves into understanding dementia, covering its various types, underlying causes, and available support options, ensuring participants are well-informed about the condition. Finally, Day 3 focuses on preparing for life with dementia, emphasizing the importance of advance directives and Physician Orders for Life-Sustaining Treatment (POLST), providing a framework for making informed decisions about future care needs. This structured program aims to foster a supportive community and empower caregivers with the necessary resources to navigate the challenges of dementia.



JOELLE BLANCHARD

Joelle Blanchard is the Community Education & Outreach Manager at Partners In Care, a local non-profit organization that provides hospice, home health, and other services to support people in medically fragile seasons of life.

For more information: Email: James@RedmondSeniors.org | Phone: (541) 548-6325

EVENTS & ACTIVITIES



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

Redmond Senior Center

BINGO

EVERY THURSDAY
AT 1PM

THIS WEEK'S
FREE
BIG WINNERS

www.redmondseniors.org
325 NW Dogwood Ave
Redmond, OR

SAVE THE DATE
**SUNDAY
SEPTEMBER 15**

1st Annual Benefit Concert

AT **BLACKSMITH
PUBLIC HOUSE**
308 SW EVERGREEN AVE
REDMOND, OR

FEATURING

**LIVE MUSIC BY
SLEEPLESS TRUCKERS**

RAFFLE | LIVE AUCTION | SILENT AUCTION

THE REDMOND SENIOR CENTER HAS BEEN A CORNERSTONE OF OUR COMMUNITY, PROVIDING A SPACE FOR SENIORS TO GATHER, LEARN, AND ENGAGE IN VARIOUS ACTIVITIES THAT PROMOTE THEIR WELL-BEING. THIS ANNIVERSARY CELEBRATION IS NOT ONLY A TIME TO REFLECT ON OUR PAST ACHIEVEMENTS BUT ALSO AN OPPORTUNITY TO ENSURE THE CONTINUED SUCCESS AND GROWTH OF OUR PROGRAMS.

FOR INFORMATION
(541) 548-6325

TICKETS GO ON SALE
AUG. 1

Redmond, Oregon
Senior Center
Engage. Connect. Thrive.

Weekdays
at RSC

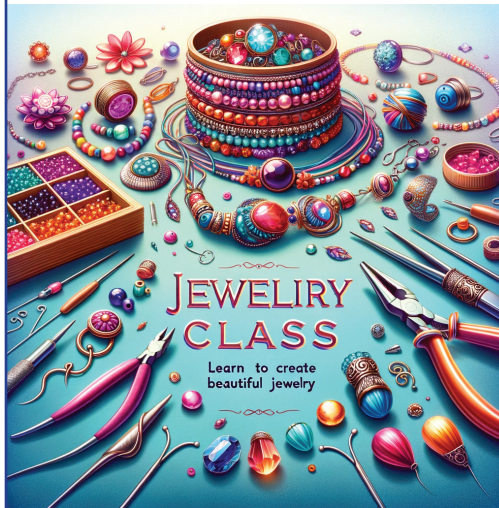
The games we play!

- Monday's 11:30-3PM
Bridge
- Tuesday's 11:30-3PM
Pinochle
- Wednesday's 1-3PM
Poker \$2
- Thursday's 1-2PM
BINGO
\$1 per card - 5 games
- Friday's 10:00-11:30
Cards with Friends

Join us!

Celebrating Father's!

Root Beer Floats
Friday 6/14 12:15
Dad's Enjoy for Free
Other's \$2.00

JEWELRY CLASS

Learn to create
beautiful jewelry

**Every Monday
1 to 3 PM**

Redmond Activities:

Wine 'n' Shine Car Show
June 1
Faith Hope and Charity Vineyards

Bingo for Veterans
June 12
6:30-8:30 PM
Otto's Landing
Redmond

Bingo for Veterans
June 26
6:30-8:30 PM
Otto's Landing
Redmond

2024 Music on the Green
June 26
5:30 - 7:30 PM
Sam Johnson Park

Feet Retreat

LLC

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

ACTIVITY CALENDAR

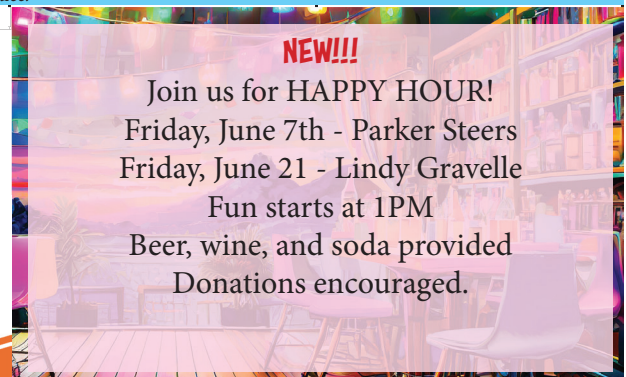
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3rd 10:30a Ping Pong 11:30a Bridge 11:45a Lunch 1:00p Jewelry Crafts 1:00p Pickleball	4th 11:00a Nail Painting with Angela 11:45a Lunch 1:00p Line Dancing 1:00p Pickleball	5th 10:30a Diamond Painting 11:45a Lunch 1:00p Intro to Crocheting 1:00p Poker with Friends 2:00p TechZoomers	6th 10:00a Line Dancing 10:15a Cards With Friends 11:45a Lunch 1:00p BINGO!	7th 10:15a Arts & Crafts 10:15a Cards With Friends 11:45a Lunch 12:30p Walk to Coffee-as weather allows 1:00p Happy Hour w/ Parker Steers
10th 10:30a Ping Pong 11:30a Bridge 11:45a Lunch 12:30p Heart Warmers 1:00p Blood Pressure Mastery	11th 11:00a Nail Painting with Angela 11:45a Lunch 1:00p Line Dancing 1:00p Pickleball	12th 9:00a Art Sale 9:30a Medicare 101 10:30a Diamond Painting 11:45a Lunch 1:00p Intro to Crocheting 1:00p PIC - Brain Health Talk 1:00p Poker with Friends 2:00p TechZoomers	13th 10:00a Line Dancing 10:15a Cards With Friends 11:45a Lunch 1:00p BINGO!	14th 9:00a Feet Retreat 10:15a Arts & Crafts 10:15a Cards With Friends 11:45a Lunch 12:15p Fathers Day Root Beer Floats 12:30p Walk to Coffee-as weather allows 1:00p Movie and Popcorn
17th 10:00a Advance Care Planning 10:30a Ping Pong 11:30a Bridge 11:45a Lunch 1:00p Jewelry Crafts 1:00p Pickleball	18th 11:00a Nail Painting with Angela 11:45a Lunch 1:00p Line Dancing 1:00p Pickleball	19th 9:00a Feet Retreat 10:30a Diamond Painting 11:45a Lunch 11:45a Veterans Appreciation Lunch 1:00p Intro to Crocheting 1:00p PIC - Brain Health Talk 1:00p Poker with Friends 1:30p Book Club	20th 10:00a Line Dancing 10:15a Cards With Friends 11:45a Lunch 1:00p BINGO!	21st 10:15a Arts & Crafts 10:15a Cards With Friends 11:45a Lunch 12:00p Celebrate Birthdays! 12:30p Walk to Coffee-as weather allows 1:00 Happy Hour w/ Lindy Gravelle
24th 10:30a Ping Pong 11:30a Bridge 11:45a Lunch 12:30p Heart Warmers 1:00p Jewelry Crafts 1:00p Pickleball	25th 11:00a Nail Painting with Angela 11:45a Lunch 1:00p Line Dancing 1:00p Pickleball	26th 10:30a Diamond Painting 11:45a Lunch 1:00p Intro to Crocheting 1:00p PIC - Brain Health Talk 1:00p Poker with Friends	27th 10:00a Line Dancing 10:15a Cards With Friends 11:45a Lunch 1:00p BINGO!	28th 10:15a Arts & Crafts 10:15a Cards With Friends 11:45a Lunch 12:30p Walk to Coffee-as weather allows 1:00p Movie and Popcorn

JUNE

Activities are subject to change without notice.

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	SilverSneakers Classic	Zumba Gold	SilverSneakers Classic	SilverSneakers Yoga	
5:30-6:30		Power Combo	Dance Fitness	Power Combo	

PARKS & REC WEEKLY SCHEDULE



NEW!!!

Join us for **HAPPY HOUR!**
 Friday, June 7th - Parker Steers
 Friday, June 21 - Lindy Gravelle
 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!

Fern, Tony
Elkind, Amber
Morse, Steve
Thorsen, Theresa
Edwards, Stanley
Heagy, Barbara

Stevens, Geoffrey
Avery, Nicholas
George, Katie
McCafferty, Rob
Glassow, Anne



MEMBERSHIP & SUPPORT

Member Registration, \$50per year

☐ New ☐ Renew ☐ Volunteer

Date: _____



Redmond, Oregon
Senior Center
Engage. Connect. Thrive.

First Name: _____ MI: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

DOB: _____ Phone: _____ Email: _____

Marital Status: ☐ Single ☐ Married ☐ Divorced ☐ Widowed

Do you live alone: ☐ Yes ☐ No

Ethnicity: ☐ Hispanic or Latino ☐ Not Hispanic or Latino

Race-select all that apply: ☐ Black ☐ Asian ☐ White

☐ American Indian/Alaskan Native ☐ Native Hawaiian/Pacific Islander

Emergency Contact Information

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

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:

Paid: ☐ Cash ☐ Check (check # _____) ☐ Credit Card ☐ Free/Scholarship

Fob Issued and Number: _____

Complete this form and bring it in!



- Alzheimer's Association - www.alz.org
- Advanced Mobility - www.advancedmobilityofbend.com
- Chamber of Commerce:
 - Redmond - www.visitredmondoregon.com
 - Bend - www.bendchamber.org
- Central Oregon Council on Aging - www.councilonaging.org
- Deschutes County Resource List -
 - www.deschutes.org/health/page/community-resource-list
- Hospice of Redmond - www.hospiceofredmond.org
- In-Home Health Care Resources from Council on Aging - www.help4seniors.org/programs-services/home-community-care-options
- Oregon Association of Area Agencies on Aging & Disabilities (O4AD) - www.o4ad.org
- Redmond Economic Development Inc (REDI) - www.rediinfo.com/quality-life