

75
ANNIVERSARY325 NW Dogwood Avenue
Redmond, Oregon 97756Redmond, Oregon
Senior Center
Engage. Connect. Thrive.

(541)548-6325

www.RedmondSeniors.org

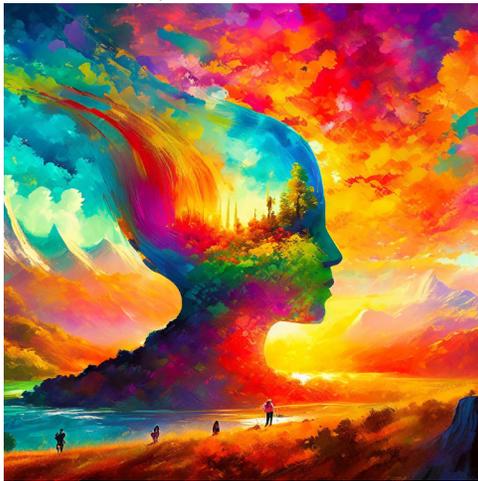
1949 - 2024

SENIOR MOMENTS NEWSLETTER

REDMOND
SENIOR CENTER

Transforming Understanding and Support for Mental Health

By James Morris



In today's world, where the pace of life seems to accelerate every day, the importance of mental health has surged to the forefront of our collective consciousness. May, recognized as Mental Health Awareness Month, offers a crucial opportunity—especially to us at the Redmond Senior Center—to deepen our exploration of this vital issue. Our initiative goes beyond merely marking dates; it's about enriching our community's understanding of mental health and dismantling the barriers of stigma that too often silence critical conversations.

Mental health issues cast a wide net, roping in individuals regardless of age, background, or lifestyle—our senior community included. The shadows cast by stigma can obscure the paths to support and compassion, leaving many to grapple with their conditions in isolation.

Learning from Personal Experience

My own journey with mental health began in the wake of my mother's death in 2018, a life event that plunged me into the depths of depression and anxiety, and led me astray into alcohol abuse among other challenges. The complex web of emotions and behaviors I found

In this issue...

4 Updates & News

5 Sponsors

6 Events & Activities

7 Calendar

8 Programs & Services

9 Membership & Support

MAY
is
MENTAL
HEALTH
AWARENESS
MONTH

myself entangled in made daily life a profound struggle.

Yet, amidst this darkness, I sought out a beacon of understanding through therapy. Meeting my therapist at least once a month became not just a routine but a lifeline. These sessions, though initially daunting, offered me a mirror to better understand my mental landscape and strategies to navigate it. Simply having someone to voice my fears, sorrows, and hopes to has been instrumental in steering me back toward a steadier path.

Insightful Steps Towards Healing

Recognizing the multifaceted signs of mental health challenges marks the beginning of a healing journey. It might manifest subtly, through changes in one's behavior, mood, or even physical activity, particularly impacting our seniors through memory lapses, confusion, or a newfound disinterest in life's pleasures.

Accessible Pathways to Support

Our collective step forward is in ensuring that knowledge leads to action. Within our community, an array of resources stands at the ready to support those in need:

- **Senior-Focused Support Groups:** These circles of trust create a haven for sharing and understanding, emphasizing that no one is alone in their struggle.
- **Immediate Assistance Through Crisis Hotlines:** For urgent support, these services offer a confidential ear around the clock.

- **Comprehensive Community Mental Health Services:** From counseling to medical care, these services adapt to meet a wide range of needs, ensuring individualized support.

I encourage anyone wrestling with mental health struggles to reach out and explore these avenues. It's a brave and vital step toward recovery and finding balance.

The Power of Community Engagement

Beyond recognizing when to seek help, fostering a community where every individual feels empowered to support each other is essential. Whether it's a simple check-in with a friend, participating in group discussions, or sharing your own experiences, these acts of kindness resonate deeply, breaking down walls of judgment and misunderstanding.

Our Collective Journey Forward

This Mental Health Awareness Month, I invite our community to join hands in moving beyond awareness to action. By confronting stigma head-on and championing the cause of understanding and empathy, we cultivate a community where every voice matters, where every pain is acknowledged, and every person has the support to thrive.

Together, we forge a future where mental health support is not a silent struggle but a shared strength. Remember, mental wellness is integral to living fully, at every stage of life. •

WHAT TO WATCH FOR

1. **Changes in Mood:** Noticeable or sudden shifts in mood, such as feeling excessively sad, withdrawn, or overly elated, that don't seem to have a clear cause.
2. **Alteration in Behavior:** Changes in behavior or personality, such as increased irritability, hostility, or aggressiveness that is not typical for the person.
3. **Withdrawal:** Social withdrawal and loss of interest in activities that were previously enjoyed. This might include avoiding social interactions, even with close friends and family.
4. **Changes in Performance:** Noticeable drop in performance at work or school, including missing deadlines, work, or school.
5. **Changes in Personal Care:** Lack of attention to personal care, such as neglecting hygiene, appearance, or significant weight changes (loss or gain).
6. **Sleep Disturbances:** Changes in sleep patterns, such as insomnia or sleeping too much, which deviate from their usual sleep habits.
7. **Substance Use:** Increased or excessive consumption of alcohol or drugs, especially if it seems to be a coping mechanism for dealing with emotional distress.
8. **Feelings of Hopelessness:** Expressions of hopelessness, helplessness, or being overwhelmed. They might frequently speak about unbearable pain or feeling trapped.
9. **Sensitivity:** Overreaction to stimuli, seeming unable to tolerate ordinary noises, sights, or everyday activities.
10. **Anxiety or Paranoia:** Persistent worries, fears about safety, or paranoid thoughts concerning others' motives.
11. **Physical Symptoms:** Frequent complaints about physical symptoms often related to emotions, such as stomachaches, headaches, or generally feeling unwell.
12. **Thoughts of Death:** Frequent thoughts about death, dying, or suicide, or talking about it—even if it seems casual or joking.

MENTAL HEALTH RESOURCES



1. National Alliance on Mental Illness (NAMI): Offers support groups, free educational courses, and resources for individuals with mental illness and their families. (Website: www.nami.org)



2. Mental Health America (MHA): Provides a wealth of information on mental health, screening tools, and an extensive list of treatment resources. (Website: www.mhanational.org)



3. Substance Abuse and Mental Health Services Administration (SAMHSA): Features a helpline that provides free, confidential treatment referral and information service for individuals and families facing mental and/or substance use disorders. (Helpline: 1-800-662-HELP (4357), Website: www.samhsa.gov)



4. National Institute of Mental Health (NIMH): Offers comprehensive information on mental disorders, a range of related topics, and the latest mental health research. (Website: www.nimh.nih.gov)



5. Anxiety and Depression Association of America (ADAA): Offers information on prevention, treatment, and symptoms of anxiety, depression, and related conditions. (Website: www.adaa.org)



6. Crisis Text Line: Provides free, 24/7 support for those in crisis. Individuals can text from anywhere in the US to communicate with a trained crisis counselor. (Text "HELLO" to 741741, Website: www.crisistextline.org)



7. Depression and Bipolar Support Alliance (DBSA): Provides extensive resources for individuals living with mood disorders, including support groups and wellness tools. (Website: www.dbsalliance.org)



8. Psychology Today Therapist Directory: Offers a directory of therapists to help find mental health professionals in your area. (Website: www.psychologytoday.com/us/therapists)



9. The Trevor Project: Provides crisis intervention and suicide prevention services to LGBTQ+ youth. Offers a 24/7 lifeline, text, and chat services. (Helpline: 1-866-488-7386, Website: www.thetrevorproject.org)



10. Veterans Crisis Line: Connects veterans in crisis (and their families and friends) with qualified responders through a confidential toll-free hotline, online chat, or text. (Call 1-800-273-8255 and Press 1, Text 838255, Website: www.veteranscrisisline.net)

UPDATES & NEWS

KNOW YOUR STAFF

Lahna Avery - Volunteer Coordinator
Janean Baird - Meals on Wheels Coordinator
NEW! Angela Boock - Activities Coordinator
Randy Graves - Director of Operations
James Morris - Marketing Coordinator

BOARD OF DIRECTORS

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

WELCOME OUR NEWEST STAFF MEMBER: ANGELA BOOCK

By James Morris

The Redmond Senior Center is thrilled to announce Angela Boock as our new Activities Coordinator. With an impressive background in senior care and a passion for enriching the lives of the elderly, Angela is set to bring a fresh, vibrant energy to our community.

Born in Madras, Oregon, Angela Boock has made a profound impact in various capacities through her extensive career spanning over 15 years with seniors. Angela and her husband, Robert, relocated to Redmond five years ago and have since become integral members of our community. They are proud parents to five children and doting grandparents to fifteen grandchildren, filling their lives with joy and bustling activity.

Angela's journey in senior care began in Memory Care and Assisted Living communities, where she dedicated herself to various roles, culminating in the position of Activities Director. During her six years in this role, she developed a keen expertise in engaging with and uplifting seniors, making her an ideal fit for the Activities Coordinator role at our center.

Her approach goes beyond just organizing activities; she is passionate about connecting with seniors



personally and learning from their rich life experiences. Angela's philosophy centers on the belief that every senior has a unique story that deserves to be heard and celebrated.

Angela enjoys a serene and fulfilling personal life when she's not at work. She is an avid cook, crafter, and gardener, finding joy in life's simple pleasures. Her spiritual devotions are a testament to her grounded and thoughtful nature. Angela and Robert also share a love for the open road, often seen riding their motorcycles through the beautiful landscapes of Oregon. This passion for adventure and spending quality time together encapsulates the spirit Angela brings to every facet of her life.

As Angela steps into her new role as Activities Coordinator, she is excited

to introduce a variety of innovative programs designed to engage, entertain, and inspire our senior community. We are confident that her creative initiatives and deep commitment to our members will enhance the overall experience at the Redmond Senior Center.

Please join us in warmly welcoming Angela as she begins this new chapter with us. We look forward to the wonderful additions she will bring to our activities and her positive impact on our community. Angela is more than our Activities Coordinator; she is a friend, a mentor, and a cherished member of the Redmond Senior Center family.

NEW & RENEWING MEMBERS

WELCOME!

Effinger, Sharon
Schwartz, Marilyn
Scott, Gregory



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!

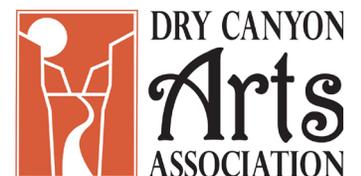
THANK YOU SPONSORS AND PARTNERS



COUNCIL ON AGING
OF CENTRAL OREGON



Partners In Care



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



Learn to Hula with Maile

Every Friday 11:00 to 11:45 AM

Students will show off their new skills! A lunchroom performance will be scheduled for the first week of May.

Free for Redmond Senior Center members. \$5 donation is requested.



Fall Coffee Walking Series at the Redmond Senior Center

Walk to Coffee
FRIDAY'S 12:30-1:30

Redmond Senior Center and Deschutes Public Library have partnered to bring you our Coffee and Walking Series!

Please join us on Friday's for an easy 1.15 mile walk (round trip) from the Redmond Senior Center down 4th Street to the Blacksmith Coffee shop. This is a flat route, with two rest stops along the way, and *It's one walks alone!* All abilities and ages are welcome!

DESCHUTES PUBLIC LIBRARY

75th Anniversary Redmond, Oregon Senior Center Engage. Connect. Thrive. 1949 - 2024



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!



Redmond Senior Center

BINGO
EVERY THURSDAY AT 1PM

THIS WEEK'S FREE

BIG WINNERS

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



CARDS WITH FRIENDS

YOU'RE INVITED TO JOIN OLAF AND FRIENDS ON FRIDAY MORNINGS FROM 10:00 TO 11:30 TO PLAY FUN AND EASY CARD GAMES!

REDMOND SENIOR CENTER DESCHUTES ROOM~ ALL AGES WELCOME!

NO CHARGE, JUST COME HAVE FUN-AND STAY FOR LUNCH IF YOU'RE HUNGRY! (SUGGESTED LUNCH DONATION \$5)

Redmond, Oregon Senior Center Engage. Connect. Thrive.

Redmond Activities:

DCAA Art Show
May 4-5
Redmond High School

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

Bingo for Veterans
May 22
6:30-8:30 PM
Otto's Landing
Redmond

Prineville May Market
May 11
9:00-4:00 PM
Pioneer Park
Prineville



Feet Retreat
LLC

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

ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY		1st 09:00a COAR 10:15a Phase Ten (Card Game) 11:45a Lunch 01:00p Intro to Crocheting 01:00p Poker with Friends 01:00p Yahtzee	2nd 10:00a Line Dancing 11:30a Manicures 11:45a Lunch 12:00p Hula with Marley 01:00p BINGO!	3rd 10:15a Arts & Crafts 10:15a Cards With Friends 11:45a Lunch 12:00p John Tuck Kids Sing 12:30p Walk to Coffee
6th 11:45a Lunch 01:00p Pickleball	7th 11:00a Band of Brothers 11:30a Manicures 11:30a Pinochle 11:45a Lunch 01:00p Line Dancing	8th 09:00a COAR 10:00a Spinners Guild 10:15a Phase Ten (Card Game) 11:45a Lunch 01:00p Intro to Crocheting 01:00p Poker with Friends 01:00p Yahtzee	9th 10:00a Line Dancing 11:30a Manicures 11:45a Lunch 01:00p BINGO!	10th 09:00a Feet Retreat 10:15a Arts & Crafts 10:15a Cards With Friends 11:45a Lunch 12:30p Walk to Coffee
13th 11:45a Lunch 12:30p Heart Warmers 01:00p Pickleball	14th 11:00a Band of Brothers 11:30a Manicures 11:30a Pinochle 11:45a Lunch 01:00p Line Dancing 01:00p NVS Meeting 01:00p Pickleball	15th 09:00a COAR 09:00a Feet Retreat 10:15a Phase Ten (Card Game) 11:45a Lunch 11:45a Veterans Appreciation Lunch 01:00p Intro to Crocheting 01:00p Poker with Friends 01:00p Yahtzee	16th 10:00a Line Dancing 11:30a Manicures 11:45a Lunch 01:00p BINGO!	17th 10:15a Cards With Friends 11:45a Lunch 12:00p Celebrate Birthdays! 12:30p Walk to Coffee 01:00p - HAPPY HOUR w/ Lindy Gravelle
20th 11:45a Lunch 01:00p Green Pastures Senior Co-Op 01:00p Pickleball	21st 11:00a Band of Brothers 11:30a Manicures 11:30a Pinochle 11:45a Lunch 01:00p Line Dancing 01:00p Pickleball	22nd 09:00a COAR 09:15a Power Cut Plus 10:15a Phase Ten (Card Game) 11:45a Lunch 01:00p Intro to Crocheting 01:00p Poker with Friends 01:00p Yahtzee	23rd 10:00a Line Dancing 11:30a Manicures 11:45a Lunch 01:00p BINGO!	24th 10:15a Arts & Crafts 10:15a Cards With Friends 11:45a Lunch 12:30p Walk to Coffee
27th 11:45a Lunch 12:30p Heart Warmers 01:00p Pickleball	28th 11:00a Band of Brothers 11:30a Manicures 11:30a Pinochle 11:45a Lunch 01:00p Line Dancing 01:00p Pickleball	29th 09:00a COAR 10:15a Phase Ten (Card Game) 10:35a Silver Sneakers 11:45a Lunch 01:00p Intro to Crocheting	30th 10:00a Line Dancing 11:30a Manicures 11:45a Lunch 01:00p BINGO!	31st 10:15a Arts & Crafts 10:15a Cards With Friends 11:45a Lunch 12:30p Walk to Coffee

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	

NEW!!!

Join us for **HAPPY HOUR!**
 Friday, May 17th from 1-2PM.
 Each month, we'll feature local entertainment on a Friday.
 Beer, Wine, and FUN!

THIS MONTH:
 Lindy Gravelle

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!

Edwards, Darlene
Vitoria, Rosemarie
Baker, Jim
Martin, Laura
Moore, Carol
Bigelow, Allen
Brooks, Elva

Grudt, Tim
Birch, Kathleen
Barker, Diana
O'Brien, Marie
Scott, David
Brook, Mary
Dunlap, Kristi

HAPPY BIRTHDAY!

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!

society action service youth group
 volunteerism honor change love skills
 communities nonprofit vibrant senior program
volunteers
 build hope diverse service connections service volunteer
Thank You
 family thanks heart prosperous difference
 preparedness mission corporate celebrate
HandsOn
 traditional emergency friends
 actionaction



75
 ANNIVERSARY
 Redmond, Oregon
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 1949 - 2024

**1ST ANNUAL
 BENEFIT
 CONCERT**

**TICKETS GO
 ON SALE
 AUGUST 1**

**LIVE MUSIC
 BAND TBD**

**SEPTEMBER 15
 SUNDAY 2 PM**

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

INFORMATION
 PHONE NUMBER
 (541) 548-6325

WWW.REDMONDSENIORS.COM

Redmond Senior Center
 325 NW Dogwood Ave.
 Redmond, Oregon 97756

(541)548-6325
www.RedmondSeniors.org

Valuable Resources for Seniors

- 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