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SENIOR MOMENTS NEWSLETTER

DECEMBER 2024

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FROM THE EDITOR

Grief Awareness Month at the Redmond Senior Center

This December, the Redmond Senior Center is proud to observe Grief Awareness Month, a time to reflect on the impact of loss and the strength found in community. Grief is a deeply personal journey, affecting each of us in different ways, whether it's the loss of a loved one, a shift in health, or another significant life transition. Our goal is to create a supportive environment where individuals can find understanding, connection, and healing.

As part of this month's programming, we are hosting a series of insightful and compassionate talks led by experienced professionals:

- **December 4th:** The Council on Aging will discuss resources and strategies for navigating grief as we age, focusing on the unique challenges seniors face.
- **December 11th:** Dawn Jackson, a grief counselor, will share her expertise on coping mechanisms, emotional resilience, and the importance of finding meaning after loss.
- **December 18th:** Experts from St. Charles Medical Center will explore the physical and mental health effects of grief, offering advice on maintaining well-being during difficult times.

These events are designed to provide practical tools and emotional support for anyone experiencing grief, as well as for those supporting loved ones through their journey. Whether you're seeking comfort, information, or simply a space to feel understood, we encourage you to join us. Together, we can face the challenges of grief and discover new ways to move forward with hope and resilience.



James Morris
 Editor



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GRIEF AWARENESS

Understanding and Navigating the Journey of Loss

By James Morris

As a committee member of the Redmond Senior Center's Wellbeing Series, I've had the unique opportunity to engage with a topic that deeply affects us all: grief. Grief is a universal human experience, yet its impact can feel isolating and overwhelming. Through our recent talks and community discussions, I've come to appreciate the importance of not only understanding grief but also raising awareness about its many forms.

Grief Awareness isn't just about acknowledging loss; it's about equipping ourselves and others with the tools and knowledge to navigate the complex emotions that accompany it. Let's explore what grief really is, the various types of grief people experience, and how we can support one another in healing.

What Is Grief?

Grief is a natural response to loss, but it's so much more than sadness. It encompasses a wide range of emotions, from anger and guilt to relief and confusion. Grief doesn't follow a set timeline or formula—it's deeply personal and unique to each individual.

While grief is most often associated with the death of a loved one, it can arise from many other life changes, including:

- The loss of a job or career
- A significant health diagnosis or decline
- The end of a relationship
- Moving away from a familiar place or community

The key to Grief Awareness is recognizing that grief is not just about mourning but about adjusting to life after a loss. This adjustment takes time, patience, and support.

The Different Types of Grief

One of the most important lessons I've learned through our Wellbeing Series is that grief manifests in different ways. Understanding the various types of grief can help us recognize and validate the experiences of those around us—and ourselves.

1. **Anticipatory Grief:** Anticipatory grief occurs when a loss is expected but has not yet happened. This often affects those caring for a loved one with a terminal illness. While it provides an opportunity to prepare emotionally, it can also bring intense sadness, anxiety, and even guilt.
2. **Acute Grief:** This is the immediate reaction following a loss. It's characterized by intense emotions such as shock, denial, or profound sadness. Acute grief can feel all-consuming and may impact daily functioning, but it's a normal part of the grieving process.
3. **Complicated Grief:** For some, grief can become prolonged and debilitating, making it difficult to move forward. This is known as complicated grief. Those experiencing it may find themselves stuck, unable to accept the loss or resume their usual activities even after a significant period of time.
4. **Disenfranchised Grief:** Not all grief is

openly acknowledged or supported by society. Disenfranchised grief arises from losses that others may not view as significant, such as the loss of a pet, a miscarriage, or the end of a non-traditional relationship. This type of grief can feel particularly isolating because it's often minimized or dismissed by others.

5. **Cumulative Grief:** This occurs when multiple losses happen in a short period, leaving little time to process each one. Seniors, in particular, may experience cumulative grief as they lose friends, spouses, or aspects of their independence. The weight of these successive losses can compound, making the grieving process even more challenging.

The Stages of Grief: A Non-Linear Path

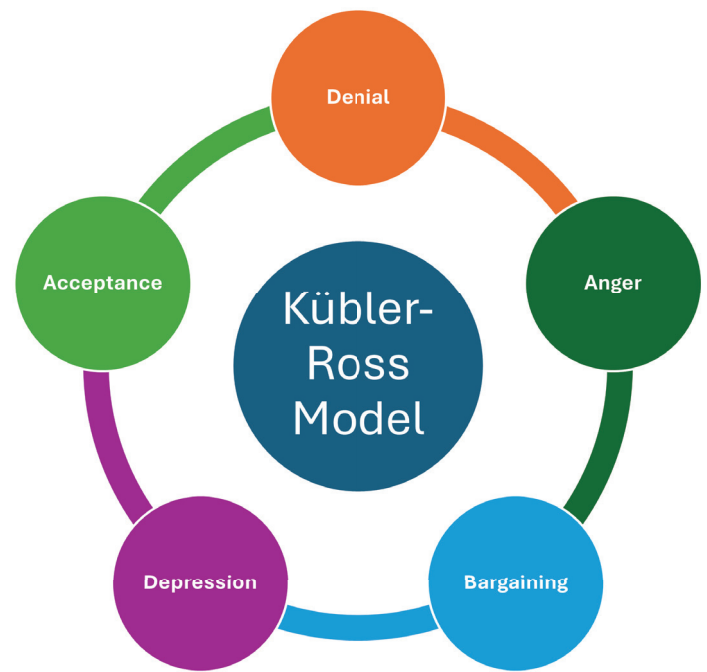
Many of us are familiar with the five stages of grief outlined by Elisabeth Kübler-Ross: denial, anger, bargaining, depression, and acceptance. These stages offer a helpful framework for understanding common emotions during grief, but it's important to remember that they're not linear. People may move back and forth between stages or experience them in a different order.

Grief is as unpredictable as it is universal. Recognizing this helps normalize the experience, reminding us that there's no "right" way to grieve.

Raising Grief Awareness at the Redmond Senior Center

At the Redmond Senior Center, we are preparing to foster a supportive environment where community members can come together to explore the complexities of grief. This month, our Wellbeing Series will focus on Grief Awareness, featuring a lineup of insightful talks from experts who will share both their professional knowledge and personal experiences. Here's what you can look forward to:

- **December 6 at 10:30 AM – Sydney Francis, Professional Counselor Associate**
Sydney will kick off the series with a powerful discussion on the emotional and mental impacts of grief. Drawing from her experience in counseling and her ongoing journey to becoming an Advanced Grief Counseling Specialist, she will share practical coping strategies such as mindfulness, journaling, and establishing daily routines. Her talk will offer valuable tools to help attendees navigate the early and ongoing stages of grief.
- **December 11 at 1:00 PM – Dawn Jackson, Advanced Grief Recovery Method Specialist**



Dawn's session promises to be a beacon of hope and transformation. She will speak about her journey from surviving to thriving, offering insights into how grief can lead to personal growth. Her talk will include reflections from her books, *Journey to Peace and Healing* and *Journey to Self Discovery*, which provide guidance on finding joy and purpose after loss. Attendees will be inspired to embrace their own healing journeys.

- **December 18 at 1:00 PM – St. Charles Medical Center's Grief Awareness Team**
The series will conclude with an in-depth look at the physical and emotional toll of grief from the team at St. Charles Medical Center. This session will explore how grief can affect overall health and well-being, emphasizing the importance of seeking medical and psychological support. Their expertise will provide a comprehensive understanding of how to care for both mind and body during the grieving process.

These talks will not only offer practical advice but also create a sense of community, reminding us that we don't have to face grief alone. Whether you are navigating your own loss or supporting someone else, these sessions will be an opportunity to learn, share, and connect.

Finding Support and Healing

Grief, though deeply personal, doesn't have to be faced alone. Building a support system is crucial. Whether through friends, family, or professional counselors, sharing your journey can help lighten the load. Our center offers resources like:

- Grief support groups
- One-on-one counseling referrals
- Community events to foster connection

For those unable to attend in person, online resources such as GriefShare.org provide virtual support, connecting people across distances.

Embracing Grief Awareness

Grief Awareness isn't about fixing or ending grief; it's

about understanding and embracing it as a natural part of life. It's about acknowledging that grief changes us, but with time and support, it can also teach us resilience and compassion.

As we continue our Wellbeing Series, I'm reminded of the strength that comes from community. Together, we can face grief head-on, offering each other hope and healing along the way. •

*"Don't cry because it's over.
Smile because it happened."
- Dr. Seuss*

GRIEF AWARENESS RESOURCES

Here is a comprehensive list of national and local resources available to the senior community in Redmond, Oregon, for grief support and information:

National Resources

GriefShare

Description: Offers a 13-week program providing support and healing for those grieving the loss of a loved one.

Website: www.griefshare.org

Phone: 800-395-5755

The Compassionate Friends

Description: Provides support to families after the death of a child, offering understanding and hope.

Website: www.compassionatefriends.org

Phone: 877-969-0010

National Alliance for Children's Grief (NACG)

Description: Supports children and teens coping with loss, offering resources and programs.

Website: www.nacg.org

Phone: 866-432-1542

988 Suicide & Crisis Lifeline

Description: Provides 24/7, free, and confidential support for people in distress, prevention, and crisis resources.

Website: 988lifeline.org

Phone: 988

Local Resources in Redmond, Oregon

Hospice of Redmond

Description: Offers bereavement support groups and counseling services for individuals and families experiencing loss.

Website: www.hospiceofredmond.org

Phone: 541-548-7483

Partners In Care

Description: Provides hospice, home health, and palliative care services, including grief support groups and counseling.

Website: www.partnersbend.org

Phone: 541-382-5882

Redmond Community Church

Description: Hosts GriefShare support groups to help individuals find healing after the loss of a loved one.

Website: www.redmondcc.org

Phone: 541-923-3023

Highland Baptist Church

Description: Offers GriefShare programs providing support and guidance through the grieving process.

Website: www.hbcredmond.org

Phone: 541-548-4161

Deschutes County Health Services

Description: Provides mental health services, including crisis intervention and counseling for grief and loss.

Website: www.deschutes.org

Phone: 541-322-7500

Central Oregon Grief Counseling

Description: Offers individual and group therapy sessions for those dealing with grief and loss.

Website: www.centraloregongriefcounseling.com

Phone: 541-728-0637

These organizations offer a range of services to support seniors and their families through the grieving process. It's important to reach out and connect with these resources to find the support that best fits your needs.

WHAT'S NEW AT THE CENTER

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

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HELP US BRING HOPE AND CARE TO REDMOND SENIORS **Your Support Makes a Difference**

As we approach the end of the year, we find ourselves filled with gratitude and concern. The Redmond Senior Center has been a place of joy, connection, and inspiration for many in our community. Every day, our seniors share their laughter, stories, and resilience, filling our center with life. But as the need for our services grows, we face a difficult reality: we need your support to continue serving our beloved seniors.

This year, we've set a goal to raise \$100,000. This isn't just a number; it's a lifeline. It's how we ensure that seniors who have no one else still receive a warm, nourishing meal delivered to their door. Just this past July, our Meals on Wheels program provided 2,893 meals, and by next July, we anticipate providing over 3,800. Each meal is a reminder to our seniors that they are cared for, that they are not forgotten, and that someone—someone like you—is looking out for them.

Food costs have risen significantly, with an 18% increase over the past two years. These rising costs are daunting, but when you witness the smiles and tears of gratitude from the seniors we serve, you realize how much these meals mean. For many, it's the only meal they will have that day. But meals are only part of what we offer.

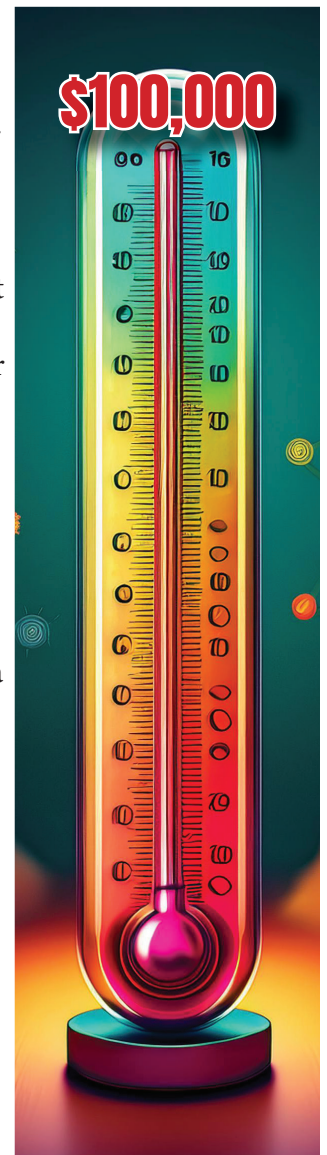
Beyond nourishing food, we provide a renewed sense of hope and purpose through our Well-Being Series, exercise classes, and social activities. These programs help our seniors stay active, engaged, and connected. Imagine a grandmother finding new friends and joy through a dance class or an elderly gentleman discovering comfort in a simple exercise group that brings him back to life.

With your support, we can continue making sure every senior feels loved and valued. Without it, we face the heartbreaking possibility of turning someone away—something we hope never to do.

We humbly ask for your help in reaching our goal. Every dollar you give makes a real difference. It helps us provide not just meals, but hope, companionship, and care to our seniors. **Please consider donating today by visiting www.RedmondSeniors.org/donation-letter.**

Thank you, from the bottom of our hearts, for caring, for seeing our seniors, and for standing by us in this mission.

With deep gratitude, The Redmond Senior Center Team



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 <p>COUNCIL ON AGING OF CENTRAL OREGON</p>	<p>Council on Aging of Central Oregon 1036 NE 5th St Bend, OR 97701</p>	<p>(541)678-5483 www.councilonaging.org</p>
	<p>City of Redmond 411 SW 9th St Redmond, OR 97756</p>	<p>(541)923-7710 www.redmondoregon.gov</p>
 <p>DRY CANYON Arts ASSOCIATION</p>	<p>Dry Canyon Arts Association</p>	<p>www.drycanyonarts.org</p>
 <p>HAYDEN HOMES</p>	<p>Hayden Homes 2464 SW Glacier Pl #110 Redmond, OR 97756</p>	<p>(541)923-6607 www.hayden-homes.com</p>
 <p>HOSPICE of REDMOND <small>Serving all of Central Oregon since 1981</small></p>	<p>Hospice of Redmond 732 SW 23rd St Redmond, OR 97756</p>	<p>(541)548-7483 www.hospiceofredmond.org</p>
 <p>LOCAL PAWS PET SUPPLY</p>	<p>Local Paws 435 SW Evergreen Ave Redmond, OR 97756</p>	<p>(541)604-8990 localpawsredmond.com</p>
	<p>McDonald's of Redmond 895 SW Rimrock Way Redmond, OR 97756</p>	<p>(541)504-0073 www.mcdonalds.com</p>
 <p>Meta</p>	<p>Meta 607 Tom McCall Rd Prineville, OR 97754</p>	
 <p>Partners In Care</p>	<p>Partners In Care 141 NW 6th St Suite B Redmond, OR 97756</p>	<p>(541)382-5882 www.partnersbend.org</p>
 <p>RAPRD <small>Redmond Area Parks and Recreation District</small> "Always Ready To Play..."</p>	<p>Redmond Area Parks and Recreation District 465 SW Rimrock Way Redmond, OR 97756</p>	<p>(541)548-7275 www.raprd.org</p>
 <p>REDMOND CHAMBER OF COMMERCE & CVB</p>	<p>Redmond Chamber of Commerce 446 SW 7th St Redmond, OR 97756</p>	<p>(541)923-5191 www.visitredmondoregon.com</p>
 <p>SPOKESMAN</p>	<p>Spokesman 361 SW 6th St Redmond, OR 97756</p>	<p>(541)548-2184 www.redmondspokesman.com</p>
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WHAT'S HAPPENING AT THE CENTER

EXCITING UPDATE TO OUR WELLBEING SERIES SCHEDULE!



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

We're making a change to improve your experience at the Redmond Senior Center's Wellbeing Series! Starting in January, we'll be shifting from weekly talks every Wednesday to a new, streamlined format. Now, you can look forward to one special day each month packed with engaging talks from two or three high-quality speakers.

This change allows us to bring together more perspectives on each topic while making it easier for you to plan your calendar. Rest assured, we will continue to feature the same excellent speakers from local resources, ensuring each session is informative, inspiring, and tailored to your wellbeing.

Stay tuned for the monthly dates and topics, which will be announced in advance. Mark your calendar and don't miss this enhanced experience!

For any questions or suggestions, feel free to contact us at the center. We look forward to seeing you at our new monthly Wellbeing Series!

December Wellbeing Talks:

December 6: Sydney Francis

Sydney Francis, a Professional Counselor Associate with expertise in grief, anxiety, and life transitions, will share her personal and professional experiences.

December 11: Dawn Jackson

An Advanced Grief Recovery Method Specialist and author, Dawn Jackson helps individuals transform their lives by healing their hearts and rediscovering joy.

December 18: St. Charles Medical Center

Representatives from St. Charles Medical Center will lead a session on grief awareness, focusing on the intersection of grief and health.

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Happy Hour
 Friday, December 20
 1:00 PM
 with **Lindy Gravelle**



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Christmas Program



December 19 at 11 AM

**PEARL HARBOR
 COMMEMORATION
 AT THE REDMOND
 SENIOR CENTER**

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PEARL HARBOR DAY
 — REMEMBERING DECEMBER 7, 1941 —

FRIDAY, DECEMBER 6
ACTIVITIES
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JOIN AUTHORS VALARIE J. ANDERSON AND EILEEN TANNICH GOSE TO LEARN HOW A PIECE OF PAPER PUT THE "SURPRISE" IN THE PEARL HARBOR ATTACK AND SET ROSIE THE RIVETER IN MOTION!

MAKE IT A DAY -- COME FOR THE WWII-INSPIRED LUNCH, STAY FOR THE PRESENTATION, AND ENJOY KARAOKE AT THE HAPPY HOUR.

HAVE A LITTLE FUN - WEAR RED AND WHITE POLKA DOTS OR EVEN A HAWAIIAN SHIRT.

SEE, HEAR AND TASTE THE 1940S!

- 11:45 AM: 1940S-INSPIRED LUNCH (RESERVE BY NOV. 22ND)
- 12:45 PM: "PEARL HARBOR, PANTS AND A PIECE OF PAPER"
- 2:00 PM: HAPPY HOUR KARAOKE

REDMOND SENIOR CENTER, 325 NW DOGWOOD AVE.



A NEW ERA OF COMFORT

Reflections from the New Chair at Redmond Senior Center

Hello, everyone! Allow me to introduce myself: I'm the newest addition to the Redmond Senior Center, the chair chosen after a year-long search to replace the old dining room chairs. It's an honor to be here, and I'm excited to play my part in this vibrant community.

For over a year, the team at the Senior Center carefully considered their options, ensuring that the new chairs would meet the needs of everyone who uses this space. I'm proud to say I was selected for my comfort, durability, and modern design. Whether you're here for a casual lunch, a lively game of cards, or a thoughtful discussion during a meeting, I'm designed to offer support in every sense of the word.

My predecessor, the previous dining room chair, served this community well for many years. But as time passed, it became clear that a replacement was needed—one that could offer improved comfort and better support while blending in with the updated design of the center. After months of research and testing, I was chosen to fill that role.

So, what makes me special? First and foremost, I'm built for comfort. My ergonomic design provides excellent support for your back, helping you sit comfortably for longer periods. My sturdy frame ensures stability, and my materials are easy to clean, which makes life easier for everyone. I'm also designed to withstand years of use while maintaining my shape and functionality.

Beyond practicality, my sleek and modern appearance helps create a warm, welcoming environment. Whether you're here for a meal or a special event, my design complements the space, adding to the overall experience.

I understand the decision to replace the chairs took time and careful consideration. It's never easy to let go of something familiar, but change can bring exciting improvements. I'm grateful for the trust the Board of Directors and the community have placed in me, and I'm committed to serving you well for years to come.

Thank you for welcoming me into your community. I look forward to supporting you—quite literally—during all the wonderful moments and activities that make the Redmond Senior Center such a special place.

Warm regards,
Your New Chair





STAY SAFE AND FESTIVE

Holiday Safety Tips for Seniors in Redmond

By James Morris

The holiday season is a time of joy, warmth, and connection. But amidst the festive hustle and bustle, it's crucial to prioritize safety—especially for seniors. From decorating your home to cooking a holiday feast, ensuring a safe environment can make your season both joyful and secure. Here are some practical tips tailored to the senior community in Redmond, Oregon, along with local resources to keep the holidays merry and bright.

1. Decorate Safely

Twinkling lights and sparkling ornaments add a festive touch, but they can also pose hazards. Keep these tips in mind when decorating:

- **Avoid Ladder Risks:** Hanging lights or decorations can be tricky and dangerous. Enlist help from a family member or a professional service. (See local resources below for assistance.)
- **Prevent Tripping Hazards:** Ensure cords and decorations are placed out of walking paths. Use tape or cable organizers to secure wires.
- **Choose Flame-Free Candles:** Opt for LED candles to eliminate fire risks and reduce concerns about leaving a flame unattended.

2. Fire Safety

With heating appliances running and candles burning, the risk of fire increases during winter. Here's how to stay protected:

- **Check Smoke Alarms:** Test your smoke and carbon monoxide detectors to ensure they're functioning.
- **Use Space Heaters Wisely:** Place space heaters on flat, non-flammable surfaces and keep them at least three feet away from curtains, furniture, or decorations.
- **Monitor Cooking:** If hosting a holiday meal, never leave pots and pans unattended on the stove.

3. Avoid Falls

Slippery sidewalks and icy driveways are common hazards during Redmond's winter months.

- **Use Salt or Sand:** Apply ice melt or sand to outdoor walkways to prevent slipping.

- **Wear Appropriate Shoes:** Choose footwear with non-slip soles for outings or even short trips outside.
- **Install Handrails:** If you don't already have handrails on outdoor stairs, now is the time to install them.

4. Stay Healthy

Holiday gatherings can expose seniors to seasonal illnesses like the flu or colds.

Protect yourself with these strategies:

- **Get Vaccinated:** Ensure you've received your flu shot and COVID-19 booster if eligible.
- **Wash Hands Frequently:** Practice good hygiene when around guests, especially younger children.
- **Stay Warm:** Layer up to avoid cold-related illnesses, especially when venturing outdoors.

5. Financial and Scam Safety

The holidays are prime time for scammers targeting seniors. Protect your finances by:

- **Verifying Charities:** If donating, research the organization to confirm it's legitimate.
- **Avoiding Unknown Callers:** Hang up on unsolicited calls asking for personal or financial information.
- **Being Cautious Online:** Shop only on trusted websites and avoid sharing sensitive data over public Wi-Fi.

6. Emergency Preparedness

Winter storms can lead to power outages. Prepare by:

- **Stocking Supplies:** Keep flashlights, batteries, and non-perishable food on hand.
- **Charging Devices:** Make sure phones and medical devices are fully charged before a storm.
- **Having a Contact Plan:** Share your emergency contacts with neighbors or nearby family.

The holidays are meant for celebration, not stress. By taking a few simple precautions and knowing where to turn for help, you can enjoy the season with peace of mind. Remember, the Redmond Senior Center is always here to support you—reach out if you need assistance. Stay safe, stay warm, and happy holidays!



JOIN US FOR A WWII SPAM- INSPIRED LUNCH: A Tribute to Pearl Harbor's Legacy

By Valarie J. Anderson

Chopped pork shoulder, ham, salt, water, modified potato starch, and sodium nitrite – these humble ingredients come together in a can to create Hormel's SPAM, a product that has woven itself into the very fabric of food history since its creation in 1927. Born from a German-inspired process, this canned meat faced initial challenges during the Great Depression but found new life on grocery shelves in 1937, thanks to the crucial Lend-Lease deal with a beleaguered Britain.

As the shadows of war loomed, a teenager named Margaret Thatcher famously dubbed SPAM a "wartime delicacy," creatively serving it in a peach salad in 1941. In a surprising twist, English restaurants began highlighting what many called "Roosevelt's sausage," serving it alongside gourmet dishes as a testament to endurance in dark times. SPAM became a beloved staple on the other side of the globe, making its way into Okinawan kimbap and the Filipino classic, Spamsilog. "Without SPAM, we wouldn't have been able to feed our army," proclaimed Nikita Khrushchev, highlighting its importance during a time of need.

Yet, not all who encountered SPAM were fond of it. Many American servicemen groaned, "SPAM again!" as they grumbled about the pervasive presence of canned meat in their rations. Jokes flew around the mess halls: "SPAM is the ham that didn't pass the physical," they quipped. "SPAM is a meatball without basic training." With creativity only soldiers could muster, they coined terms like "SPoiled hAM" and "Scientifically Processed Animal Matter," turning their disdain into humor.

Recognizing the unfair treatment of this wartime staple, Britain rushed to its defense, publishing a front-page article titled "SPAM has Suffered Enough." Even

Dwight Eisenhower, having dined on it alongside the troops, apologized to Hormel's executives for the ribbing SPAM had endured. His only complaint? There was simply too much of it!

In the wake of World War II, as men returned to reclaim their jobs, Hormel didn't forget the contributions of women who had supported the war effort. They hired servicewomen to sell SPAM door-to-door, promoting Hormel products while donning uniforms. The iconic "Hormel Girls" brought SPAM into the spotlight, marching in parades and enchanting audiences with poems and songs, all while earning four times their military pay.

Fast-forward to 2007, when Hormel celebrated a remarkable milestone—the sale of its seven billionth can of SPAM. Today, this canned classic has achieved legendary status, even infiltrating the world of technology as the label for unwanted emails. Hormel now markets its products as the ultimate dorm food, offering students a quick and versatile meal option. Just add SPAM to ramen noodles for a protein boost, and





don't forget to try Margaret Thatcher's infamous peach and SPAM salad!

Join authors Eileen Tannish Gose and Valarie J. Anderson for a WWII SPAM-Inspired Lunch on December 6th! Experience a taste of history as we honor this culinary icon with dishes that pay homage to its storied past. Delight in options ranging from classic "SPAM burgers" to "Spamaronie" that echo the recipes of yesteryear. Whether you're a SPAM enthusiast or a curious newcomer, it's an event you won't want to miss!

And here's your chance to win a free can of SPAM! Answer a Spam-inspired question and win a free can. Don't miss out on this opportunity to engage with a piece of history.

SPAM is more than just a canned meat; it represents resilience, creativity, and an unexpected journey through history. Whether you love it or loathe it, there's no denying that SPAM has left an indelible mark in kitchens around the world.



The Hormel Girls - A concerted effort to get America interested in a strange new food called Spam.

Join us for one or more of our activities at the Redmond Senior Center.

MONDAY

1:00 PM - Board Game Monday
1:00 PM - Pickleball

TUESDAY

10:00 AM - Card Sharks
1:00 PM - Cross Stitch Class

WEDNESDAY

1:00 PM - Crochet Club

THURSDAY

1:00 PM - BINGO!

FRIDAY

10:30 AM - Healthy Habits Chair Yoga

SPECIAL EVENTS

(Date varies) - Wellbeing Series Talks
1st & 3rd Friday - Happy Hour
2nd & 4th Friday - Movie Matinee

REMINDER

The Redmond Senior Center will be
CLOSED
December 25 - 27
for Christmas.

HELPING HANDS VOLUNTEER CORNER



JOIN HANDS, TOUCH HEARTS

Volunteering at Redmond Senior Center

By James Morris

At the Redmond Senior Center, we believe in the power of connection, compassion, and community. Every day, our center buzzes with the warmth and joy that comes from people coming together to share their time, talents, and stories. Volunteers are the heart of our mission, and we're excited to invite you to be a part of this incredible journey.

Whether you're looking to make a difference, build lasting friendships, or simply spend time in a place filled with smiles, you'll find a home here. Here's how you can join our wonderful family of volunteers and what you can expect along the way.

Your Path to Volunteering: A Simple Step-by-Step Guide

1. Fill Out a Volunteer Application & Complete a Background Check - The first step in joining our volunteer team is to complete a short application. This helps us learn more about your interests, skills, and how you'd like to contribute. To ensure the safety and well-being of our seniors, we also conduct a background check. Don't worry—it's a straightforward process, and our team will guide you every step of the way.

The application form is available at the center. Once you've completed it, simply return it along with a signed background check consent form.

2. Submit Your Documents - After completing the forms, bring them to the center along with color copies of the front and back of your driver's license. We'll handle the rest. You'll receive a follow-up email from either Orchards or Emily Wells confirming your consent for the background check. This process typically wraps

up within 30 days.

Come Visit Us!

If you haven't yet visited, we'd love for you to do so. The Redmond Senior Center is more than a community space—it's a place where friendships bloom, and laughter fills the air.

Take a tour, meet some of our amazing staff and seniors, and even join us for a hot lunch served Monday through Friday from 11:45 AM to 12:45 PM. This will give you a wonderful taste of the lively and welcoming atmosphere that makes our center so special.

We're Here to Help

Have questions or need assistance? We're here for you. I'm personally available at the center Monday through Friday from 9 AM to 2 PM, but any of our friendly staff members will be happy to assist you, answer your questions, or accept your completed forms.

Be a Part of Something Truly Special

We can't wait to meet you and welcome you to the Redmond Senior Center family. Volunteering here isn't just about giving back—it's about being part of a community where every person matters, every moment counts, and every shared smile brightens someone's day.

By joining us, you'll not only make a positive impact on the lives of our seniors but also enrich your own in ways you never imagined. Together, we'll create lasting memories, build meaningful relationships, and make a real difference.

So, come on in, lend a helping hand, and let's make this journey unforgettable—together.

Join us today, and let's bring joy, care, and connection to our senior community.

VOLUNTEER BIRTHDAYS THIS MONTH



Anderson, Diane
Baldwin, Fred
Bourassa, Diane
Clark, Scot
Dalton, David
Grandey, Truman

Hays, Sue
Johnson, L. "Rocky"
Pazourek, Mike
Ramirez, Zoila (Rosa)
Reinig, Robin
Salomone, Mary

Scott, Georgie
Sisk, Beth
Stoaks, Connie
Trench, James
Wade, Cynthia

CELEBRATING 75 YEARS OF COMMUNITY

A Heartfelt Thank You to Our Volunteers

As we celebrate the 75th anniversary of the Redmond Senior Center, we reflect on the incredible journey that has brought us to this moment. Over the decades, the unwavering dedication of our volunteers has been a cornerstone of our success.

Your contributions have been more vital than ever this past year. Whether you helped organize our Halloween Karaoke Party, transformed the center for our 75th Anniversary celebration, or supported vital programs like Meals on Wheels, you've left a lasting mark on our community.

Our 75th anniversary has been a time to honor the rich history of the Redmond Senior Center, and none of it would have been possible without you.

One of the year's standout moments was how volunteers decorated the center for our special events. From spooky spider webs and glowing pumpkins for the Halloween Karaoke Party to elegant banners and photo displays for the 75th Anniversary Weekend, your creativity brought each occasion to life. These events were a resounding success, filling our halls with laughter, joy, and a deep sense of community.

Meanwhile, our Meals on Wheels volunteers continued to be a lifeline for many seniors, delivering warm, nutritious meals and providing much-needed companionship.

As winter sets in, we want to remind everyone to prioritize safety during snow and icy conditions. If you cannot make it to the center due to inclement weather, please call ahead and let us know. This helps us adjust schedules and ensures essential services like Meals on Wheels continue smoothly. Your safety is our top priority, and we appreciate your cooperation.

As we close out this remarkable year, we extend our deepest gratitude to each and every volunteer. Your kindness and commitment have shaped the Redmond Senior Center into the vibrant community it is today. Here's to another year of service, connection, and celebration. Thank you for being an essential part of our family!



Warm regards,
The Redmond Senior Center Team

MEALS WITH A SMILE

MEAL

STATS

OCTOBER 2024

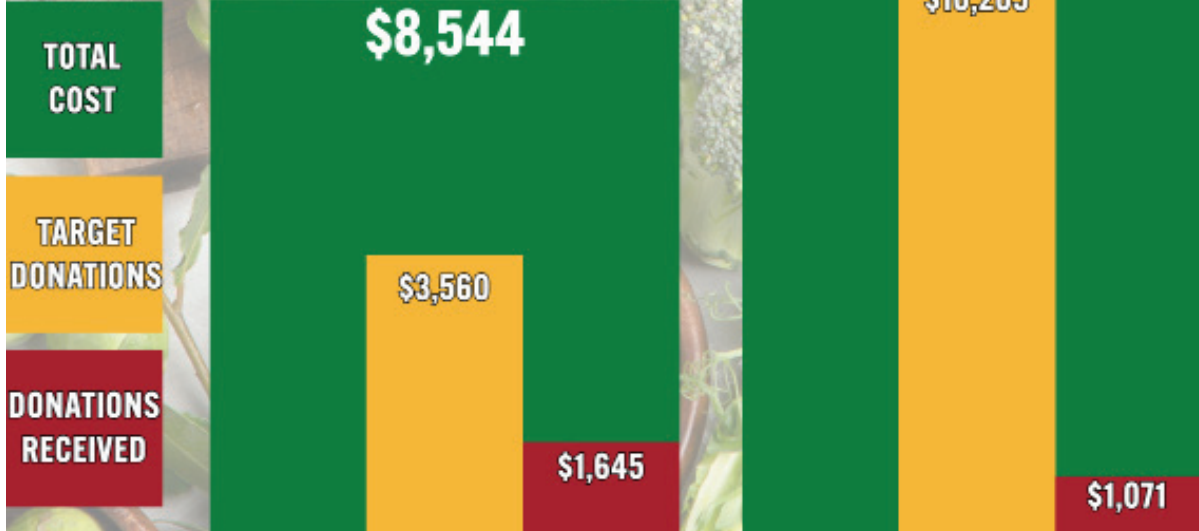
IN-PERSON MEALS

MEALS ON WHEELS

\$24,492

The Redmond Senior Center Meal Program urgently needs your support to continue providing essential services to our seniors. The In-Person Meals program, with a total cost of \$8,544, has raised only \$1,645 of its \$3,560 donation goal, leaving a gap of \$1,915. Meanwhile, the Meals on Wheels program, which ensures homebound seniors receive nutritious meals, faces an even more significant shortfall—having raised just \$1,071 toward its \$10,205 goal, with costs totaling \$24,492. Your donation, no matter the size, can help bridge these gaps and make a meaningful difference in the lives of our seniors. Please consider contributing today to keep these vital programs running!

LEGEND



On-Site Meals

Prepared fresh by our own Chef Jose Perez

11:45 AM to 12:30 PM

Under 60: \$8 non-members \$5 members

60 and over: \$5 donation

SAVE THE DATE OUR CALENDAR

MON	TUE	WED	THU	FRI
2 11:30 Bridge 11:45-12:30 Lunch 1:00 Board Game Monday 1:00 Pickleball	3 10:00 Card Sharks 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch Class 1:00 Pickleball	4 11-11:45 Meet & Greet (New Members) 11:45-12:30 Lunch 1:00 Poker with Friends 1:00 Crochet Club	5 10:00 Cards w/Friends 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Bingo	6 10:00 Cards w/Friends 10:30 Healthy Habits Chair Yoga 10:30 Grief Specialist COA/Sydney 11:45-1940's Inspired Lunch 12:45 "Pearl Harbor, Pants and a Piece of Paper" 2:00 1940's Karaoke 12:30 Walk to Coffee 1:00 Ping Pong
9 11:30 Bridge 11:45-12:30 Lunch 1:30 Cooking Class w/Angela 1:00 Heart Warmers 1:00 Pickleball	10 10:00 Card Sharks 10:30-3 Nails by Angela 11:00 Tech Tuesday w/James 11:45-12:30 Lunch 1:00 Cross Stitch Class 1:00 Pickleball	11 10-12 Spinners Guild 11:45-12:30 Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:00 Wellbeing Series w/Dawn Jackson, Author	12 10:00 Cards w/Friends 10:30-3 Nails by Angela 11:45-12:30 Lunch 12:30 Nutrition Class w/COA 1:00 Bingo	13 9:00 Feet Retreat 10:00 Cards w/Friends 10:30 Healthy Habits Chair Yoga & Chats 11:45-12:30 Lunch 12:30 Walk to Coffee 12:45 Movie & Popcorn (White Christmas) 1:00 Ping Pong
16 11:30 Bridge 11:45-12:30 Lunch 1:00 Board Game Monday 1:00 Pickleball	17 10:00 Card Sharks 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch class 1:00 Pickleball	18 9:00 Feet Retreat 11:45-12:30 Veterans Appreciation Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:00 Open Discussion w/Grief Counselor SCMC 1:30 Book Club	19 10:00 Cards with Friends 11:00 Christmas Program/Line Dancers 10:30-3 Nails by Angela 11:00 T-Mobile Kiosk 11:45-12:30 Lunch 1:00 Bingo	20 10:00 Cards w/Friends 10:30 Healthy Habits Chair Yoga & Chats 11:45-12:30 Lunch/Birthdays 12:30 Walk to Coffee 1:00 Happy Hour w/Lindy Gravelle 1:00 Ping Pong
23 11:30 Bridge 11:45-12:30 Lunch 1:30 Cooking class w/Angela 1:00 Pickleball	24 10:00 Card Sharks 10:00 Card/Stamping Class 10:30-3 Nails by Angela 11:45-12:30 Cubin Christmas Lunch 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing	25 	26 CLOSED	27 CLOSED
30 11:30 Bridge 11:45-12:30 Lunch 1:00 Board Game Monday 1:00 Jewellery Class 1:00 Pickleball	31 10:00 Card Sharks 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch class 1-3 Pickleball 1-2:30 Line Dancing	31 		

All listings are subject to changes without notice.

PARKS & REC WEEKLY SCHEDULE

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

**Pumped Up Strength is Virtual Only

Dec. 6
Dec. 20

HAPPY HOUR

1940s Karaoke
Lindy Gravelle

Dec. 13

MOVIE MATINEE

"White Christmas"

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

GAME ON!

PUZZLES FOR THE MIND

CHRISTMAS AT THE SENIOR CENTER

WORDSEARCH

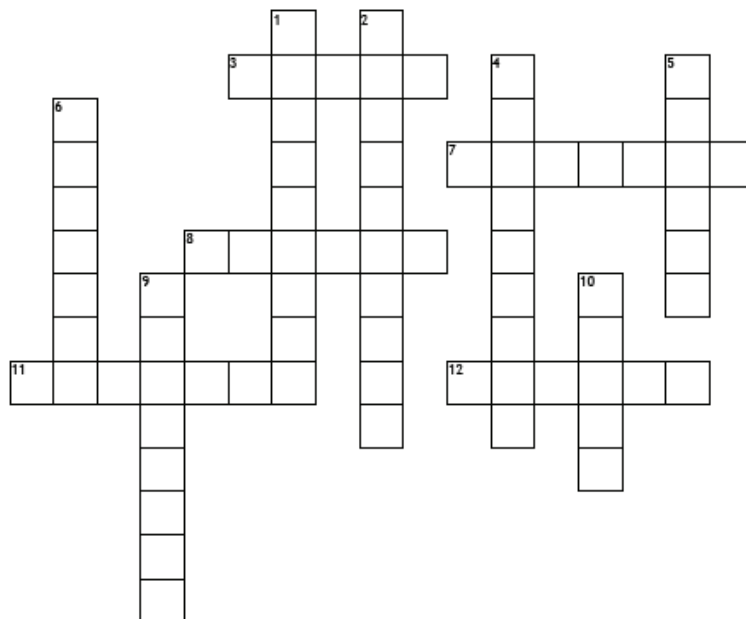
G N I R E H T A G S
 O Y T I R A H C A C
 R A R H H J U N L O
 N E S E N W T Y E O
 A L D N E A A B T K
 M K I T O D H I K I
 E S D G I W N U C E
 N P U L H S M I M S
 T I O Z E T T A E M
 S H F L H H S Q N R

Tinsel	Charity	Reindeer
Gathering	Lights	Santa
Ornaments	Cookies	Snowman
Holiday		

WORDSRAMBLE

1. AJOSTIPENT _____
2. RGHIGLAETH _____
3. HONASAIN _____
4. ARIHCYTI _____
5. TIFVESITISE _____
6. ITLSEN _____
7. RECLDANTIBE _____
8. AAESOSNL _____
9. KTRCCNAERUJ _____
10. HIRSEETSTGNE _____

CROSSWORD



Across

3. Warm drink often enjoyed by seniors at holiday events.
7. Seniors might make these delicious baked treats at Christmas.
8. Shiny decoration hung on Christmas trees.
11. An event where gifts or funds are collected for the needy during the holidays.
12. Traditional drink enjoyed during Christmas events, often with a dash of nutmeg.

Down

1. A festive gathering place for seniors.
2. Decorative plants with red and green leaves often found at the Senior Center during Christmas.
4. These festive socks are hung by the fireplace.
5. The seasonal decoration made from evergreen, often hung on doors.
6. This famous reindeer leads Santa's sleigh.
9. A holiday activity where people sing songs together.
10. He rides a sleigh and brings gifts on Christmas Eve.



WELCOME TO Fabulous BINGO

NOW ON MONDAYS TOO

at the REDMOND SENIOR CENTER

MONDAY & THURSDAY'S 1 to 2 PM



Crochet Club

WEDNESDAY'S 1 to 2 PM



Bingo

Join us for a night of fun and games at

Elements Public House


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

Supporting Redmond Senior Center's Passion For Pets Program



CARD MAKING CLASS

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




Nails by Angela

\$5 MEMBERS ONLY

Stay Polished, Stay Beautiful

Book your appointment at the Front Desk



BOOK CLUB

EVERY 3RD WEDNESDAY EACH MONTH

DATE: JUNE 19

TIME: 1:30 PM

PLACE: LIBRARY



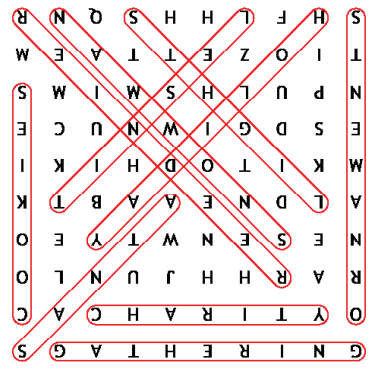
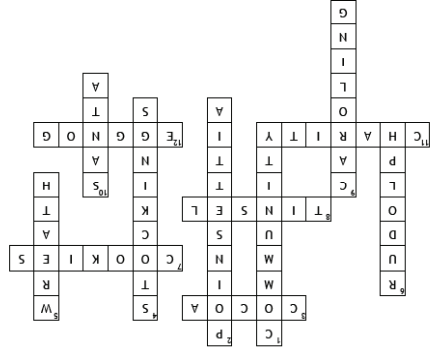
RSC Marketing Hub
Dynamic. Creative. Effective.

Put your event or activity on the path to success. Advertise with us.

Contact James Morris at James@RedmondSeniors.org

ANSWERS

1. ADJUSTMENT PERIOD
2. RICHARDSON
3. MICHIGAN
4. AIRCRAFT
5. INVESTMENT
6. MATH
7. RECREATION
8. PERSONAL
9. KITCHEN
10. HUSBAND



Valuable Resources for Seniors

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

Support the Senior Community!



Our Mission

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



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

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

Name: _____

Address: _____

City/ST/Zip: _____

Phone: _____ Email: _____

Enclosed is my
donation of

\$250

\$150

\$75

\$25

\$ _____

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

Please charge my gift to: Visa Mastercard AmEx Discover

Card #: _____ Exp. Date: _____

Signature: _____ Sec. Code: _____

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

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

Thank you for your generous donation!