



Part of Your Community
Caring For Your Family

Serving Bend | Redmond | Sisters | Powell Butte | Prineville | Crooked River Ranch | Terrebonne | Madras

July-August 2016

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Hospice of Redmond

Our Mission

To enhance the quality of life for patients and their families by providing the highest level of compassionate hospice care and bereavement services for our Central Oregon community.

Our Service Area

Bend | Redmond | Sisters | Powell Butte | Prineville | Crooked River Ranch | Terrebonne | Madras

Ask For Us By Name

Hospice of Redmond

732 SW 23rd Street
Redmond OR 97756

541.548.7483

541.548.1507 fax

For more information, please visit our web site at www.hospiceofredmond.org.

[Like us on FACEBOOK](#)

Support

Greetings!

It's that time of the year again and we are spending more time in the sun. Dr Gerald Peters of Peters Dermatology has some great tips to minimize damage to your skin.

Best regards and good health,
The Team at Hospice of Redmond

Create **hope for seniors** in our community!



Support us online at GIVE65.org
Accepting pre-scheduled donations between July 1-11, 2016.

EXCITING NEWS!!

Hospice of Redmond's Transition's Program has been selected to receive a matching grant.

Support Seniors online at our
GIVE65 Event
7.12.16 to 7.14.16

On July 12th - 14th Hospice of Redmond's Transitions program will participate in the first-ever GIVE65 event, a 65-hour online giving event to help nonprofit organizations serving seniors raise funds and increase awareness.

During the GIVE65 Event, Transitions at Hospice of

Camp Sunrise

Camp Sunrise

"A camp for grieving children"



Please support Camp Sunrise through the quick and easy Fred Meyer Community Rewards Program.

You enroll online and link your Rewards Card to Camp Sunrise. Then just shop with your Rewards Card as usual. You continue to receive Rewards Points, Rebates and Fuel Points; Camp Sunrise earns donations.

[Click here for more details!](#)

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Redmond will receive a \$2500 matching grant from Home Instead Senior Care Foundation. Although all donations are greatly appreciated, a minimum of \$10 or more is required for this online fundraiser.

For those that would like to donate earlier, it is possible to schedule your donation beginning July 1, anyone who wants to support the mission of Transitions at Hospice of Redmond, can [donate today...](#)

Spring Into Summer With Sun Safety

By Dr. Gerald Peters, III, MD, FAAD, FACMS

Well, it's that time of year again! The grass is greener, the sky is bluer, the breeze is warmer and the sun is stronger. With a bit of forethought and preparation you can help yourself and your family stay safe while you enjoy our beautiful Central Oregon outdoors. Remember, the ultraviolet rays that cause skin cancer also destroy elastic fibers and collagen in skin, resulting in fine lines and wrinkles, as well as sallow, thin, discolored skin.

So even if you don't feel motivated to practice sun precautions in order to avoid skin cancer, you will want to be "Sun Smart" to keep your skin youthful and healthy. The following tips will help you stay more youthful-looking as well as more protected from skin cancer.

1. Seek the shade. Staying out of the mid-day sun is crucial. Plan outdoor activities for morning and evening, so that you can avoid sun exposure when your shadow is shorter than your body height (about 10 a.m. to about 4 p.m., but this varies with season and latitude).

2. Slip, slap, slop! Slip on a long-sleeved shirt and slap on a hat! Protective clothing is second only to outright avoidance of sun exposure. Cool, comfortable, light-weight clothing is available now in wide selections of colors and styles, and is a great investment in your skin

health. Slop comes next...

3. Slop on sunscreen, every day, summer or winter, rain or shine. Make sure to use a truly effective sunscreen, and the best are "physical" blockers with zinc oxide (micronized) or titanium dioxide. A double application is best, to avoid skipped spots and using too little, which results in a thin layer, and a lower-than-advertised SPF. This stands for Sun Protection Factor, which is used to denote how much longer you can be exposed to UV rays before burning. It is important to know that that all UV radiation exposure is cumulative; a minute here and two minutes there will add up over time, causing the same damage as if all the UV exposure had happened in one fell swoop.

4. Tan skin is damaged skin. The proof of the pudding is in the tasting, and the proof of your sun protection is in the color of your skin. The skin color that you were born with is your reference point. Although it is impossible to keep all of your skin as smooth and silky as a baby's bottom, the less sun damage, the better. If you find you still "get some color" despite your regimen, then you'll want to optimize your sun protection habits.

Upcoming Events & Workshops

GIVE65 Event - July 12 - 14th - Online giving campaign

Visit GIVE65.org and enter Hospice of Redmond in the search bar to find us. Your donation of \$10 or more is appreciated.

Tuesday, July 26 - Soup & Support

12 Noon-1:30 p.m., Hospice Community Room

Any community member who wishes companionship and grief support is welcome to attend. Prior Hospice services are not a prerequisite for attendance. For more information on this group, call 541.548.7483.

Tuesday, August 23 - Soup & Support

12 Noon-1:30 p.m., Hospice Community Room

Any community member who wishes companionship and grief support is welcome to attend. Prior Hospice services are not a prerequisite for attendance. For more information on this group, call 541.548.7483.

Please feel free to share our newsletter with your friends, colleagues, and family.

Give Hospice of Redmond a call today at 541.548.7483 to see how we might help you or a loved one. We are happy to answer your questions and to be of service.

For more information on Hospice of Redmond, our services and programs, please visit us at www.hospiceofredmond.org.

Ask For Us By Name

Sincerely,

The Team at Hospice of Redmond