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January-February 2015

In This Issue

A New Year Offers New Opportunities

Handwashing

Upcoming Events & Workshops

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.

Thank You

We would like to say

Dear Community Partner,

Happy New Year!

Each new year offers us new opportunities. Here are some thoughts on how we can create a positive 2015 for ourselves.

Best regards,
The Team at Hospice of Redmond

A New Year Offers New Opportunities

With the beginning of a new year, we all have a new, blank page in our life's book, offering us endless possibilities to begin a new chapter. We may not be fans of New Year's Resolutions, but this can be a new beginning, an opportunity for us to consider positive changes we want to achieve. It can also start us thinking about how we might make those changes happen. It doesn't have to be big things that make a positive impact in our life; most often, it is those small incremental steps.

Here are three questions you might consider in planning your new year.

Is there something negative you can let go?

Most of us harbor negative feelings about someone or something. These probably do us more mental and physical harm than good. Each of us probably has a perceived insult or slight we can forgive, a negative self-image and self-criticism, things that happened in the past that you cannot impact now,

thank you to all the community members and volunteers who helped make the 2014 Festival of Trees a huge success.



The entertainment was wonderful, the food was great and the trees were beautiful. In fact, we have already had decorator teams ask to be put on the list for the December 5, 2015 Festival.

Again, thank you. We could not do it without you.

Support Camp Sunrise Through the Fred Meyer Community Rewards Program



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It's quick and easy.

things out of your control that are causing anxiety, or unhealthy or negative relationships that we can shed.

What small thing can you do to increase your health and well-being? Most of us are impatient and want results right now. It is hard for us to resist making unrealistic resolutions that are doomed from the onset, e.g. losing a lot of weight in one month by joining a gym and exercising every day. Instead, can our weight loss goal be 2 pounds for the month instead of 20? Can we walk more during the day or take the stairs instead of the elevators? Can we switch a glass of water for that soda or cup of coffee once a day? Can we eat a salad for lunch instead of a fast food hamburger? Can we take 15-20 minutes for ourselves to sit quietly and listen to music or read a book? It can be those small steps that can help us achieve success.

Can you do something nice for yourself? Perhaps each of us could consider doing some small, inexpensive thing for ourselves that we have always wanted to do but have not made time for. Is it time to take that art class or learn to play a musical instrument? Have lunch or dinner with friends at the new restaurant we have been wanting to go to? Could we treat ourselves to a massage or a pedicure? There are a lot of small treats we could give ourselves to make our new year happier.

There are a lot of other things-small and large-each of us can think of to create a positive new year for ourselves. Let's take a moment to explore them.

Handwashing A Do-It-Yourself Vaccine



Flu, colds and other respiratory illnesses are going around this time of year. We all want to avoid catching them if at all possible. But, alas, we are all surrounded by coughing and sneezing. And don't even think about grocery

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store cart handles!

According to The Centers for Disease Control and Prevention, handwashing is a major "do-it-yourself vaccine." It is one of the most important and highly effective ways for each of us to help prevent becoming infected or infecting others with a wide variety of germs.

Five simple handwashing steps can help you and your family stay well. The steps the CDC suggest are:

- Turn on the water, wet your hands, and apply a good amount of soap. It doesn't need to be antibacterial soap.
- Work the soap into a lather. Don't forget the backs of your hands and wrists.
- Scrub your hands for about 20 seconds-about the time it takes to sing "Happy Birthday" twice. Focus on washing the front of your hands, the back, between your fingers, and around and under your nails.
- Rinse your hands under clear, running water.
- Air dry your hands or use a clean towel (paper is best). The paper towel can be used to turn off the faucet and open the door to avoid recontamination.

Alcohol-based hand sanitizers can also be used if soap and water are not available. Check to make sure the hand sanitizer contains at least 60% alcohol. To use the hand sanitizer, check the directions for the correct amount to use and apply it to the palm of one hand. Rub your hands together and all over the surfaces of your hands and fingers until they are dry.

For more information and to read the science behind the recommendations, visit the according The Centers for Disease Control and Prevention at <http://www.cdc.gov/handwashing/>.

Upcoming Events & Workshops

Tuesday, January 27: 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 bereavement support event, call 541.548.7483.

Monday, February 2: Grief Support Group

1 p.m.-2 p.m., Hospice Parlor
The Grief Support Group meets the 1st Monday of each month beginning February 2 for 8 weeks. Our bereavement programs and services are open to the entire Central Oregon community not just family members of our patients. For more information on this group, call 541.548.7483. **Preregistration is required.**

Wednesday, February 18: Newly Bereaved Grief Support Group

5 p.m.-6:30 p.m., Hospice Parlor
This grief support group is designed for the newly bereaved (3 months or less). It offers an introduction to the grieving process and the opportunity to learn more about the programs we offer. Our bereavement programs and services are open to the entire Central Oregon community not just family members of our patients. For more information on this group, call 541.548.7483. **Preregistration is required.**

Tuesday, February 24: 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.

Wednesday, February 25: Guided Autobiography Workshop

3 p.m.-5:30 p.m., Hospice Community Room
You don't need to be a writer to tell your life's story. A certified guided autobiography instructor guides you through a program designed to stimulate recall, organize memories and encourage the recording of your personal history. For more information on this 10-week workshop series, call 541.548.7483. **Preregistration is required.**

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

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