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### March-April 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](http://www.hospiceofredmond.org).

**Support Camp Sunrise Through the Fred Meyer**

Dear Community member,

Right on schedule, the late winter-early spring cold/flu season is upon us. Everywhere you turn, someone seems to have it. Here are some non-medical suggestions for fighting back.

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

### Battling The Spring Cold...

Or Whatever You Want To Call What's Going Around

This article was going to be on caregivers taking care of themselves. However, something far more pressing and immediate has come up: battling the spring cold or whatever you want to call the cold / flu / respiratory infections that is going around.

We all want to avoid catching it if at all possible. But, alas, we are all surrounded by coughing and sneezing; kid's with runny noses; and don't even think about grocery store cart handles!

There is lots of advice on the web on fighting the common cold. The Centers for Disease Control and Prevention has some great suggestions. Here are some of those suggestions along with some ways we use at Hospice of Redmond to not only fight it but to deal with it if you get it.

**Wash Your Hands... It Is A Do-It-Yourself Vaccine** - Hand washing is a major help in the prevention of becoming infected or infecting others. Five simple but effective steps can be very helpful to you stay healthy according The Centers for

## Community Rewards Program



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

It's quick and easy.

You enroll online and link your Rewards Card to Camp Sunrise. Shop with your Rewards Card. You continue to receive Rewards Points, Rebates and Fuel Points; Camp Sunrise earns donations.

[Click here for more details!](#)

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Disease Control and Prevention. The steps they suggest are:

1. Turn on the water, wet your hands, and apply a good amount of soap. It doesn't need to be antibacterial soap.
2. Work the soap into a lather. Don't forget the backs of your hands and wrists.
3. 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.
4. Rinse your hands under clear, running water.
5. 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 re-contamination.

**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. Tub your hands together and all over the surfaces of your hands and fingers. Rub until your hands are dry.

This can be very hard to do, but try to avoid touching your eyes, nose and mouth. Cold / flu / respiratory infection germs are easily spread this way.

We also **use sanitizing wipes or spray**, e.g. Clorox Disinfecting Wipes or Lysol, to wipe down door knobs, desk tops, keyboards, light switches, telephones, faucets, the handle on the coffee pot, car keys, etc.

**Blow Your Nose - Don't Keep Sniffing!** - I know this sounds disgusting but sniffing the mucus back into your head and down your throat is not productive. Instead, blow your nose gently and often. Throw that used tissue away. And wash your hands!

**Stay Away From Others** - This may or may not be very practical but you don't want to pass this on. Limit your direct contact with others as much as possible. You could even consider wearing a mask

(now available in drug stores and paint stores) around others, especially the very young, the very old, or those who may be in fragile health. And wash your hands!

**Get Plenty of Rest** - Your body needs rest to fight off cold viruses. A number of studies have found that plenty of sleep helps build your immune function. If you can, grab your favorite blanket and your box of tissues and take a nap. And wash your hands!

**Cough Into Your Elbow Or Cover Your Mouth and Nose with a Tissue** - This helps you to keep from spraying the infection into the air. Using the inside of your elbow also keeps you from contaminating your hand. If you cough or sneeze into a tissue, throw the used tissue away. Don't save it or leave it laying around. And wash your hands!

**Gargle With Warm Salt Water** - This may or may not be an Ol' Wives' Tale but it seems to help. It can ease throat pain and help to loosen irritating mucous. Create your warm water gargle by dissolving regular salt in a glass of warm water, gargle for a few seconds, and spit it out. And wash your hands!

**Drink Plenty of Fluids** - Just like your mom always said, drinking plenty of liquids helps. It keeps you hydrated, it moistens you throat and can be helpful in breaking up congestion. While there may be no definitive studies that drinking plenty of fluids are actually effective, they certainly can't hurt and are a great way of relieving a scratchy throat. And wash your hands!

**Take Hot, Steamy Showers** - A hot, steamy shower not only feels great but also adds the benefit of allowing you to breath in the steam. This can help clear and sooth your sinuses, throat and even your achy chest from all that coughing. And wash your hands!

There are definitely other things you can do and everyone has their own favorite remedies. If your cold / flu / respiratory infection hangs on for more than a week or gets progressively worse, it may be time to see you doctor.

## 2016 Camp Sunrise Registration Underway



the 2016 Camp Sunrise is scheduled for June 17, 18 and 19. This free of charge weekend grief camp for children ages 7-14 is offered to any Central Oregon child who has experienced the recent death of a loved one.

Enrollment is on a first-come, first-served basis so get your applications in early. For more information or to download an application, visit us on-line at [www.hospiceofredmond.org/Camp\\_Sunrise.html](http://www.hospiceofredmond.org/Camp_Sunrise.html).

## Upcoming Events & Workshops

### Wednesday, March 16 - Alzheimer's Friendly Business

1-2 p.m., Eagle Crest Resort's River Run Event Center, 1522 Cline Falls Road, Redmond

Presenter: Home Instead Senior Care

*Sponsored by: Home Instead Senior Care, Hospice of Redmond, RECOA Communications Committee*

Would you like to have an [Alzheimer's Friendly Business](#)? Would you like to offer employees a much-needed resource for coping with challenges presented by customers with Alzheimer's and other dementias? This program focuses on maintaining your customers' and their caregivers' dignity and respect while encouraging them to participate in everyday life and activities.

To reserve your place, please call 541.548.7483.

### Thursday, March 24 - What You Need To Know About Wills & Trusts, Durable Powers of Attorney, Advanced Healthcare Directives and HIPPA

5:30-7 p.m., Hospice Community Room

Presenter: Will Dennis, Attorney At Law

Learn more about these planning tools, get some answers to some of your questions and discover what you might need to make your wishes known as

you age. To reserve your place, please call 541.548.7483.

**Tuesday, March 22 - 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, April 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.

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](http://www.hospiceofredmond.org).

***Ask For Us By Name***

Sincerely,  
**The Team at Hospice of Redmond**

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