



Part of Your Community
Caring For Your Family

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

November-December 2015

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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.

Support Camp Sunrise Through the Fred Meyer Community Rewards Program

Dear Community Member,

The holidays are rapidly approaching and we are all getting busier than usual. Hospice of Redmond has some great holiday events coming up. Please join us.

Best regards,
The Team at Hospice of Redmond

Getting Through The Holidays

The holiday season can be a time of shared joy and happiness with families coming together in celebration. It can also be a very stressful time, especially if there has been a death in the family.

Last season, we published ways to help grieving people get through the holidays. We decided to offer Getting Through The Holidays again in hopes that it may be of help to others in the community.

Upcoming Events & Workshops

Saturday, December 5 - Festival of Trees

10 a.m. - 2 p.m., Free Family Festivities
5 p.m. - Gala Event & Tree Auction (Ticketed)

The 32nd Annual Festival of Trees will be held Saturday, December 5th in the Middle Sisters Building of the Deschutes Co. Fairgrounds &

Expo Center.



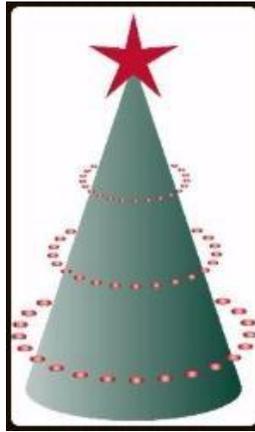
Please support Camp Sunrise through the Fred Meyer Community Rewards Program.

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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Bring the whole family to the Free Family Festivities. There you can view the elaborately decorated trees, visit with Santa and the Cinnamon Bear, participate in activities for children in the Kid's Corner, enjoy live entertainment by local singing and dance groups, take a chance with raffles, and shop for holiday gifts.

The doors reopen at 5 p.m. for the Gala Event & Tree Auction with live music by CinderBlue, hors d'oeuvres by Tate & Tate, silent auction and raffles, and the live auction of decorated trees, .

Evening Gala tickets are \$45 per person and on sale now. To purchase your tickets, call 541-548-7483 or visit our web site at www.hospiceofredmond.org.

The Festival of Trees is a benefit for Hospice of Redmond, serving all of Central Oregon for over 34 years.

Saturday, December 12 - Teddy Bear Tea

10:30 a.m. - 12:30 p.m., North Redmond

Conference & Event Center (1847 N. Hwy 97, Redmond)



The 13th annual Teddy Bear Tea is a popular holiday celebration. Santa will be there, Mrs. Claus will read a story, and the Cinnamon Bear will be making new friends. Refreshments include tea sandwiches, fruit and an assortment of holiday cookies. Each child will receive a teddy bear to take home.

Tickets are \$12.50 for children and \$8.50 for adults. You may purchase tickets at Hospice of Redmond, on their web site www.hospiceofredmond.org, or by calling 541-548-7483. The last day for ticket sales is Friday, December 4th.

Thursday, December 17 & Sunday, December 20 - Light Up A Life

December 17 - 5 p.m., The Art Works Bldg,

Sisters (204 W. Adams)
December 20 - 4:30 p.m., Hospice Community Room

Holidays can be especially difficult if you are grieving the death of a special person. We invite you to take a quiet moment out of this busy time of year and join us in honoring your loved one by lighting a candle in their memory.

There is no charge to attend this evening of remembrance, however space is limited and pre-registration is required. For more information and to add your loved one's name to our program, please call 541-548-7483 before December 4th.

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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Hospice of Redmond | 732 SW 23rd Street | Redmond | OR | 97756



Five Suggestions for Getting Through the Holiday Season

The holiday season is fast approaching. It can be a time of shared joy and happiness with families coming together in celebration. It can also be a very stressful time, especially if there has been a death in the family. Instead of looking toward the promise of the coming year, emotional wounds may be more acute and feelings of isolation and loneliness may be magnified. These feelings along with a sense of being overwhelmed are not uncommon in people who are grieving.

With planning and forethought, it is possible to get through the holiday season with a decrease in stress. Here are five suggestions that might help.

- * **This is a new holiday, unlike the holidays in the past. You may want to create new rituals or traditions that are meaningful to you.** Look at the season as the beginning of a new journey, starting with the New Year. Enjoy the gifts of the season found in special memories of the past and contact with friends and family.

Be gentle with yourself; all wounds take time to heal. Realize you will feel sad at times. And conversely, do not feel guilty for taking pleasure in the season. It is not wrong—or bad—to enjoy your friends and family. Remember that one is a whole number. You need not be part of a couple to enjoy yourself. Time spent by your self can also be rewarding and healing.

- * **Acknowledge the absence of your loved one.** Have a dinner or toast in their honor, donate to their favorite charity in their memory, create or find a special ornament just for them to hang on the holiday tree. Visit the cemetery or memorial site. Don't be afraid to be sad and cry—or to be happy with your memories and smile!
- * **Engage in spiritual activities that are comfortable for you which might include both religious and secular activities.** Go to your church and take part in services or other activities with other people. Spend quiet time in prayer, meditation, or deep reflection. Engage in other traditions such as yoga, Tai Chi, or similar disciplined practices.

- * **Do things because you want to do them, not because your loved one “would want it that way.”** Think about the events of past seasons and ask yourself: have things been done out of habit, choice or obligation? Feelings of obligation to others may prevent you from doing what you might enjoy or need. And that may be doing nothing! Express what you are comfortable doing and allow yourself the opportunity to leave if you become uncomfortable. Try not to let others’ needs override your own needs.

Plan your own holiday. It is okay to initiate activity yourself; do not wait for others. Make phone calls to your friends and relatives. Calls to people in similar situations can be worthwhile. Follow through with the activities you have planned for yourself and be careful to not let yourself become over-committed which can increase your stress. You have a right to say “no, thank you.”

- * **Identify and take care of your needs.** Take care of yourself by engaging in a stress-reducing activity. Go for a walk, read, listen to music, do some yoga, treat yourself to a massage or pedicure, take a hot bath—anything that makes you feel good and relaxed. Get adequate rest and exercise. Be aware of the increased amounts of sugar, caffeine and alcohol readily available during the holidays. Guard against overuse of these substances. Too much of any of these can negatively impact your emotions and interfere with your ability to restfully sleep.

Remember that it is okay to put yourself first.

And if you are finding it harder to cope than you had imagined, reach out to someone. Hospice’s counselors and chaplain are available to you. Call 541.548.7483 for more information.



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