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

**Did You Know...**

All hospices are not the

**Dear Community Member,**

**April is National Volunteer Month. We would like to take this opportunity to thank the many volunteers at Hospice of Redmond who help make our work possible.**

We would also like to introduce you to one particular group of our dedicated volunteers. These are the staff of Camp Sunrise, our grief camp for children. We asked them to share their views of the camp with you.

Best regards,  
The Team at Hospice of Redmond

**Camp Sunrise  
A Special Place For Children**



The 17th annual **Camp Sunrise**, a grief camp for children, is scheduled for June 19-21st. This intensive, all expenses paid program annually serves up to 40 Central Oregon children, ages 7-14, who have suffered the death of a loved one.

Camp Sunrise provides children with a safe, therapeutic environment in which they can

same. Most people do not know that there is no universal, overarching hospice organization. The thing that ties hospices together is a philosophy of end-of-life care.

Some hospices are for-profit, some are linked to other larger organizations, and some are non-profits.

For example, Hospice of Redmond is an independent, Medicare certified, 501(c)3 non-profit organization.

You and your family have the right to ask for the hospice you feel will best meet your needs.

### **Support Camp Sunrise Through the Fred Meyer 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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recognize and validate their grief. It is 3 days where campers are introduced to skills to help begin the emotional healing process. They are aided in recognizing, validating, and learning new ways to handle their grief through one-on-one and group sharing, play therapy, art therapy, and role-playing.



The heart and soul of Camp Sunrise is its staff, many of whom have been volunteering their time for many years. For you to become better acquainted with these wonderful people, we have asked seven staff members (Shawn, Katie, Tim, Michaela, Larry, Georgiana and Pat) to answer three questions:

- Why did I volunteer for Camp Sunrise and why do I come back year after year?
- What do I see as benefits for the children?
- What would I like families to know about Camp Sunrise?

Please take a moment to read [their answers](#).

Camp Sunrise is now accepting [applications](#) for campers. For more information, please contact Diane Kellstrom at 541.548.7483 or email [bereavement@hospiceofredmond.org](mailto:bereavement@hospiceofredmond.org).

If you have experience in working with children and have an interest in becoming an adult volunteer at Camp Sunrise, please contact Diane.

## **Senior Hunger Prevention**

The Central Oregon Council on Aging (COCOA) is bringing attention to senior hunger prevention through its "Meals on Wheels Roundup" public awareness campaign. According to the Meals on Wheels Association of America, upwards of 120,000 Oregon seniors struggle with hunger; only 40% of them currently receive Meals on Wheels.

To help address senior hunger in Central Oregon, COCOA encourages the public to:

- Share information about Meals on Wheels with family, friends or community members in need
- Volunteer to be a Meals on Wheels driver
- Donate to COCOA or the nearest senior center

The attached [article](#) by COCOA has more information on senior hunger or contact COCOA at 541.678.5483 to learn more.

## Upcoming Events & Workshops

### **Wednesday, March 11: Caring for a Loved One with Memory Challenges**

4 p.m.-7 p.m., Hospice Community Room  
Presenter: Home Instead Senior Care

A free informative workshop aimed at helping family members learn how to immerse themselves in the mindsets of their loved ones to help manage behavioral symptoms frequently associated with memory loss and dementias such as Alzheimer's. For more information or to reserve your place, call 541.548.7483 by Friday, March 6th.

### **Wednesday, March 18: Animal-Assisted Therapy**

11 a.m.-12:30 p.m., Hospice Community Room  
Presenter: Selina Witt, Pet Partners

Free presentation on how animal-assisted therapy can be of benefit to a wide variety of clients including veterans with PTSD, seniors living with dementias and Alzheimer's, and those approaching the end of life. Reserve your place by calling 541.548.7483 before March 13th.

### **Tuesday, March 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.

### **Friday, March 27: Herbs & Nutrition for Aging**

10 a.m.-12 Noon, Hospice Community Room

Presenter: Holly Hutton, Herbal Goddess Medicinals

Free workshop on growing and using fresh herbs for increased health as you age including positive impacts on memory, longevity, boosting immune systems, circulation and more. To reserve your place, call 541.548.7483.

**Tuesday, April 21: Fraud & Fakes: Protecting Yourself From Scams**

10 a.m.-12 Noon, Hospice Community Room

Presenter: Officer Chris Wooten, Redmond Police Department

Learn how to protect yourself from the frauds, fakes and scams that are going around, especially those targeting seniors. To reserve your place, call 541.548.7483.

**Friday, April 24: "5-5-5"**

10 a.m.-12 Noon, Hospice Community Room

Join us for a free workshop designed for mature individuals featuring 5 exercises from different exercise disciplines that can be done in 5 minutes, five times a week to improve your health. Workshop is interactive so wear loose clothing and join in.

Bring two 15-16 oz. cans (soup or vegetable cans work great) to use as free weights. If you don't want to take your cans home, they will be donated to the Redmond Senior Center for their lunch program or Meals on Wheels. To reserve your place, call 541.548.7483.

**Tuesday, April 28: 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, April 29: Natural Ways of Managing Menopause**

10 a.m.-12 Noon, Hospice Community Room

Presenter: Dr. Mary Ellen Coulter, Center for Integrated Medicine

Join us for an informational presentation by Dr. Coulter on menopause, what is happening in a woman's body and ways of managing this natural life transition. To reserve your place, 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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Hospice of Redmond | 732 SW 23rd Street | Redmond | OR | 97756

# Camp Sunrise – A Volunteers' Perspective

## Why Did I Volunteer For Camp Sunrise and Why Do I Come Back Year After Year?

**Shawn, Co-Director** – I have been a school counselor for the past 13 years and when I moved to Central Oregon and began looking for resources for students, I got in touch with Hospice. They sent a social worker every week for about 8 weeks to work with a small group of students who had a significant person in their lives die. The group was an excellent support for these grieving kids and when I was asked to become a camp counselor at Camp Sunrise, I jumped at the chance. That was six years ago and I have continued to be involved every year since then.

**Katie, Music Director** – I am honored and delighted to be a part of this extraordinary Camp. This marks my 9<sup>th</sup> year as the Music Maker for Camp Sunrise. Each and every year the experience of Camp Sunrise deepens in a most profound way and continues to impact my life significantly. I come with guitar, fiddle and drums in hand and with my heart wide open to give of myself fully and each year I find myself holding such deep gratitude for what these resilient and transparent children teach me, share with me and with one another. I feel I receive far more than I could ever give. It is truly remarkable.

**Tim, Counselor** – I first volunteered for camp because, as a school principal, I knew a lot of children who participated in camp and I simply wanted to follow up and be a part of their ongoing support.

**Michaela, Counselor** – I initially volunteered at Camp Sunrise because I really love working with kids. I keep coming back because I love being able to be involved in the kids' lives, even in a small way, and being able to see them open up even during our brief time together.

**Larry, Counselor** – I first volunteered as a counselor at Camp Sunrise in 2001 because a family member who had volunteered the year before talked about his experience with incredible excitement and enthusiasm for weeks after the camp. I keep coming back because Camp Sunrise offers such a powerful learning and healing program for children going through grief.

**Georgiana, Counselor** – [I] love to work with children. They cannot be taught "death" and have to experience it. Hopefully, I can make the trauma a bit easier by helping them focus on the positive memories of the person.

**Pat, Support Staff** – After I lost my daughter I received bereavement counseling from Hospice. I learned about Camp Sunrise at a Light up a Life ceremony and thought that would be a great way to give back and a way to honor my daughter. She loved children.

## What Do I See As Benefits For The Children?

**Shawn, Co-Director** – There is so much that makes Camp Sunrise special and keeps me coming back. It has often been described as magical and it truly is. Each year, there are different children at camp dealing with loss in very different ways. Through the flexible structure of camp activities and the incredible hearts and energy of our volunteer counselors, the young people walk away loved and supported ready to move forward in their grief.

**Katie, Music Director** – Music brings a beautiful connective element to our process. The children love the playful and funny songs and fearlessly lean into the music that provokes thoughts and feelings to rise.

**Tim, Counselor** – Each year I see children arrive at camp who have felt somewhat isolated in their grief and witness the bonding that occurs with peers who have experienced loss similar to their own. Their grieving process is honored and shared by people who care and are skilled at giving them [the children] ways to deal with loss as they move forward with a more positive outlook for their own futures.

**Michaela, Counselor** – Camp Sunrise is such a caring environment that truly allows the children to open up in ways they might not otherwise. The camp offers such a unique variety of activities and therapeutic opportunities for the children to learn and grow with other people of similar experience.

**Larry, Counselor** – Camp Sunrise provides a safe, fun and realistic experience for the campers where they are loved and accepted unconditionally among other campers, counselors and workers who all have grief in common. The campers learn what grief is and about healthy ways to work through it and to help others through it.

**Georgiana, Counselor** – A chance to learn that they're not alone and have support.

**Pat, Support Staff** – I think that too often children aren't able to deal with their grief in a positive way for many reasons. Adult family members try to shield them, they are grieving themselves and don't know how, or just can't, deal with their child's grief and their own. A child's peers don't understand at all unless they too have lost someone close. The grieving child doesn't understand what they are going through; that have no idea of what they can do to fix it. Camp Sunrise is a place where kids can talk about their feelings without being ridiculed or judged, they are more likely to open up and talk about their feelings when they realize they are not alone, and they learn ways to cope with their sorrow and heal in a positive way.

### **What Would I Like Families To Know About Camp Sunrise?**

**Shawn, Co-Director** – Camp provides children with opportunities to express their emotions in a variety of ways such as music, creative arts, dramatic arts, small group discussion, camp fire times and physical activity. They are able to spend an entire weekend without any expectation or responsibility; they can be a kid and grieve as they need. The magic of Camp Sunrise continues to amaze me each year as I see little lives transformed.

**Katie, Music Director** – Camp Sunrise offers a safe place [for the children] to reach a better understanding of their own grief and it is my hope to hold a space for them to touch in with their feelings as they learn that grief takes on many expressions and there is no right or wrong way in which to grieve.

**Tim, Counselor** – I would like the families who are considering camp to know that the people who organize and run the camp are incredibly caring professionals who have a lot of experience in assisting children. They also know how to have fun while providing children both relief and joy with the activities they offer.

**Michaela, Counselor** – Camp Sunrise is such a safe and fun environment! Each and every volunteer is intentional and fully invested in making sure that every child has a good experience. I can honestly say that the kids I have seen leave Camp Sunrise leave changed, encouraged, and feeling more confident.

**Larry, Counselor** – Camp Sunrise offers the most positive and caring experience a young person can have in a weekend camp setting. There is nothing like it anywhere else!

**Georgiana, Counselor** – That the children may have an easier time talking about their grief with peers and "strangers"...

**Pat, Support Staff** – Children at Camp Sunrise are in good hands. The counselors are well trained and experience that comes from many years of working with kids just like yours. They have a compassion for these kids and their feelings and they know how to help them deal with their grief as the individuals that they are.

For more information on Camp Sunrise, call 541.548.7483.



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## Preventing Senior Hunger here at Home

Many Americans are well aware of hunger here at home, particularly among families with young children. Fewer, however, are aware of the increasing number of seniors facing hunger. As per the Meals on Wheels Association of America, ***upwards of 120,000 Oregon seniors struggle with hunger; only 40% of them receive Meals on Wheels.*** And according to Feeding America, about one in three senior households has to choose between paying for food or health care, or between food or heat. Such choices have no good outcomes – all greatly compromise our seniors' health and safety.

In response, the Central Oregon Council on Aging (COCOA) helps to prevent hunger, improve health, and promote well-being among Central Oregon's most vulnerable seniors. Each year, COCOA provides more than 75,000 Meals on Wheels to seniors throughout Crook, Deschutes, and Jefferson counties. These homebound seniors can no longer shop for, prepare or – in most cases – afford their own meals. For them, Meals on Wheels provides not only food security, but also in-home assessment by case managers, friendly visits from volunteer drivers, and ongoing wellness checks. These combine to improve seniors' nutrition, ease their social isolation and the anxiety and depression to which it can lead, guard against elder neglect and abuse, and vastly improve quality of life.

Almost 34,000 individuals aged 65 or older reside in Central Oregon's tri-counties. The percent of seniors in each county exceeds the state average of 14.8% (21.8% for Crook County, 15.8% for Deschutes County, and 16.3% for Jefferson County). And these numbers are trending upwards, given the continued aging of baby boomers into the senior population and Central Oregon's appeal as a retirement location. Serving these seniors is particularly challenging, given Central Oregon's large geographic area and the rural nature of its many small and outlying communities.

To bring these issues of senior hunger – and its prevention through Meals on Wheels – to the public's attention, COCOA is mounting a ***Meals on Wheels Roundup*** throughout the month of March. Community members are encouraged to: 1) refer seniors in need to Meals on Wheels, 2) volunteer to be a Meals on Wheels driver, or 3) support COCOA with a cash donation. Seniors need only be 60 years or older and homebound to receive Meals on Wheels. To refer seniors, to volunteer, or to make a donation, simply contact COCOA at 541-678-5483. Together, we can help seniors to remain independent in their own homes for as long as possible, aging with dignity and respect.