



Pet care or paying bills?

WE BELIEVE IN FOOD FUR ALL



For many older adults who are isolated at home and living on fixed incomes, pets are a vital comfort. A pet's unconditional love is priceless, but that doesn't erase the financial difficulties a senior faces to keep their pet at home.

Even the basics, like food, can be a challenge. Too often, seniors must choose between feeding their pets and paying their bills. That's where our **Pet Pals** program steps in. Pet Pals provides pet food and supplies delivered monthly by volunteers and financial assistance with basic veterinary care.

Pet Pals eases the burden of ever-increasing costs in difficult economic times.



"They cut our food stamps, and then they cut them again after the pandemic – if it wasn't for Pet Pals, I don't know how I would make it because I can't make it on \$150 a month. I don't buy fruit, don't buy vegetables, and definitely don't buy red meat so that I can afford his cat litter. That's where the elderly and others are in these times." - Mattie in Bend

Food Fur All Email

We serve 73 seniors with 110 pets ranging from dogs and kittens to a cockatiel. Our clients say that their pets are their most unwavering companions, and studies have proven that they help seniors maintain their physical and mental health.




88% of our participants said that Pet Pals helps them keep their pets

That's why we need your help.

We're hosting a **Food Fur All** pet food drive and fundraiser to benefit our **Pet Pals** program, which provides pet food, supplies, and veterinary care to Meals on Wheels recipients to make sure that they never have to choose between taking care of themselves or their furry friends.

To learn more about how Pet Pals helps our clients, [watch this video](#).



We are hoping to raise \$10,000 and 1,000 lbs of food

Food Fur All Email

**For every \$1
you give, our
sponsors will
match up to
\$5,000**

Monetary donations will provide much-needed vet care for their furry friends. You can help cover the costs for spay/neuter, vaccines, wellness checks, microchips, and nail trims for **100 pets over the next year.**

When you support our Pet Pals program, your donation goes a long way — not only are you helping homebound seniors and their pets, but you will also be matched by Meals on Wheels America and Cascade Natural Gas, who is providing a grant through the **Oregon Low-Income Bill Assistance program.**

Here are some ways to donate:

- **Donate online** and write a comment that your donation is for Pet Pals
- Contribute through our fundraiser on **Facebook.**
- **Send a check and note that it's for Pet Pals** to the Council on Aging, 1036 NE 5th Street, Bend, OR 97701



We are also looking for unopened dog and cat food (cans, kibble, treats, etc.) and supplies such as leashes, collars, harnesses, cat litter, and litter boxes.

Donations can be dropped off at our Senior Services Center at 1036 NE 5th St. in Bend, Monday through Friday, 8 a.m. to 4:30 p.m.

Food Fur All Email

If you'd like to learn more about Pet Pals
or volunteer to deliver food, visit
www.councilonaging.org/pet-pals

Thanks to your generous donations, we will be able to provide pet food, essential supplies, and vital veterinary care to Central Oregon's seniors and their pets. Your kindness and generosity will make a significant impact on the well-being of our vulnerable neighbors and their animal companions.



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Video

www.youtube.com/watch?v=55jZ5WqvsUo



September 14, 2023



Council on Aging of Central Oregon

Published by Alison Martin · September 14 at 10:17 AM ·

...

The Council on Aging of Central Oregon's Pet Pals Program helps Meals on Wheels clients keep their beloved animals by delivering pet food and supplies and covering costs for basic veterinary care. 88% of our clients said that Pet Pals helps them keep their pets.

We currently serve 73 seniors with 110 pets ranging from dogs and kittens to a cockatiel. Some of our clients have service animals that not only provide emotional support but also vital medical alerts. Their wellness depends on their pets, and Pet Pals is there to lend a helping hand.

We believe in Food Fur All, and that's why we're raising \$10,000 and 1000 lbs of food. Read this blog for more information on how Pet Pals supports Central Oregon seniors:

www.councilonaging.org/blog/food-fur-all

When you support our Pet Pals program, your donation goes a long way — not only are you helping homebound seniors and their pets, but you will also be matched by Meals on Wheels America and Cascade Natural Gas, who is providing a grant through the Oregon Low-Income Bill Assistance program.

For every \$1 you give, our sponsors will match up to \$5000.

If you would like to donate directly to our page, visit www.councilonaging.org/donate and write a comment that it's for Pet Pals.

You can also send a check and note that it's for Pet Pals. Please send your donation to: The Council on Aging, 1036 NE 5th Street, Bend, OR 97701.

We are also looking for donations of unopened food (cans, kibble, treats, etc.) and supplies such as leashes, collars, harnesses, cat litter, and litter boxes.

Food and supply donations can be dropped off at our Senior Services Center at 1036 NE 5th St. in Bend, Monday through Friday, 8 a.m. to 4:30 p.m.

If you'd like to learn more about our Pet Pals program or volunteer to deliver food, visit www.councilonaging.org/pet-pals.

Thank you for helping seniors and pets in our community!



Food Fur All



Food Fur All – Donate to Help Seniors Keep Their Pets

Fundraiser for Council on Aging of Central Oregon by Council on Aging of Central Oregon

September 15, 2023



Council on Aging of Central Oregon is 🧡 asking for donations.

Published by Alison Martin · 6 days ago · 🌐

...

We believe in Food Fur All. Our Pet Pals program needs your help to make it happen.

We serve 73 seniors with 110 pets who receive free pet food deliveries and veterinary care. We are raising \$10,000 and 1000 lbs of food to continue providing for our seniors and their furry friends.

Learn more about how you can help here: www.councilonaging.org/blog/food-fur-all



Food Fur All

84% of clients said that the program has allowed them to maintain their pet's health and well-being.

Donate today at
councilonaging.org/donate



COUNCIL ON AGING
OF CENTRAL OREGON



CASCADE
NATURAL GAS
In the Community we Serve



EDP
Energy Delivery Partners

A Program by Cascade Natural Gas

September 16, 2023



Council on Aging of Central Oregon is 🧡 asking for donations.

Published by Alison Martin · 5 days ago · 🌐



We're almost 30% of the way to our goal! Thank you for all the support so far.

To learn more about how Pet Pals – and supporters like you – help seniors in our community, watch this video that features our client, Mattie, and her cat, Babi.

Donate today on Facebook or on our website at www.councilonaging.org/donate.



September 17, 2023



Council on Aging of Central Oregon is 🙏 asking for donations.

Published by Alison Martin · 4 days ago · 🌐

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Loneliness is an epidemic in our nation, and we are on the front lines fighting against social isolation in Central Oregon. For many seniors, their pets are their main companion. Our Food Fur All campaign is raising funds to help care for these invaluable animals.

If you would like to donate, visit www.councilonaging.org/donate.

Food Fur All



"I feel totally alone if I don't have my cat with me."

Donate today at
councilonaging.org/donate



A Program by Cascade Natural Gas

September 18, 2023



Council on Aging of Central Oregon

Published by Alison Martin · 2 days ago ·

...

When you support our Pet Pals program, your donation goes a long way — not only are you helping homebound seniors and their pets, but you will also be matched by Meals on Wheels America and Cascade Natural Gas, which is providing a grant through the Oregon Low-Income Bill Assistance program.

Visit www.councilonaging.org/donate to make a matched donation.



Food Fur All

For every \$1 you give,
our sponsors will
match up to \$5000.

Donate today at
councilonaging.org/donate



COUNCIL ON AGING
OF CENTRAL OREGON



MEALS ON WHEELS
AMERICA 2023 MEMBER



CASCADE
NATURAL GAS
As the Community to Serve™



EDP
Energy Development Program

A Program by Cascade Natural Gas

September 19, 2023



Council on Aging of Central Oregon

Published by Alison Martin · a day ago ·

...

Seniors who are homebound get support from Pet Pals to provide for their pets. We transport their pets to [FIXBend](#) and [Wickiup Animal Hospital](#) for wellness checks, spays/neuters, vaccinations, microchips, and nail trims. Your support will help us provide veterinary care to 100 pets over the next year.

Donate today: www.councilonaging.org/donate.



Food Fur All

"My pets keep
me company as I
am bed bound."

Donate today at
councilonaging.org/donate


COUNCIL ON AGING
OF CENTRAL OREGON


CASCAD
NATURAL GAS
"In the Community to Serve"


EDP
Energy Development Program

A Program by Cascade Natural Gas

September 20, 2023



Council on Aging of Central Oregon

Published by Alison Martin · 17h ·

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Pets are proven to support mental health, and that's why our Pet Pals program delivers food and veterinary care to the furry companions of our Meals on Wheels clients.

We need your support to help our clients keep their pets so that they don't feel alone.

If you would like to donate, visit www.councilonaging.org/donate.



Food Fur All

92% of clients said
that their pet provides
them with mental
health support.

Donate today at
councilonaging.org/donate


COUNCIL ON AGING
OF CENTRAL OREGON


CASCAD
NATURAL GAS
In the Community to Serve


EDP
Energy Development Program

A Program by Cascade Natural Gas

September 21, 2023



Council on Aging of Central Oregon

Published by Alison Martin · 14h · 🌐

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Thanks to your generosity, we have raised over \$8000 on Facebook and our website so far! To help us feed and provide basic veterinary care for 100 animals, we still need pet food and supplies as well as monetary donations. We have a veterinary clinic next month and need to reach our goal to keep our furry friends healthy.

If you'd like to help our Meals on Wheels clients and their pets, you can donate here on Facebook or visit www.councilonaging.org/donate.

If you have unopened food (cans, kibble, treats, etc.) or supplies such as leashes, collars, harnesses, cat litter, and litter boxes, please drop off your donation at our Senior Services Center at 1036 NE 5th St. in Bend, Monday through Friday, 8 a.m. to 4:30 p.m.

If you are interested in delivering food or transporting animals to the veterinary clinic, we would love your help. You can fill out the Volunteer Interest Form at www.councilonaging.org/volunteer.

It's rewarding to see how Pet Pals makes a difference in the lives of our Meals on Wheels clients, and we are grateful for people like you for stepping up to serve members of our community.



Food Fur All – Donate to Help Seniors Keep Their Pets

Fundraiser for Council on Aging of Central Oregon by Council on Aging of Central Oregon

September 22, 2023



Council on Aging of Central Oregon
Published by Alison Martin · 17h ·

...

Why is Pet Pals so important for our clients?

1. We don't want seniors to have to choose between feeding and caring for themselves or their companions.
2. We want pets to stay in their homes with their people.
3. We want to help our clients stay mentally and physically healthy – some of these pets work as service animals and save lives.

To help seniors avoid having to make hard choices, donate today at www.councilonaging.org/donate.

Food Fur All



84% of clients said that the program has allowed them to maintain their pet's health and well-being.



92% of clients said that their pet provides them with mental health support.



88% of clients said that Pet Pals helps them keep their pets.

Donate today at councilonaging.org/donate



A Program by Cascade Natural Gas

September 23, 2023



Council on Aging of Central Oregon

Just now · 🌐

Thank you to [Cascade Natural Gas Corporation](#) of Oregon for sponsoring our Food Fur All fundraiser through the Oregon Low-Income Bill Assistance program (OLIBA). OLIBA is a resource for low-income CNG customers that provides rate discounts and partial coverage of past due balances to qualifying individuals.

To learn more about the program and to see if you qualify for bill assistance, visit www.cngc.com/customer-service/low-income-assistance-programs/#oregon.



In the Community to Serve®



[View this email in your browser](#)



SEPTEMBER 2023 | NEWSLETTER



Letter from the Executive Director

Dear friends, donors, volunteers, and supporters,

As we enter into the fall season, I wanted to take a moment to reflect on some of the highlights from the past few months.

- From April to June, the Council on Aging team and its senior center partners created and delivered 32,804 **Meals on Wheels** and served 9,915 senior lunches at our **community dining locations**.
- Our **Caring Connections** program currently has 41 matches for weekly friendly phone calls. We hope to double that number over the next year.
- We are hosting a **Food Fur All** donation drive for our **Pet Pals program** with a goal of bringing in \$10,000 and 1,000 lbs of pet food. Pet Pals currently feeds 110 pets, who provide invaluable companionship to homebound seniors.
- **Our wonderful volunteers** are the front line of feeding seniors and their pets and keeping them socially engaged. They put in 8,055 volunteer hours over the last three months to keep the organization running smoothly.
- We also are thrilled to have received grants from OnPoint Community Credit Union (\$5,000), Maybelle Clark Macdonald Fund (\$100,000), and \$200,000 from Community Care Corps for Caring Connections. Our new fiscal year is off to a strong start thanks to their support.

September 2023 Newsletter

Over the next few months, we will continue to work hard to serve seniors in Central Oregon. Stay tuned for future updates about our organization!

With warm regards,



Cassie Regimbal
Executive Director



*Executive Director Cassie Regimbal
accepting the Aging Innovations Award from
USAgings for our Caring Connections
program*

Food Fur All

For someone who is homebound, their pets can be the most important companion in their life. These furry friends ensure that people have something that brings them joy and unconditional love. Our **Pet Pals** program provides pet food, supplies, and veterinary care to Meals on Wheels recipients to make sure that they never have to choose between taking care of themselves or their companions.



**"I've never had
someone come to my
rescue before Pet Pals.
I'd have a real hard time
on my income keeping
these dogs."**

- Nancy in La Pine

We believe in **Food Fur All**. That's why we're raising \$10,000 and 1,000 lbs of food to support clients like Nancy. **[Watch this video to learn more.](#)**

When you support our Pet Pals program, your donation goes a long way — not only are you helping homebound seniors and their pets, but you will also be matched by Meals on Wheels America and Cascade Natural Gas, who is providing a grant through **[Oregon Low-Income Assistance Program.](#)**

[DONATE NOW](#)



What's New at the Council on Aging

Services for Spanish Speakers

It's been our goal to provide services in Spanish to reach more communities in Central Oregon. We were able to take that first step by hiring our first Bilingual Case Manager in June.

Ulysses Vargas can assist with case management and information and referral services to help Spanish-speaking seniors and their loved ones access the resources they need.

Fresh Faces at the Organization



New Partnerships

Our nutrition programs are now partnering with **High Desert Food and Farm Alliance (HDDFA)** to bring fresh harvest kits with local produce to Meals on Wheels clients in Sisters. HDDFA is dedicated to providing access to affordable, local, and culturally appropriate food for Central Oregonians in a way that positively benefits our local economy, and we are thrilled that this partnership will support local farmers while also providing fresh foods to our clients.

READ MORE ABOUT HDDFA [HERE](#).



We have also partnered with [Seed to Table](#), a farm in Sisters that is dedicated to providing equitable access to fresh produce that is nourishing and locally grown. The farm produces over 75,000 pounds of naturally grown veggies every year and has an education program that teaches about sustainability, nutrition, and community wellness. We receive produce such as kale, salad, and tomatoes to incorporate into our Meals on Wheels and community dining dishes, and we are grateful for the food they grow to feed our seniors.

READ MORE ABOUT SEED TO TABLE [HERE](#).

Central Oregon Community Health Survey 2023

We are working closely with the [Central Oregon Health Council](#) to gather feedback from our older adult communities, and we want to hear from you! Findings will directly impact how money is invested in the senior community throughout the region, so filling out this survey is especially important. Bonus! There are great prizes to win.

FILL OUT THE SURVEY

Become a volunteer!

The Council on Aging is always looking for volunteers! If you would like to volunteer for us, you will be joining a community of more than 450 people who contribute more than 20,000 hours each year to support our programs and services. We want your volunteer time to be both personally rewarding and convenient for your schedule. We will find a great fit for you.

APPLY TO VOLUNTEER





Calling All Volunteers!

We're looking for Meals on Wheels drivers in Sisters and La Pine and Caring Connections volunteers in Prineville, Redmond, and Madras. Learn more at www.councilonaging.org/volunteer or call (541) 678-5483.

For the Win!

We express gratitude to the following organizations for our most recent awards and grants:



Aging Innovations Award from US Aging
for the Caring Connections Program



Five awards from
the National Mature
Media Awards



\$200,000 grant
from the National
Community Care Corps



\$100,000 grant
from the Maybelle
Clark Macdonald Fund



\$5,000 grant from
OnPoint Community
Credit Union

Your Contribution Changes Lives

We thank you for your support. Every dollar donated to the Council on Aging at CouncilOnAging.org/Donate goes directly to the services we deliver.

The Council on Aging of Central Oregon is a 501(c)(3) organization. Tax ID is 93-0661229. Donations are tax-deductible to the extent allowable by law.



Letter from the Executive Director

Dear friends, donors, volunteers, and supporters,

As we enter into the fall season, I wanted to take a moment to reflect on some of the highlights from the past few months.

We strive everyday to keep our Central Oregon seniors fed, safe and connected. From April to June of this year, the Council on Aging team and its senior center partners created and delivered 32,804 Meals on Wheels and served 9,915 senior lunches at our community dining locations. Each meal keeps older adults in Central Oregon nourished and reminds us of the importance of our work.

We also focus on keeping seniors connected to the community to help combat the mental and physical effects of isolation. One way we do this is through our Caring Connections program, which currently has 41 matches for weekly friendly phone calls. We hope to double our Caring Connections participants over the next year.

Pets are a vital part of combating isolation, so we are hosting a **Food Fur All** donation drive for our Pet Pals program with a goal of bringing in \$10,000 and 1,000 lbs of pet food. Pet Pals currently provides food to 73 clients who have 110 pets that each provide invaluable companionship to homebound seniors.

Our wonderful volunteers are the front line of feeding seniors and their pets and keeping them socially engaged. They put in 8,055 volunteer hours over the past three months to keep the organization running smoothly. Our whole team will continue to work hard to serve seniors in Central Oregon. Stay tuned for future updates about our organization!

With warm regards,

Cassie Regimbal, Executive Director



Food Fur All

For someone who is homebound, their pets can be the most important companion in their life. These furry friends ensure that people have something that brings them joy and unconditional love. Our Pet Pals program provides pet food, supplies, and veterinary care to Meals on Wheels recipients **to make sure that they never have to choose between taking care of themselves or their companions.**

This program could not run without generous support from our funders, and we're asking if you would consider helping us reach our **Food Fur All** fundraising goal of \$10,000 and 1,000 lbs of food. When you support our Pet Pals program, your donation goes a long way — not only are you helping homebound seniors and their pets, but **Meals on Wheels America and Cascade Natural Gas will be matching donations up to \$5000.**

To donate online, visit us at www.councilonaging.org/donate or mail a check to Council on Aging, 1036 NE 5th Street, Bend, OR 97701.



"I've never had someone come to my rescue before Pet Pals. I'd have a real hard time on my income keeping these dogs."

— Nancy in La Pine



What's New at the Council on Aging

New Services for Spanish Speakers

It's been our goal to provide services in Spanish to reach more communities in Central Oregon. We were able to take that first step by hiring our Bilingual Case Manager, Ulysses Vargas, in June.

Ulysses can assist with case management and information and referral services to help Spanish-speaking seniors and their loved ones access the resources they need.



Seed to Table vegetable harvest

New Partnerships are Growing

We are now partnering with the High Desert Food and Farm Alliance (HDIFFA) to bring their Fresh Harvest Kits to Meals on Wheels clients in Sisters. HDIFFA is dedicated to providing access to affordable, nutritious, local, and culturally appropriate food for Central Oregonians. We are thrilled that this partnership will support local farmers while also providing fresh foods to our clients.

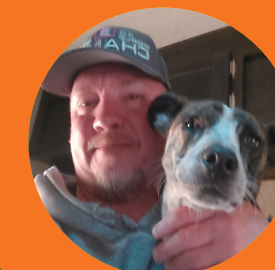
Speaking of local produce, the Seed to Table organization in Sisters now donates vegetables from their farm to incorporate into our Meals on Wheels and community dining dishes. We are grateful for the food they grow to feed our seniors.

New Faces at the Council on Aging of Central Oregon



Ulysses Vargas
Bilingual Case Manager

Cynthia Jurgensen
Development Manager



Brian Rousseau
Sous Chef

Steve Mann
Sisters Meal Site Coordinator



Michelle Charlton
Salad Prep in La Pine



For someone who is homebound, their pets can be the most important companion in their life. These furry friends ensure that people have something that brings them delight and love.

As animal lovers, we are committed to helping homebound people and their pets thrive in their homes. That's why the Council on Aging has a program called [Pet Pals](#). The program provides pet food, supplies, and veterinary care to [Meals on Wheels](#) recipients to make sure that they never have to choose between taking care of themselves or their companions.

We're hosting a Food Fur All donation drive to help seniors on fixed incomes afford their pet food and supplies.

Rising costs are putting financial strain on the many of the seniors we currently serve. We currently donate pet food and supplies to 73 seniors with 110 pets ranging from dogs and kittens to a cockatiel. Over the last year, we have covered \$26,000 in food and vet expenses.

Having support from Pet Pals is a lifeline for seniors.

This program is necessary because:

1. We don't want seniors to have to choose between feeding and caring for themselves or their companions. Nearly one third of Meals on Wheels clients nationwide say they have gone without their own medical care or other personal needs to provide for their furry friends.
2. We want pets to stay in their homes with their people. 88% of our participants said that the Pet Pals program helps them keep their pets, meaning that they don't have to make those tough decisions.
3. 92% of our participants said their pets help with their mental health and physical health. One client with sleep apnea says her cat pounces on her chest when she stops breathing at night, and he has likely saved her life.

Blog – We Believe in Food Fur All

Check out this video to see how Pet Pals has helped our clients.



Why we need your help:

1. As prices continue to increase, our budget is stretched thinner each day. We have had to reduce the number of pets per household we serve.
2. Our funding only covers Meals on Wheels participants in Bend, Sisters, and La Pine, and we know the need exists across Central Oregon. Help us expand out to Madras, Prineville, and Redmond.
3. According to the U.S. Surgeon General, [isolation and loneliness has become an epidemic](#) in our nation. We know that keeping pets with their people provides benefits to seniors' mental health and is an effective way to combat the loneliness epidemic.

Here's how you can help.

We are looking for unopened dog and cat food (cans, kibble, treats, etc.) and supplies such as leashes, collars, harnesses, cat litter, and litter boxes.

Donate pet food and supplies at our Senior Services Center at 1036 NE 5th St. in Bend, Monday through Friday, 8 a.m. to 4:30 p.m.

We are looking for additional funding to help cover the costs for spay/neuter, vaccines, wellness checks, microchips, and nail trims for 100 animals over the next year. Monetary donations will provide much-needed vet care to our furry friends.

Blog – We Believe in Food Fur All

Here are some ways to donate:

- Visit www.councilonaging.org/donate and write a comment that it's for Pet Pals.
- Contribute through our fundraiser on [Facebook](#).
- Send a check and note that it's for Pet Pals. Please send your donation to:

The Council on Aging, 1036 NE 5th Street, Bend, OR 97701. Please include your email address, phone number and return address so we can thank you! Our tax identification number is: 93-0661229

If you'd like to learn more about our Pet Pals program or volunteer to deliver food, visit www.councilonaging.org/pet-pals.

Thank you for helping seniors and pets in our community!

DONATE TO HELP SENIORS KEEP THEIR PETS