

Seniors

Continued from A1

She is able to make telehealth appointments with her doctor.

Others are not so lucky. Senior citizens are at risk of severe depression from the isolation caused by the control measures put in place to contain the spread of the coronavirus. There is a toll, said Dr. Michael Harris, a Summit Medical Group internal medicine physician.

"Our seniors haven't had access to get out and do things they'd normally do to keep them healthy, like going to the gym or playing pickleball," Harris said. "Their physical health has suffered and their mental health associated with that, as well. Seniors more so than the rest of us, have been affected by the lack of being able to connect with family and friends."

For Keith Radabaugh of Prineville, the past year has been one of extreme sadness. His wife, Carol, died in July while they were living in an assisted living facility in Redmond. They were married for 62 years.

The melanoma the 85-year-old has had four times keeps causing problems with swelling in his right arm. Radabaugh, who is scheduled to get his second vaccine shot on Wednesday, has a positive attitude toward the pandemic.

"I have been isolated more than once in my life," Radabaugh said. "Took a tour in the Far East on a ship when I was in the Navy."

Radabaugh said he wears his mask, washes his hands frequently and keeps his distance



Ryan Brennecke/The Bulletin

Keith Radabaugh talks about how all his grandchildren have graduated from collage while looking over a picture of them in his home in Prineville.

whenever he goes out, but he's a social person. He likes to chat with people.

In Deschutes County, the largest group to test positive for COVID-19 are people age 20-29 with 1,178 cases and no deaths. But the age group with the highest number of deaths is those that are 70 to 89 years old category, with 38 deaths, according to the Deschutes County Health Services. The next highest group is among 60- to 69-year-olds with six deaths.

"I never worried about getting COVID-19," Radabaugh said. "I've always had faith that my country would come up with something to help us."

There are programs that can help. It isn't hard to find volunteers in Central Oregon who are eager to help senior citizens

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— **Dr. Michael Harris, a Summit Medical Group internal medicine physician**

make an appointment, deliver meals or help them sign up online for a vaccine if they don't have access to a computer.

The Council on Aging in

Bend, which operates the Meals on Wheels program, is one of those agencies. It has continued its meal delivery program but closed its dining room to ensure physical distance was maintained. Now seniors who have cars can drive up three times a week in Bend, Sisters, Madras, La Pine to snag a grab-n-go lunch, said Susan Rotella, Council on Aging executive director.

In Redmond and Prineville, volunteers deliver meals to clients' homes. It's a tiny step, but a needed one to maintain the connections and friendships from the dine-in services.

"It is common for older adults to feel socially isolated and lonely," Rotella said. "The COVID-19 pandemic has only made this isolation worse."

"During this pandemic,

Tips on how to stay active, mentally and physically:

- Stay in touch with the people you normally stay in touch with.
- Write hand-written letters.
- When possible and safe, get outdoors. Social distance walks can be safe.
- Consider getting a pet. Having another living thing in your home is good for your health psychologically and physically.
- Contact a behavioral health professional if severe anxiety and anger issues develop and persist.

Source: Dr. Michael Harris, Summit Medical Group Bend Memorial Clinic internal medicine physician.

which is challenging for all but especially for older people, the Council on Aging has increased its programming and meal services to help keep older adults safe and at home."

Health officials from multiple organizations, the county health, St. Charles Health System and Mosaic Medical, are partnering to help senior citizens get vaccinated by helping them remove barriers to the application process, confusion over the vaccination guidelines, language challenges and transportation to and from vaccination sites, Rotella said.

Bend resident Donna Trussell has been waiting for several weeks to be told there's a vaccine shot for her. The 80-year-old didn't respond right away when her age group got the green light to schedule an appointment, and now she's the only one of her friends without the first dose of the vaccine.

"I've phoned. I've left messages, and I haven't received any comment or call," Trussell said. "I'm not as anxious as some, but I thought it would be simpler."

On Friday, she got the call. She will get her first

COVID-19 vaccination on Monday.

When Beisler thinks about how she hasn't seen her niece and her family since before the pandemic began, her voice gets thick with emotion. She is awaiting her second vaccine shot but said she won't be comfortable hanging out with friends until more people have the vaccine.

She knows she is among the lucky ones. She has family in town. She has her son and brother to lean on. Some in her building don't have any family.

The worst part of the pandemic is waiting for an opening in her orthopedic surgeon's schedule so she can get her knee repaired.

A fall while camping last summer has left her on the injured list, sitting on the couch, chair or in bed.

"I don't go out of my apartment to socialize at all," she said. "I don't recognize the new people. I'm only in a chair or a couch or a bed. That's my territory. It's so ridiculous. If you know me, I'm never confined. It's not who I am."

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OBITUARY

John Vestal Kuhn III

July 20, 1928 - February 7, 2021

John Vestal Kuhn III, 92, of Ontario, formerly of the Paulina area, passed away February 7, 2021. Vestal was born to Everett and Florence (Oberg) Kuhn, July 20, 1928 in Prineville. He grew up on his Dad's homestead on Wilson Creek in the Izee country. Vestal attended school in Izee and Suplee. Vestal began riding horses as soon as he was able to sit up in front of his mom when she rode. He rode his own horse when younger brother started riding with mom. Vestal broke horses for neighboring ranches. He operated some of the very first motorized farm equipment in the upper country. Vestal worked on various ranches. He moved to the Redmond area with his parents when they sold the homestead. Vestal moved back to Suplee to help when his grandfather got sick. Vestal found an acre outside Ontario for his horse and tractors when he retired from ranching. Vestal married Janice Armstrong December 26, 1960. He was preceded in death by his parents, three brothers and one grandson. He is survived by his wife Janice, daughters Judy Onufrak (Ted), Chris Granger (Bill), Anna Marie Kuhn (Doug), three grandchildren and six great grandchildren. Graveside services will be held Thursday February 18 at 1 PM at Beaver Creek Cemetery in Paulina, OR.

OBITUARY

David Glenn Parmeter

February 8, 2021

David Glenn Parmeter passed away on 2/8/2021 at St. Charles Hospital in the Intensive Care Unit. David was a customer service representative in the circulation department at the Bend Bulletin. He worked there for a year. David was from Indianapolis, Indiana and came out to California in the 1990s. He loved the mountains in Bend, Oregon, including Mt. Bachelor, La Pine, and all the sceneries of the mountains. David was a true jokester and a very good man.

His surviving relatives are Diane Williams (sister), Danielle Estes, and David Williams. Final arrangements are cremation and we will be posting a YouTube memorial of David's life in the following week for people to view.

Thank you for all your prayers and concerns as David was in the intensive care unit.

OBITUARY

Donald Lee Lukinbeal

1937 - 2021

Father, husband, Captain, and friend, we bid farewell to Donald Lee Lukinbeal who departed this world on January 26, 2021. Don was a family man who cared deeply about those around him and overcame many obstacles during his amazing life. He was a humble man and a steadfast role model for perseverance, resilience, health, and intellect.

While serving for decades as an officer in the Navy, Don participated in many major historical events including the recovering operations of Skylab, mine sweeping and hostage negotiations at the Hanoi Hilton in the Vietnam War, assisting with the coordination of western regional defense between the Navy and Coast Guard. He also survived the Loma Prieta earthquake and the Paradise, California fire.

Don was born in Salem, Oregon in 1937 and later would marry Kay Francis Stair in Eugene, Oregon. They would go on to live the Navy family life of moving regularly from station-to-station all the while raising two sons and a daughter. He earned his Master's Degree while working full time and later taught health and science at Chabot College. Following his retirement, Don would spend years caring for Kay before she passed in 2001.

Don is survived by his sons Greg and Chris and his daughter Jennifer as well as four grandchildren Tyler, Amber, Christopher and Kayla. Don will be missed, remembered, honored and cherished at a private military funeral where he will be laid to rest beside the love of his life: his wife Kay.

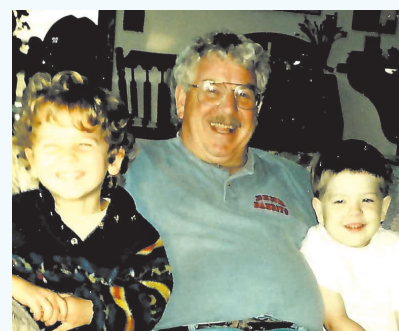


OBITUARY

Jimmie Dale Hayden

August 18, 1938 - November 18, 2020

Jim Hayden, Redmond High School Baseball Coach and Teacher, a 52 year resident of Redmond, died on Wednesday November 18, 2020.



Jim was born in Mena, Arkansas on August 18, 1938 to James and Anna Hayden, and moved with his parents to Lebanon, Oregon in 1941. He graduated from Lebanon High School and attended Oregon State University and Oregon College of Education becoming a teacher. Jim started his teaching and coaching career in Lakeview, Oregon, joined the Oregon National Guard before moving to Redmond to begin his 27 year run as a Teacher, Media Specialist, and Redmond High School Baseball Coach.

Jim was a dedicated father and coach. He enjoyed playing softball and spent many years at third base for Grover's TV, a perennial state champion contender representing Redmond. His passion was coaching baseball, leading many teams to postseason play and student athletes to college play.

Jim was an active member in the Redmond Rotary club for many years. He acted as a liaison between Rotary Club and the Redmond high school. While in this role he impacted many students for future success. After his active membership Jim was named an Honorary Rotarian of Redmond.

Throughout Jim's teaching career his main interest was building better school libraries. This also included bringing current technologies to schools. Jim played a key role in the foundation of Oregon Education Media Association, (OEMA), later changed to Oregon Associations of School Libraries. This organization is dedicated to the improvement of school libraries through the use of technology. He was appointed to represent this organization at national meetings and conferences across the country.

In 1999 Jim received a lifetime achievement award for his contributions to Oregon School libraries.

Jim also served on the State Library Board of Trustees from 1998 - 2006. This was a position appointed by the Oregon governor. During these two terms he served as the chair of the board. In 1991, Jim served as one of a eight person Oregon delegation to the White House Conference on Library Information Services; he was one of 700 delegates from around the United States.

Jim is survived by his wife Mary Hayden and his children, Catherine Hayden (Rachel Steck), Cara Hudson (Brett Hudson) and Jacyl Hayden (Dana Hayden) his siblings Rick Hayden, Ron Hayden and Margaret Willings and his nine grandchildren and four great grandchildren. He is predeceased by his son Marty Hayden and his parents James and Anna Hayden.

Due to the pandemic Jim's service will be delayed.

OBITUARY

Melissa Michelle Macy

March 21, 1995 - February 4, 2021



On Thursday, February 4, 2021, Melissa Michelle Macy passed away at age 25.

Melissa was born on March 21, 1995 to Chablis Baker in Santa Cruz, CA. Melissa moved to Bend in 1996 with her mother, and spent the majority of her life in Central Oregon.

Melissa brought joy to all that she met, and her infectious laughter was frequently heard wherever she went. She had a fighting spirit and was able to persevere through many challenges, but was also gentle and loved animals and music. Above all, Melissa will be remembered for her ability to inspire those around her to be their best selves, and to be more caring, understanding, and kind. To know her, truly, was to love her.

Melissa was preceded in death by her beloved nurse Bob Morrissey, and grandmothers Judy DaFoe and Jane Bartlett. She is survived by her parents, Chablis Baker and Dave DaFoe; sister Bethany DaFoe; niece Rowan Reynolds; grandparents David and Jeanne Baker; and several aunts, uncles, cousins, and friends. In lieu of flowers, donations may be made to Providence Child Center in her memory.

No services will be held until Covid restrictions are lifted.

