

JANUARY 2026

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Redmond, Oregon  Senior Center



# SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

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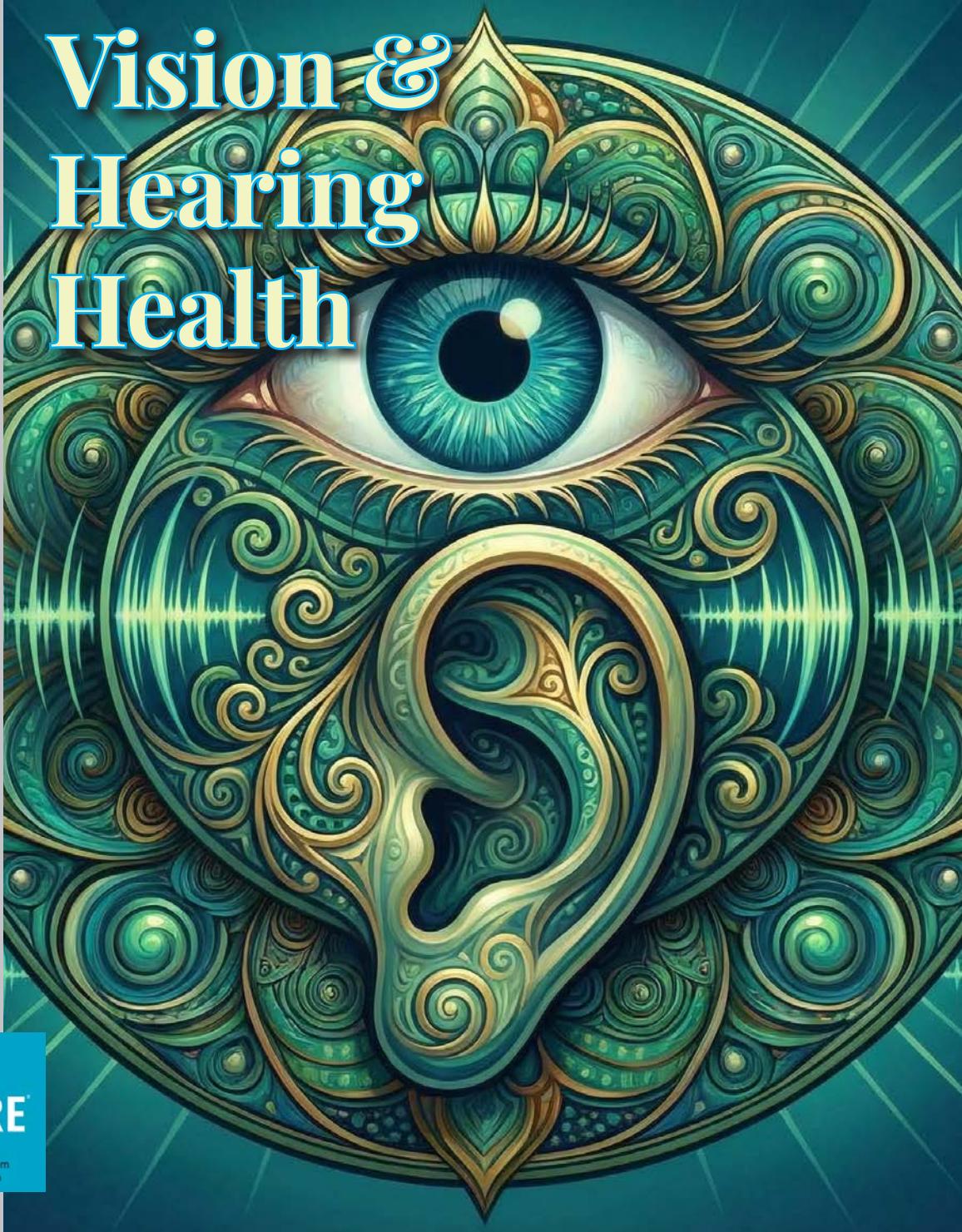
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## Vision & Hearing Health



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# Redmond Center Thrives

## It's All About You!

By James Morris

The Redmond Senior Center is more than just a building—it's a vibrant, lively hub powered by its passionate members. As we begin the new year, it's an ideal time to recognize that members remain at the center of everything the Senior Center strives to achieve.

Imagine the Senior Center as a strong tree. The building is the trunk, providing shelter and a gathering point, but it's the members—the branches and leaves—who bring it to life. Their energy, involvement, and dedication are what keep the Center thriving.

Membership at Redmond Senior Center goes far beyond simply holding a card. It's about building real connections, catching up with friends at our Therapeutic Mobility class, chatting during crochet, or dancing during happy hour.

One member shares, "I moved to Redmond three years ago and felt lost. Joining the Community Center was the best decision I made. It's my home away from home." Stories like this one are common; the Center offers a welcoming, inclusive space for people of all ages and backgrounds to connect and grow together. From seniors in the bridge club to instructors in art projects, everyone finds a place to belong.

Membership dues do more than grant access—they sustain the Center's wide array of programs and services. Your support keeps classes running, instructors paid, and facilities



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updated. Programs like our in-house lunch dining for seniors exist thanks to members' contributions.

We know people have choices about where to spend their money. That's why the Center is dedicated to using every membership dollar to benefit our members and the community.

Membership also means having a voice in the Center's future. Many members volunteer their time and talents—leading classes, mentoring others, serving on committees, or even joining the board of directors. Volunteers are essential, helping organize events and supporting staff, while shaping the Center's direction.

As the year ends, take a moment to appreciate the crucial role members play in making the Center special—a place where friendships grow, skills are shared, and community flourishes. Consider renewing your membership or joining for the first time. The Redmond Senior Center belongs to all of us, and together, we can continue building a stronger, more connected community.

For more information on membership and volunteering, visit [www.RedmondSeniors.org](http://www.RedmondSeniors.org) or call (541) 548-6325. We look forward to welcoming you! 🌎

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# A Message From the Director

## A New Year, A New Chapter for the Redmond Senior Center



Randy Graves  
Executive Director



As 2026 begins, I'm reminded of how quickly time passes—one moment we're enjoying summer barbecues, the next we're packing away holiday decorations and welcoming a new year. January always brings a sense of renewal, a chance to refocus and reimagine what's possible. Here at the Redmond Senior Center, that feeling is especially strong this year.

Our mission has always been about connection—creating a space where older adults can find friendship, purpose, and joy. Yet many in our community still don't know what happens within our walls. With over 13,000 residents aged 62 and older in Redmond, it's clear we have both the opportunity and responsibility to reach more people.

## A Place Full of Life and Joy

If you've visited the Center, you know it's alive with activity. On any day, you might hear line dancers practicing, the laughter from a Cribbage game, or karaoke in full swing. Groups gather for pickleball, Mexican Train, or just to enjoy a meal together. These aren't just hobbies, they're lifelines. They get people out of the house, keep them active, encourage learning, and foster friendships that enrich lives and strengthen our whole community.

But at the heart of everything we do is something even more important: combating loneliness.

## Facing Loneliness Together

Loneliness is a significant challenge for many older adults, affecting both physical and emotional well-being. It can creep in after retirement, a move, or the loss of a loved one, and it's hard to shake once it takes hold. At the Redmond Senior Center, we believe no one should face this alone. Every class, meal, and conversation is part of a larger effort to help people feel seen, valued, and connected. Our goal is for every new visitor to feel like they've found a place where they truly belong.

That's why our membership goal this year is so meaningful. It's not about numbers—it's about reaching those who might be sitting at home, unsure of where to go. We want them to know there's a welcoming community here, ready to embrace them.

## A Big Goal for a New Year

To start 2026 strong, we've set a bold target: 300 new members in January. It's ambitious, but achievable and deeply worthwhile. Every new member means a life touched, a connection made, and a stronger community.

To help us reach this goal, we're launching "Invite a Friend Thursdays" throughout January. Every Thursday, current members are encouraged to bring a friend for lunch and bingo. It's a simple idea, but it has huge



potential—word of mouth is powerful, and who better to share our story than those who know us best? Our team will be ready to welcome guests, offer tours, and share information about everything we offer, making sure their first experience is warm, welcoming, and memorable.

## No Longer a Best-Kept Secret

Too often, we hear, "I had no idea you offered so much," or "I wish I'd known about this sooner." While flattering, these comments show we need to raise our profile. This year, we're committed to making the Center known as a vibrant hub of community life—a place where older adults find friendship, support, and a sense of home.

We want people to share their experiences and invite others to join in, making us visible and unmistakably present in Redmond.

## A Home Away from Home

At its core, the Senior Center is about belonging—a space where people can be themselves and feel welcomed. I see it every day: the warm greetings, the friendships over coffee, the

laughter in the dining room, and the support during tough times.

Our volunteers and staff pour their hearts into making this a place of joy and connection. This is what makes the Redmond Senior Center special, and it's what we want more people to experience.

## Join Us in This New Chapter

As we start this new year, I ask for your help. Renew your membership, bring a friend, share our story, and reach out to someone who might be feeling isolated. You never know what a simple invitation might mean.

Together, let's make 2026 a year of growth, connection, and community—a year where our doors open wider than ever before, and more people find a true home away from home.

Join today. Belong tomorrow. Grow together. 

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# Volunteering & Community

## Moving, Grooving, and Giving Back

### Lorraine Neville's Journey to Joy at the Redmond Senior Center

By James Morris



If you had told Lorraine Neville two years ago that she'd be teaching fitness classes, delivering meals, and building a vibrant social life at the Redmond Senior Center, she probably would have laughed—or run the other way. "I avoided it for years because I didn't want to hang out with old people," Lorraine confessed to me with a wry smile during our recent interview. "I just couldn't adjust to the fact that I was a senior, really. I went into shock when I turned 60, and I'm not over it yet. And I'm 74!"

But today, Lorraine's story is one of hope, purpose, and transformation—a testament to how reaching out, moving your body, and connecting with others can bring you back to life, no matter your age.

#### From Loss to New Beginnings

Lorraine's journey hasn't been easy. For almost forty years, she ran her own salon in Morro Bay, California. "I absolutely loved it," she recalls. But after five hand surgeries—"everybody had perms, you know, that tight pinching motion"—she had to give it up at 63.

That loss, compounded by the financial crash, cost her not only her livelihood but her home. Lorraine moved to Redmond to live with her son, daughter-in-law, and young granddaughter. “The last thing I wanted was a two-year-old,” she says, “but she saved me. Taking her to and from daycare gave me a reason to get up in the morning, even though I was full of shame and remorse.”

Despite the support of her family, Lorraine struggled with depression. “I lost my house and my salon and everything. It was awful,” she admits. For years, she felt adrift, her world shrunken by loss and regret. “It took me a long time to forgive myself and to pull out of that depression,” she said.

## Finding Her Place—And Purpose

Lorraine’s path to the Senior Center was anything but direct. She dabbled in volunteering at the library, but finger pain from her surgeries made shelving books difficult. When the library closed, she felt lost again. But a cousin back east urged her: “Lorraine, you need to change your attitude about the senior center. It’s a valuable resource.”

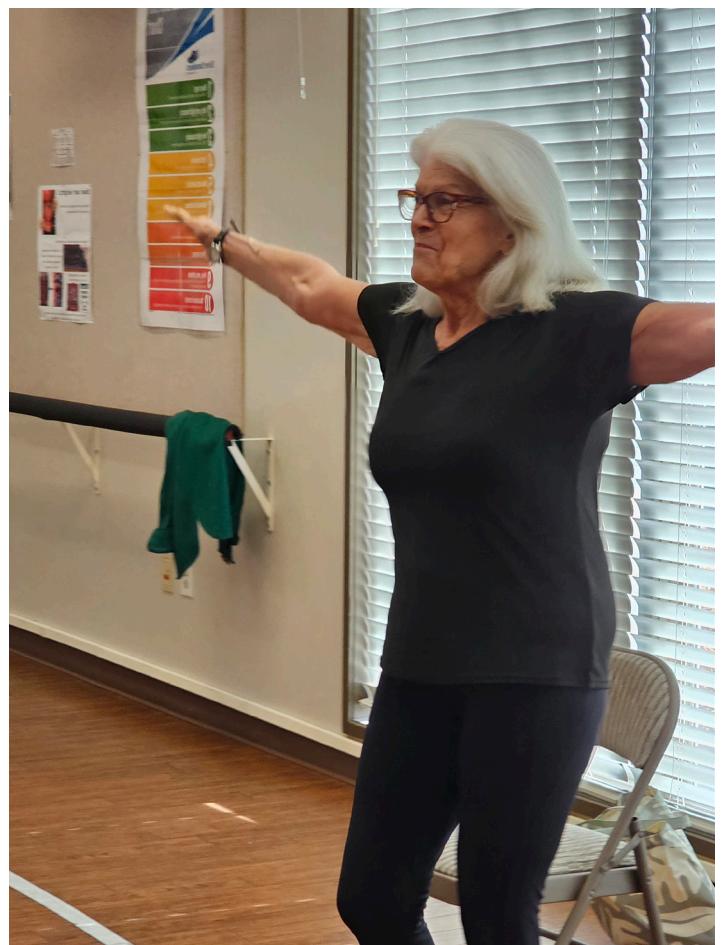
Even then, her initial attempts to volunteer with Meals on Wheels didn’t go smoothly. “I tried twice to sign up, but my application kept getting lost!” she laughs now. But on a fateful day, coming in for a calendar, Lorraine met Diana at the front desk. “She came out from behind the desk and invited me to something. That was the beginning.”

Riding along with Diana on Meals on Wheels deliveries, Lorraine soon found herself drawn into the Center’s orbit. “Just gradually I got more and more involved. I go to line dancing. I started teaching classes. I mean, I can’t believe I’m over here five days a week sometimes.”

## Moving and Grooving—Body, Heart, and Spirit

It was in Marnae’s exercise class that Lorraine rediscovered her love of movement—and a new calling. “I had always exercised, but after my depression, I’d stopped. Wandering into that class just felt so good. Then I heard Marnae say, ‘This class is getting so big, we need to train someone to lead another class.’ And I thought, I’m too old. But she said, ‘No, you’re doing everything I’m doing!’”

With encouragement from the staff, Lorraine trained and got certified to lead Groove and Move—a gentle,



all-over body workout blending cardio, resistance bands, and chair yoga. “It shouldn’t be intense at our age, but it has to be consistent to get the benefits,” she says. “We have fun. It’s about moving, not punishing ourselves.”

Her passion is personal—and urgent. “I live in an apartment building where I see seniors who never move. It inspired me even more to get out there and help.” Lorraine’s philosophy is simple but profound: “Modify does not mean defeat. It means adapting to what we can do and focusing on that. And appreciating what we can do.”

## The Healing Power of Helping Others

For Lorraine, volunteering—especially with Meals on Wheels—has been as healing for her as for those she serves. “It got me out of my own self-pity. When I began delivering meals to people my age and even younger, with serious health issues, I thought, you need to change your attitude and start feeling gratitude,” she says. On holidays, she brings treats like chocolate Santas to brighten her clients’ days. “Just to make them smile makes me feel good.”

The social connection, too, has been life-changing.



“The library was very quiet—you don’t really talk to people. Here, I have new friends, a whole social life. I mean, I had to decline subbing a class this week because I was pooped! I do line dancing Monday, my class Tuesday and Thursday, Meals on Wheels Wednesday. Once in a while I can, but I have to realize my limits. Still, I’m just thrilled to be able to do this.”

### An Invitation to Community

Lorraine is quick to credit the Senior Center staff and volunteers for creating a warm, welcoming environment. “This is an exceptional senior center,” she says. “It wasn’t like this when I first came over. Randy built a team, and now this place is flourishing. The staff really cares about the people and the facilities.”

When I asked Lorraine what she’d tell someone who’s never been to the Center, her answer was clear: “It’s a very warm, inviting place that offers multiple opportunities for activities—crafts, dancing, all sorts of things. Don’t avoid it like I did for years. It takes a little effort to break in, but take the tour, keep an open mind, and sign up.”

### “If I Can Do It, They Can Do It”

Lorraine is modest about her role, but to me—and to the whole Redmond Senior Center community—she’s an inspiration. “If I can do it, they can do it,” she says. “People just need a little motivation. I try to keep it so it’s something they look forward to, not punishment. I’m passionate about keeping seniors moving and grooving—and happy.”

As we wrapped up our conversation, Lorraine offered to accompany my own mother-in-law to a class, just to help her feel comfortable. “That’s my whole thing—to keep seniors moving. I’ll do whatever I can to help.”

For anyone feeling adrift, isolated, or unsure in the later chapters of life, Lorraine Neville’s story shines as proof: you are never too old to move, to connect, to give, and to find joy again. All it takes is a little courage to walk through the door—and maybe, just maybe, a friendly face waiting to greet you. ☺

*Want to meet Lorraine or join Groove and Move? Stop by the Redmond Senior Center—she’ll make sure you feel right at home.*

**“We all work together in Redmond to care for each other.”**



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- Connect with resources throughout the community for additional support

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# Activities & Events

## Qi Gong Class Begins on January 12

By James Morris



The Redmond Senior Center is excited to announce the launch of a brand new Qi Gong class, starting Monday, January 12 at 11:30 AM! This welcoming class is designed for anyone interested in gentle movement, relaxation, and enhancing their overall well-being.

### What is Qi Gong?

Qi Gong (pronounced “chi gong”) is an ancient Chinese practice that blends gentle, flowing movements with natural breathing and mindful focus. Suitable for all fitness levels, Qi Gong is renowned for its calming, meditative qualities and health benefits, helping to balance and optimize energy in the body, mind, and spirit.

### What to Expect:

- Relaxing, gentle movements suitable for beginners
- Simple, natural breathing (no advanced breath control required)
- Mindful focus and easy visualizations
- Introduction to both dynamic (active) and meditative (passive) techniques

### Meet Your Instructor:

The class will be led by Elle, who brings over 15 years of experience in Traditional Chinese Medicine and Qi Gong. She specializes in animal Qi Gong, Badu Anjin (8 Brocades), Qi Gong for the organs, Liu Zi Jue (Six Healing Sounds), and Nei Gong (internal skill). Elle’s teaching style is gentle and beginner-friendly, ensuring a supportive environment for all.

### How to Join:

If you’re interested in experiencing the benefits of Qi Gong—calming your mind, moving your body, and nurturing your spirit—sign up at the Redmond Senior Center front desk. Please note: We need at least 14 confirmed attendees to start the class, so be sure to register soon!

Don’t miss this opportunity to discover Qi Gong and improve your health in a supportive community setting.

For more information, visit the front desk or contact the Redmond Senior Center. ☎

*Experience the benefits of Qi Gong—begin your journey on January 12 at 11:30 AM!*

# Health & Wellness

## Vision and Hearing Health

### Seeing and Hearing the Future

By James Morris



**V**ision and hearing are our windows to the world—yet millions of Americans face challenges with these senses. The good news? Science, technology, and simple lifestyle choices are making it easier than ever to protect, restore, and celebrate our sensory health.

#### The Sights and Sounds of Modern Life

Imagine waking up to the chirping of birds, reading the morning news, or catching a loved one's smile. Our eyes and ears are the unsung heroes of daily life, connecting us to people, places, and passions. But what happens when these senses start to fade? For millions of Americans, vision and hearing loss are not just medical issues—they're life-altering challenges.

Yet, in 2025, the landscape of sensory health is more hopeful than ever. From gene therapy to AI-powered smart glasses, and from plant-rich diets to public health campaigns, the future is bright—and loud! Let's explore the latest science, trends, and tips for keeping your eyes and ears in top shape.

#### The Numbers: How Common Are Vision and Hearing Problems?

##### Vision by the Numbers

- **90 million** U.S. adults over 40 have some form of vision problem.

- **7 million** Americans live with vision impairment.
- **By 2050**, the number of people with uncorrectable vision impairment or blindness is expected to double.
- **Most common culprits:** Refractive errors (like nearsightedness), cataracts, glaucoma, macular degeneration, and diabetic retinopathy.

Condition	Est. U.S. Prevalence
Refractive Error	48+ million
Cataracts	32.2% (45+ w/diabetes)
Glaucoma	4.22 million
Macular Degeneration	19.83 million
Diabetic Retinopathy	9.6 million

#### **Key Finding:**

*Vision loss is not just for the elderly—children in low-income homes are nearly twice as likely to be visually impaired as their wealthier peers.*

#### **Hearing by the Numbers**

- **50 million** Americans have some degree of hearing loss.
- **1 in 7** people in the U.S. are affected.
- **Prevalence skyrockets with age:** 22% of adults 65–74, and 55% of those 75+ have hearing loss.
- **Noise-induced hearing loss (NIHL):** Nearly 1 in 4 adults aged 20–69 show signs of NIHL, and 17% of U.S. teens have hearing tests indicating NIHL.

Statistic	Value
Americans with hearing loss	50 mil.
Adults 65–74 with hearing loss	22%
Adults 75+ with hearing loss	55%
Children/teens (6–19) with loss	5.1 million
U.S. adults with NIHL	24%

#### **Key Finding:**

Hearing loss is the third most common chronic physical condition in the U.S.—more prevalent than diabetes or cancer.

## Why Are We Losing Our Senses?

### **The Usual Suspects**

- **Aging:** The biggest risk factor for both vision and hearing loss.
- **Chronic diseases:** Diabetes, hypertension, and cardiovascular disease can damage the eyes and ears.
- **Lifestyle:** Poor diet, smoking, excessive alcohol, and lack of exercise all play a role.
- **Environmental hazards:** Loud noise, UV exposure, and workplace risks.

### **The Digital Dilemma**

- **Screen time:** Digital eye strain is on the rise, especially among kids and working adults. Symptoms include eye fatigue, dryness, and blurred vision.
- **Earbuds and concerts:** Recreational noise is a growing cause of hearing loss in young people.

## Prevention: Your Sensory Health Toolkit

### **Eat for Your Eyes and Ears**

- **Diverse, plant-rich diets** (think Mediterranean or DASH) are linked to lower risks of both vision and hearing loss.
- **Key foods:** Vegetables, fruits (especially dark-colored and citrus), nuts, fish, whole grains, and tea.
- **Nutrients to watch:** Vitamins C and E, carotenoids (lutein, zeaxanthin), omega-3s, zinc, and folate.
- **What to avoid:** High sugar, fat, and cholesterol intake increases risk.

### **Move It or Lose It**

- **Regular physical activity** supports microcirculation in the eyes and ears, reducing risk of diseases like cataracts and age-related hearing loss.

### **Protect and Detect**

- **Wear sunglasses** that block UV rays to prevent cataracts and other eye damage.
- **Use hearing protection** (earplugs, earmuffs) in

noisy environments—at work and play.

- **Get regular screenings:**

- **Vision:** Especially if you're over 40, have diabetes, or notice changes.
- **Hearing:** Adults over 50 should get checked, and all newborns are now screened for hearing loss.

## Healthy Habits

- **Don't smoke** and limit alcohol.
- **Practice good hygiene:** Clean contact lenses and don't share earbuds.
- **Manage chronic conditions:** Keep blood pressure, blood sugar, and cholesterol in check.

## The Cutting Edge: Innovations in Vision and Hearing Care

### Vision: From Smart Glasses to Gene Therapy

- **AI-Powered Smart Glasses:** Devices like Ray-Ban Meta and Envision can read text aloud, recognize objects, and provide navigation cues. Affordable models are emerging, making this tech accessible to more people.
- **3D-Printed Ocular Prostheses:** Custom-fit artificial eyes can now be made in hours, not days, thanks to digital imaging and 3D printing.
- **Gene Therapy:** Clinical trials are restoring hearing in children with genetic deafness using a single injection of a healthy gene into the cochlea—no surgery required.

## Hearing: Smarter, Smaller, and More Connected

- **Smart Hearing Aids:** Today's devices use AI to filter noise, connect to smartphones, and even monitor your health.
- **Wearable Voice Restoration:** New non-invasive devices can help people speak again by translating muscle movements into speech.
- **Sensory Substitution:** Wearables now use haptic (touch) and auditory feedback to help the visually impaired navigate the world.

### Key Finding:

*The cost of assistive tech is dropping, with some smart glasses now available for as little as \$360.*

## Barriers and Breakthroughs

- **Access and Affordability:** Despite advances, many Americans—especially those with lower incomes—struggle to access eye and hearing care. Only half of high-risk adults see an eye doctor each year, and fewer than 1 in 5 who could benefit from hearing aids actually use them.
- **Stigma:** Modern devices are designed to be discreet and stylish, helping users feel more confident and included.
- **Education:** Public health campaigns and community programs are crucial for raising awareness and teaching people how to protect their senses.

## Central Oregon Spotlight: Local Trends and Resources

Central Oregon, with its outdoor lifestyle and aging population, faces unique challenges and opportunities in sensory health. Sun exposure, recreational noise, and access to rural healthcare are all local concerns. But the region also boasts a strong network of providers and support organizations.

## Conclusion: Savor the Sights and Sounds

Vision and hearing are gifts—fragile, precious, and worth protecting. Whether you're hiking Smith Rock, listening to a favorite song, or reading this article, your senses connect you to the world. With smart choices, regular checkups, and a little help from science, you can keep seeing and hearing the best that life has to offer.

So put on those shades, turn down the volume, and schedule that checkup. Your future self will thank you!



# RESOURCES: Where to get help

## National Resources

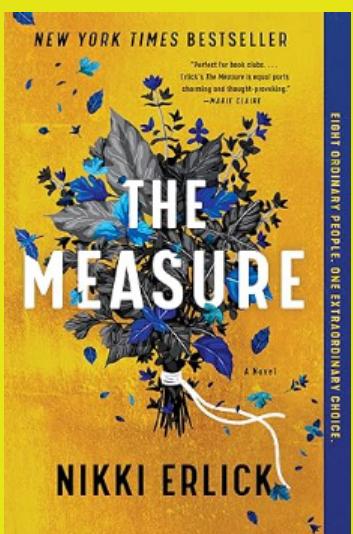
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- **American Academy of Ophthalmology**  
Find an eye doctor, patient education ([aoa.org](http://aoa.org))
- **National Institute on Deafness and Other Communication Disorders (NIDCD)**  
Hearing health info, research ([nidcd.nih.gov](http://nidcd.nih.gov))
- **American Speech-Language-Hearing Association (ASHA)**  
Find an audiologist, resources ([asha.org](http://asha.org))
- **Hearing Loss Association of America (HLAA)**  
Support, advocacy, education ([hearingloss.org](http://hearingloss.org))
- **Lions Clubs International**  
Vision and hearing screenings, eyeglass recycling ([lionsclubs.org](http://lionsclubs.org))

## Central Oregon Resources

- **Pacific Northwest Audiology (Bend)**  
Hearing tests, hearing aids, tinnitus treatment ([pnwaudiology.com](http://pnwaudiology.com))
- **Central Oregon Eyecare (Bend, Redmond, Prineville, Sisters)**  
Comprehensive eye exams, vision therapy ([centraloregoneyecare.com](http://centraloregoneyecare.com))
- **Bend Memorial Clinic (BMC)**  
Ophthalmology, audiology, and ENT services ([summithealth.com](http://summithealth.com))
- **Oregon Lions Sight & Hearing Foundation**  
Free/low-cost screenings, eyeglasses, hearing aids ([olshf.org](http://olshf.org))
- **Deschutes County Health Services**  
Public health programs, referrals ([deschutes.org/health](http://deschutes.org/health))
- **Hear Oregon (Bend)**  
Hearing evaluations, hearing aid fittings ([hearoregon.com](http://hearoregon.com))

# Book Club

By Kathleen Veenstra



January's Read - "The Measure" by Nikki Erlick

The next book selected for our January meeting is "The Measure" by Nikki Erlick. This debut novel begins on an ordinary day when every person on every continent receives a box at their doorstep. Inside is an answer to the exact number of years that each will live. The world becomes engulfed in a collective frenzy. Book Club meets at 1:30pm on the third Wednesday of the month. All are welcome.

# Home & Lifestyle

## Home Safety Tips

### How to be safe with Sight and Hearing Impairments

By James Morris

By combining visual, tactile, and smart technologies with thoughtful home organization and emergency planning, people with sight and hearing impairments can significantly enhance their safety, independence, and peace of mind at home.



To make a home safer for people with sight and hearing impairments, implement a mix of visual and tactile alert systems, improve lighting and contrast, organize and label household items, use assistive technologies, and develop a robust emergency preparedness plan. Room-by-room modifications—such as non-slip flooring, clear pathways, and accessible alarms—are essential, as are regular maintenance and family training on safety devices.

#### Quick Reference: Top 10 Safety Tips

1. Install smoke/CO alarms with strobe lights and bed shakers
2. Use bright, even lighting and motion sensors throughout the home
3. Label appliances and supplies with tactile, braille, or large-print markers
4. Keep walkways clear and furniture in consistent locations
5. Use non-slip flooring and mats, especially in bathrooms and kitchens
6. Mark steps, thresholds, and exits with high-contrast or tactile strips
7. Adopt smart home devices for visual/vibration/text alerts
8. Practice emergency evacuation routes and maintain a buddy system
9. Keep emergency supplies labeled and accessible
10. Regularly maintain and test all safety devices and alarms

A safe home for people with sight and hearing impairments is built on a foundation of clear organization, accessible technology, and proactive emergency planning. By combining visual, tactile, and smart solutions, and involving professionals when needed, you can create a secure, comfortable, and independent living environment.

For more detailed checklists and resources, consult organizations like the American Foundation for the accessibility services. 

# Want To Age In Your Own Home?

Imagine a community where neighbors support each other with rides to appointments, help with home repairs, social activities, and friendly check-ins—so you can stay independent in the home you love.

It's called a Village, and over 300 communities across the U.S. have one. Redmond could be next.

**Join us to explore bringing a Village to our community:**

Tuesday, January 14, 2026 | 1:00 p.m.

Redmond Senior Center

No commitment—just come learn what's possible when neighbors look out for each other.

**Questions?**

Diana Barker

541-480-7777

[askdianabarker@gmail.com](mailto:askdianabarker@gmail.com)

[www.vtvnetwork.org](http://www.vtvnetwork.org)

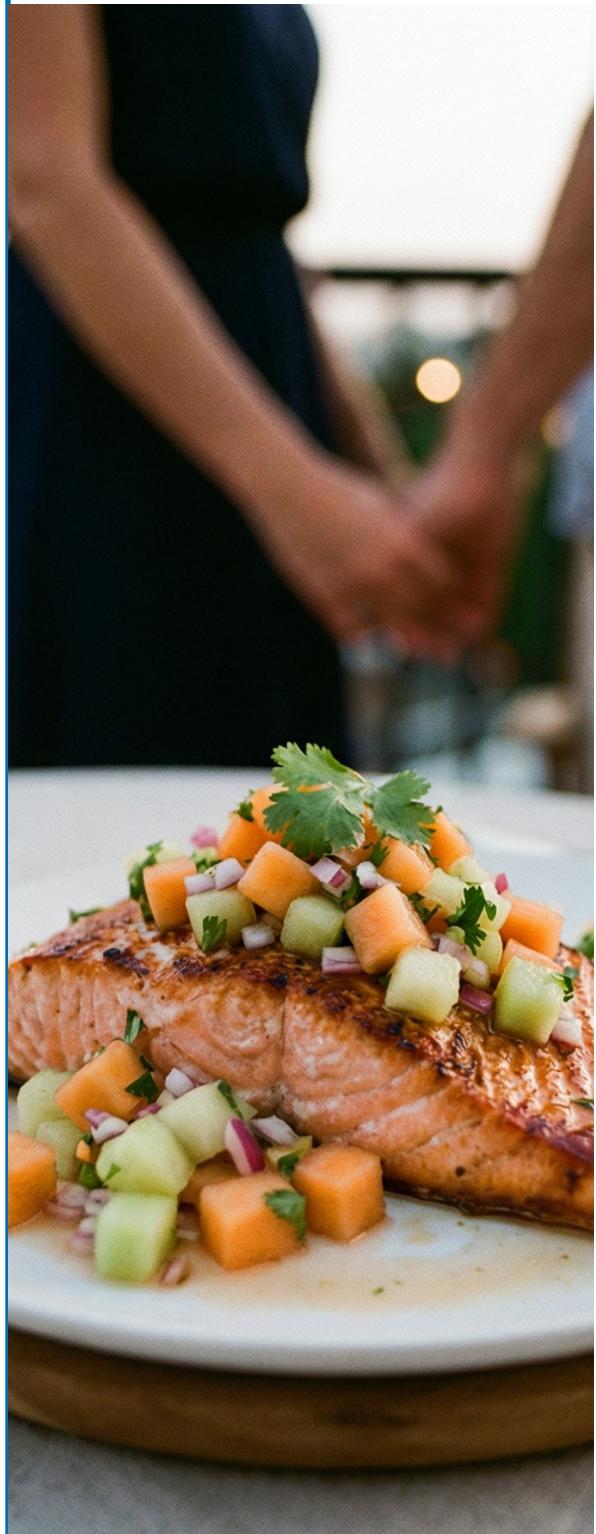


# From the Kitchen

## Sassy Salmon

### The Eye-Healthy Dish That'll Make You See Dinner in a Whole New Light

By James Morris



Are you ready to win dinner? Not just “get dinner on the table” win, but dazzling, vitamin-packed, “everyone’s Instagramming their plate” win? Meet your new best friend: Roasted Salmon with Melon Salsa. This dish is so much more than a quick weeknight meal—it’s a feast that’s as vibrant as it is good for your eyes (yes, really!).

#### Let's Talk Fish—And Why Your Eyes Will Thank You

You’ve probably heard that fish is “brain food,” but did you know it’s also “eye food”? Cold-water fish like wild Alaskan salmon are loaded with omega-3 fatty acids DHA and EPA—those impressive nutrients your eyes crave. These good fats have legit science backing them up: they help keep your vision sharp and may even protect against age-related macular degeneration, cataracts, and dry eye syndrome. In other words, this isn’t just dinner. It’s a delicious investment in your future ability to read the fine print on restaurant menus.

#### The Star of the Show: Salmon

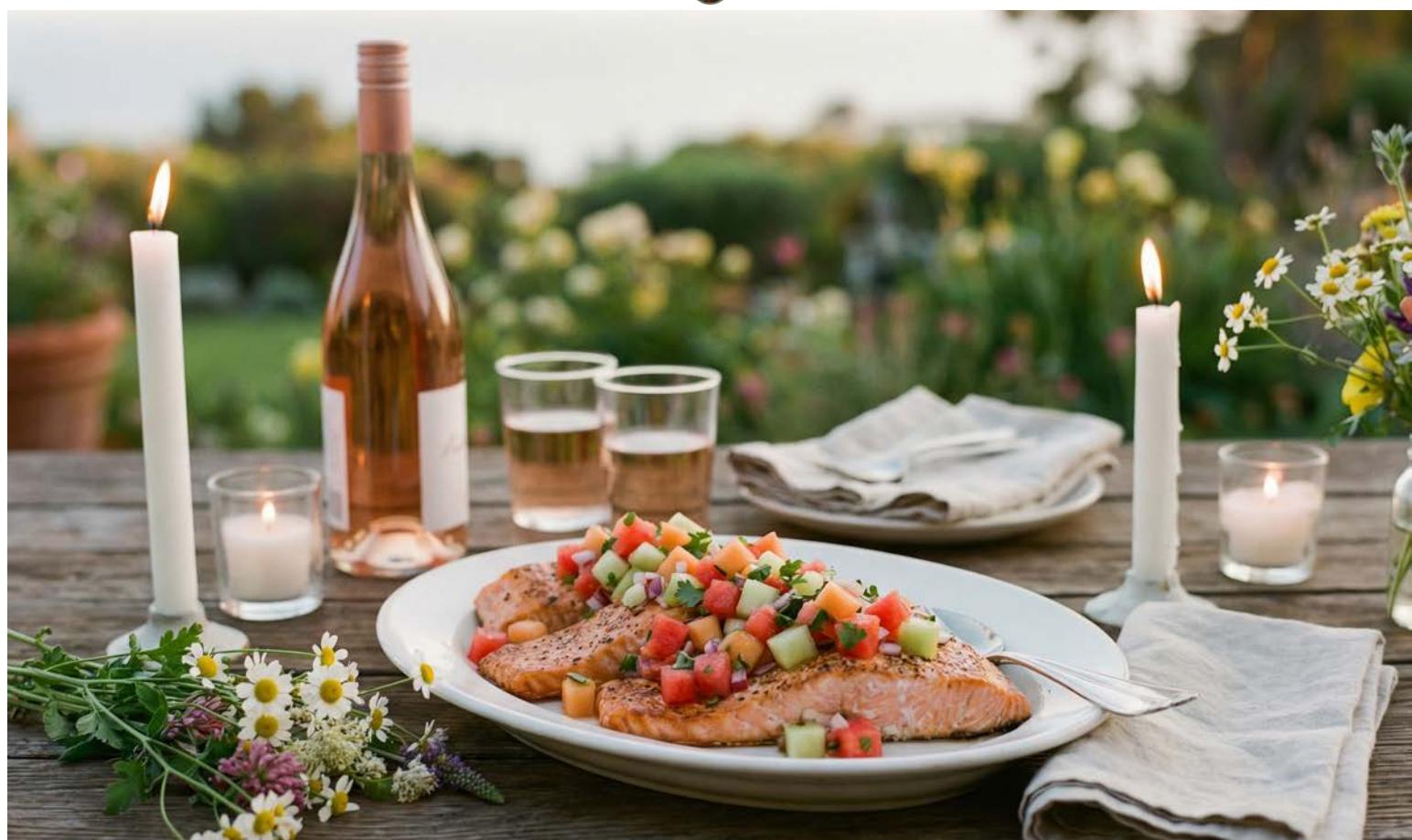
Salmon is a weeknight hero. It cooks fast, tastes fancy, and pairs perfectly with bold flavors. Plus, if you’re aiming for minimal kitchen drama, this recipe is practically foolproof. Are you a grill-master? Go for it. Oven devotee? Crank that broiler. Got frozen fillets? No problem—just thaw, brush with olive oil, and let the oven do its magic.

#### The Salsa That Stole the Spotlight

Forget boring old tomato salsa. This one is a riot of color and flavor, starring sweet cantaloupe, zippy lime, and a confetti of red pepper, green onion, and cilantro. It’s refreshing, it’s festive, and it’s endlessly customizable. Not a cantaloupe fan? Swap in peaches or papaya for a tropical twist. Bonus: This salsa is practically a salad in disguise, so you can feel like a responsible adult while still eating like you’re on vacation.

#### A Dinner Party Darling

Planning a backyard soirée? This dish is your new secret weapon. It’s as pretty as it is tasty, and you can prep the salsa ahead of time. Pro tip: If you’re dining outdoors, don’t forget your sunglasses—both for style points and eye protection! Serve your salmon with a crisp green salad and nutty brown rice for a meal that checks all the boxes: healthy, easy, and guaranteed to impress. ☀️



## Ingredients

### For the Salmon:

- 4 wild Alaskan salmon fillets (frozen or fresh)
- 1 Tbsp olive oil
- Salt and pepper

### For the Melon Salsa:

- 1 cup cantaloupe, cut into  $\frac{1}{4}$ -inch cubes (or substitute peaches or papaya)
- $\frac{1}{2}$  red pepper, cut into  $\frac{1}{4}$ -inch cubes
- 1 green onion, finely chopped
- 1 Tbsp fresh cilantro, chopped
- Salt and pepper
- Juice and zest of 1 lime
- 1 Tbsp olive oil

**FUN FACT:** Salmon's pink hue comes from astaxanthin, a powerful antioxidant that not only gives the fish its signature color but also helps protect your eyes from damage caused by free radicals. Combined with salmon's high levels of omega-3 fatty acids—especially DHA, which supports the retina—this superfish can help reduce inflammation, improve tear production, and lower your risk of age-related macular degeneration.

### Instructions:

1. Preheat your oven broiler to 400°F (or use maximum setting).
2. Line a baking sheet with aluminum foil. Place salmon fillets on the sheet, brush with olive oil, and sprinkle with salt and pepper.
3. Broil for 5–10 minutes, until the tops are browned and the fish is cooked through.

While the salmon cooks, make the salsa:

1. In a bowl, gently combine cantaloupe, red pepper, green onion, and cilantro. Season with a little salt and pepper.
2. In a small bowl, whisk together olive oil, lime zest, and lime juice. Pour over the salsa and toss to combine.

To serve: Place a salmon fillet on each plate and top with a scoop of salsa. Enjoy with green salad and brown rice for a complete meal.

See? Eating for your eyes has never looked (or tasted) so good! 🍷

# Personal Tech

## Tech Tools That Make Life Easier

### Helpful Apps for People With Vision or Hearing Impairments

By James Morris



**S**taying connected, informed, and independent matters at every age. For seniors living with low vision or hearing loss, today's smartphones and tablets offer powerful tools that can make everyday tasks easier—from reading a menu to joining a family video call. The best part: many of these apps are free, simple to use, and designed with accessibility in mind.

Below is a curated guide to some of the most helpful apps available today. Whether you're exploring options for yourself, a loved one, or a friend at the Senior Center, these tools can open doors to greater confidence and independence.

#### Apps That Support Low Vision



##### Seeing AI (iPhone)

Created by Microsoft, Seeing AI uses artificial intelligence to narrate the world around you. Point your phone at a document, and it reads the text aloud. Aim it at a room, and it describes the scene. It can even identify products, currency, and faces. For many seniors, it becomes a daily companion.



##### Lookout by Google (Android)

Lookout offers similar features for Android users. It reads text, identifies objects, and helps with tasks like sorting mail or recognizing packaged goods. Its "Text Mode" is especially helpful for reading signs or menus on the go.



##### Be My Eyes (iPhone & Android)

This popular app connects users with sighted volunteers who provide real-time visual assistance through a live video call. Need help reading a label, checking an expiration date, or navigating a new appliance? A volunteer can guide you in seconds.



### Envision AI (iPhone & Android)

Envision reads text, recognizes objects, and can even describe photos. It works both online and offline, making it reliable in places where Wi-Fi is spotty.



### Supersense (iPhone & Android)

Designed for speed and simplicity, Supersense scans text, reads barcodes, and identifies objects with minimal steps. It's a good option for users who prefer a streamlined experience.

## Built-In Accessibility Tools

Both iPhones and Android phones include powerful accessibility features:



#### VoiceOver (iPhone) and



**TalkBack (Android)** read aloud everything on the screen.



#### Magnifier, Zoom, Large Text, and High Contrast

settings make screens easier to see.

These tools are already on your device—you just need to turn them on.

## Apps That Support Hearing Loss

### Live Transcribe (Android)

Live Transcribe provides real-time captions for conversations. Whether you're chatting with a friend, attending a meeting, or talking with a doctor, the app turns speech into text instantly.



### Ava (iPhone & Android)

Ava is designed for group conversations. Each speaker is color-coded, making it easier to follow who said what. Transcripts can be saved for later, which is helpful for appointments or classes.



### Rogervoice (iPhone & Android)

Phone calls can be challenging for people with hearing loss. Rogervoice solves this by providing live captions during calls, allowing users to read what the other person is saying in real time.



### Sound Amplifier (Android)

This app enhances and clarifies sound through headphones. It can help in noisy restaurants, crowded events, or anywhere background noise makes hearing difficult.



### Otter.ai (iPhone & Android)

Otter is a high-quality transcription tool often used for meetings, but it's equally helpful for everyday conversations. It saves transcripts automatically, making it easy to review important details later.



### NIOSH Sound Level Meter (iPhone)

This app measures environmental noise levels and helps users understand when sound exposure may be unsafe. It's a useful tool for protecting hearing health.

## Tools That Support Both Vision and Hearing Needs

### Voice Assistants (Siri, Google Assistant, Alexa)

Voice assistants can read messages, set reminders, answer questions, and control smart home devices—all hands-free. For seniors with vision or hearing challenges, this can be a game-changer.

### Video Calling Apps (FaceTime, Zoom, Google Meet)

Video calls offer visual cues like lip reading and facial expressions, and many platforms now include built-in captioning. They help seniors stay connected with family, friends, and community activities.

### Smart Wearables

#### Ray-Ban Meta Smart Glasses

These glasses offer real-time spoken descriptions of surroundings, hands-free calling, and photo capture. While not essential for everyone, they represent an exciting new frontier in accessibility technology.

## Bringing It All Together

Technology can feel overwhelming, but the right tools make a meaningful difference. Whether it's reading a prescription bottle, joining a conversation, or navigating daily tasks with confidence, these apps are designed to support independence and dignity. ☺



Redmond, Oregon  
**Senior Center**  
*Engage. Connect. Thrive.*

# Your generosity keeps our community thriving.

Every gift to the Redmond Senior Center helps provide nourishing meals, engaging classes, and the daily connections that make this place feel like home for so many older adults in our community.

As a thank you, every online donor will receive a FREE Special Edition of Senior Moments magazine, celebrating the incredible impact of your support.

## Let's finish the year strong--together.



To donate, you can scan this code with your smartphone or go to [www.RedmondSeniors.org/eoy](http://www.RedmondSeniors.org/eoy).

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**Local Paws** | 435 SW Evergreen Ave, Redmond, OR 97756 | (541)604-8990 | [localpawsredmond.com](http://localpawsredmond.com)

**McDonald's of Redmond** | 895 SW Rimrock Way, Redmond, OR 97756 | (541)504-0073 | [www.mcdonalds.com](http://www.mcdonalds.com)

**Meta** | 607 Tom McCall Rd, Prineville, OR 97754

**Partners In Care** | 141 NW 6th St Suite B, Redmond, OR 97756 | (541)382-5882 | [www.partnersbend.org](http://www.partnersbend.org)

**Redmond Area Parks and Recreation District** | 465 SW Rimrock Way, Redmond, OR 97756 | (541)548-7275 | [www.raprd.org](http://www.raprd.org)

**Redmond Chamber of Commerce** | 446 SW 7th St, Redmond, OR 97756 | (541)923-5191 | [www.visitredmondoregon.com](http://www.visitredmondoregon.com)

**Spokesman** | 361 SW 6th St, Redmond, OR 97756 | (541)548-2184 | [www.redmondspokesman.com](http://www.redmondspokesman.com)

**The UPS Store** | 946 SW Veterans Way #102, Redmond, OR 97756 | (541)504-8600 | [www.theupsstore.com](http://www.theupsstore.com)

**Diana Barker, Windermere Realty Trust** | (541)480-7777 | [www.dianabarker.com](http://www.dianabarker.com)

**Brookside Assisted Living** | 3550 SW Canal Blvd, Redmond, OR 97756 | (541)504-1600 | [www.brooksideplace.net](http://www.brooksideplace.net)

**Amerititle** | 735 SW 6th St, Redmond, OR 97756 | (541)923-1749 | [www.amerititle.com](http://www.amerititle.com)

**Central Electric Cooperative, Inc.** | 2098 NW 6th St, Redmond, OR 97756 | (541)548-2144 | [www.cec.coop](http://www.cec.coop)

**Fairway Mortgage** | 601 NW Harmon Blvd, Suite 11, Bend, OR 97703 | (541)771-6175 | [www.fairway.com](http://www.fairway.com)

**Aspire** | (458)206-6660 | [www.AspireCaregiving.com](http://www.AspireCaregiving.com)

**Swift Steel** | 168 SE Evergreen Ave, Redmond, OR 97756 | (541)548-4536

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## Find Randy!



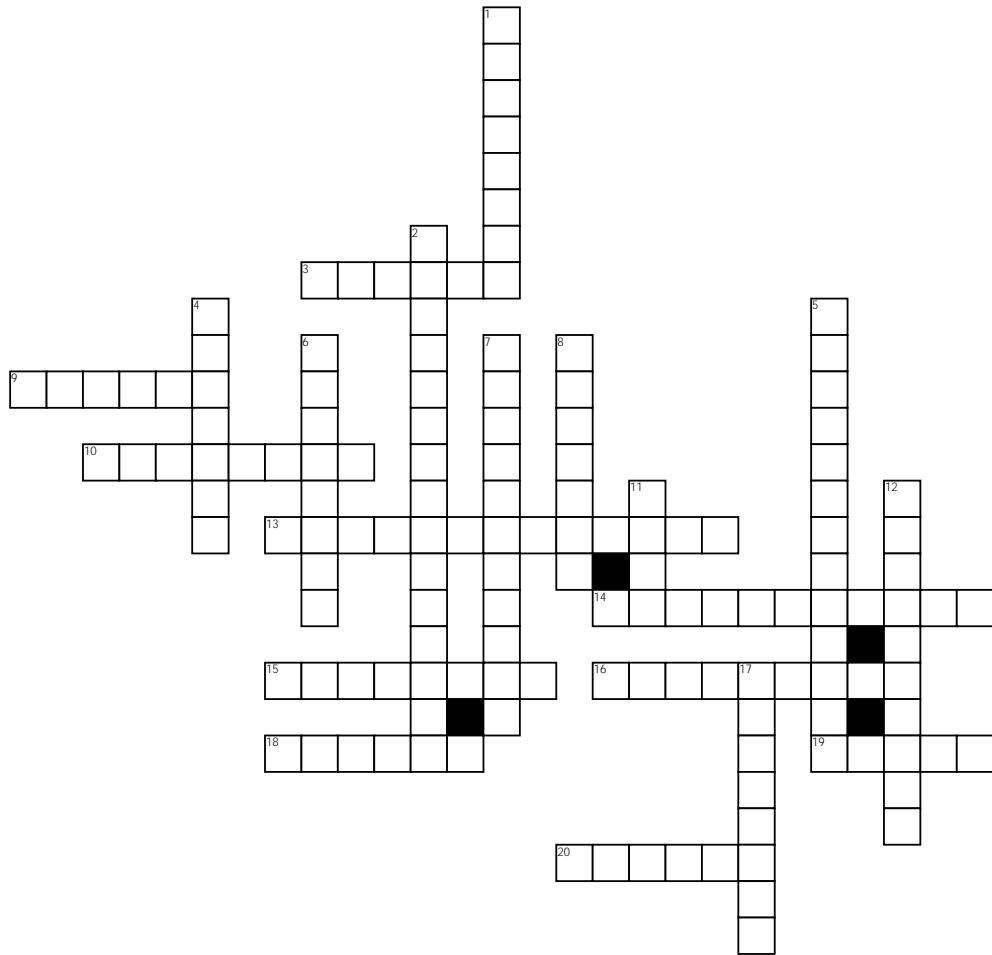
Somewhere in this newsletter, our cartoon friend Randy is hiding. Your mission: Find Randy!  
 Once you spot him, email [James@RedmondSeniors.org](mailto:James@RedmondSeniors.org) and say where he's hiding.  
 All correct entries will go into a raffle, and one lucky detective will win a prize!

Last Month's Randy Location:  
 ... Pg. 5, peeking out from behind the Senior Center sign.



# Game On!

## Vision and Hearing Health



### Across

3. A common vision problem where distant objects appear blurry.  
 9. The light-sensitive layer at the back of the eye.  
 10. The small bones in the middle ear: malleus, incus, and stapes.  
 13. Hearing loss caused by damage to the inner ear or auditory nerve.  
 14. A condition causing blurry vision due to an irregularly shaped cornea.  
 15. A ringing or buzzing sound in the ears.

16. A common cause of temporary hearing loss, often due to infection. EAR

18. Regular check-ups for your eyes and ears are crucial for maintaining this.

19. The nerve that transmits auditory information from the cochlea to the brain. AUDITORY

20. The clear outer layer at the front of the eye.

### Down

1. Increased pressure inside the eye, potentially leading to blindness.

2. The medical professional who diagnoses and treats eye diseases.

4. A device that amplifies sound for people with hearing loss.        AID

5. The ability to see clearly at different distances.

6. The part of the ear that collects sound waves. (2 words)

7. The sense of balance, closely linked to the inner ear.

8. The snail-shaped organ in the inner ear responsible for hearing.

11. The colored part of the eye that controls pupil size.  
 12. The nerve that transmits visual information from the retina to the brain. (2 words)

17. Clouding of the eye's natural lens.

### Word Bank

NERVE  
 EQUILIBRIUM  
 CORNEA  
 OPTIC NERVE  
 OUTER EAR

HEARING  
 TINNITUS  
 COCHLEA  
 SENSORINEURAL  
 RETINA

OPHTHALMOLOGIST  
 INFECTION  
 ASTIGMATISM  
 HEALTH  
 IRIS

CATARACT  
 OSSICLES  
 GLAUCOMA  
 ACCOMMODATION  
 MYOPIA

Redmond, Oregon



Senior Center

# BENEFITS

## of membership

**\$50**  
annually

### WELCOME TO A COMMUNITY THAT FEELS LIKE HOME

AT THE REDMOND SENIOR CENTER, EVERY DAY IS AN OPPORTUNITY TO CONNECT, LAUGH, LEARN, AND FEEL TRULY SUPPORTED. WHETHER YOU'RE LOOKING FOR FRIENDSHIP, PURPOSE, OR SIMPLY A PLACE WHERE YOU BELONG, YOU'LL FIND IT HERE. BECOMING A MEMBER ISN'T JUST ABOUT SAVING MONEY—IT'S ABOUT JOINING A COMMUNITY THAT CELEBRATES YOU. FOR JUST \$50 ANNUALLY, YOU UNLOCK A FULL YEAR OF MEANINGFUL EXPERIENCES, SPECIAL PRIVILEGES, AND A WARM CIRCLE OF PEOPLE WHO ARE EXCITED TO WELCOME YOU IN.

### Why Join? The Difference Membership Makes

#### NON-MEMBER EXPERIENCE

- **Access With Fees** - Non-members are always welcome, but meals, classes, and events come at a higher cost.
- **Limited Event Participation** - You can attend events and classes, but at non-member rates and with no priority for high-demand activities.
- **Pay-Per-Use Facilities** - Access to spaces like the library, gym, or craft rooms is available for a \$5 day pass.

#### MEMBER EXPERIENCE — WHERE THE VALUE REALLY SHINES

- **Discounted Meals** - Enjoy delicious, community-style lunches for \$5 instead of \$8. Plus: purchase a 10-meal punch card for just \$40.
- **Priority Booking** - Be first in line for classes, trips, workshops, and special events—especially helpful for popular or limited-capacity activities.
- **Special Rates on Events** - Members receive reduced pricing or exclusive access to concerts, talks, celebrations, and other ticketed gatherings.
- **Free or Discounted Classes** - Explore art, yoga, technology, crafts, wellness, and more—many at no cost or at a significantly reduced rate.
- **Raffle & Auction Perks** - Members enjoy extra benefits such as bonus raffle tickets or access to special auction items.
- **Community Support Network** - Gain access to a caring community ready to offer connection, resources, and encouragement whenever you need it.
- **FREE Newsletter for Everyone** - Senior Moments is now free for all—members and non-members alike—so everyone stays informed and connected.

#### Join Today and Start Enjoying the Benefits

Online: [www.redmondseniors.org](http://www.redmondseniors.org)

In Person: 325 NW Dogwood Ave., Redmond, Oregon

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