



SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

IN THIS ISSUE:

DIRECTOR'S MESSAGE **5**
Spring Forward: Exciting Growth and Updates at the Redmond Senior Center

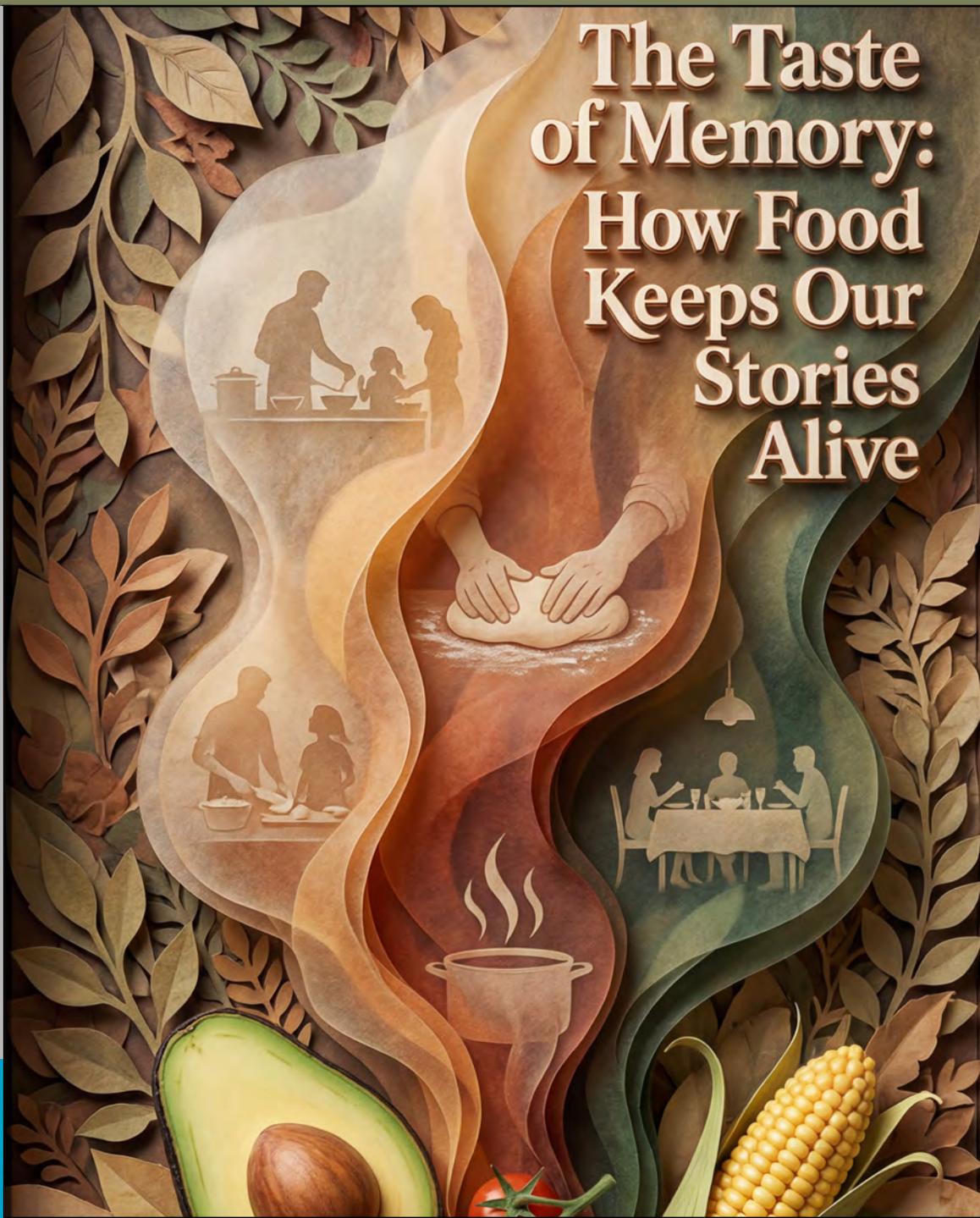
VOLUNTEERING & COMMUNITY **8**
A Life of Service and A Heart for Community

HEALTH & WELLNESS **14**
The Taste of Memory
How Food Keeps Our Stories Alive

ACTIVITIES & EVENTS **18**
March at the Senior Center
Where History Sings, Leprechauns Room

HOME & LIFESTYLE **22**
Nutrition Noir
The Case of the Five Killers

PERSONAL TECH **25**
Smartphone Apps That Make Eating Well a Whole Lot Easier



The Taste of Memory: How Food Keeps Our Stories Alive

SPONSORED BY:

 **THE UPS STORE**

The UPS Store #6746
946 SW Veterans Way Ste. 102
Redmond Oregon 97756

Mon thru Fri - 8am to 6pm
Saturday - 9am to 5pm



THE UPS STORE[®]

THE

PACKING
SHIPPING
MAILBOXES
NOTARY*
SHREDDING**
PRINTING
RETURNS
COPYING
SCANNING
FAXING

STORE

Get all this and more from your small biz and one-stop shop.

be unstoppable[®]

*Notary public at a The UPS Store location is not an attorney licensed to practice law in this State. He or she is not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee for those activities. **Shredding services are provided by Iron Mountain

Visit theupstore.com/shredding. Copyright 1999-2024 The UPS Store, Inc. All rights reserved.

From the Editor

By James Morris

Every month, when I write this introduction, I aim for clarity and honesty. I want to offer you a theme that feels true—not just to the world of aging but to my own life. This month, that theme is Nutritional Health, and it's a subject that strikes a deeply personal chord.

I've spent much of my life grappling with food—not just as fuel, but as something far more complicated. Like many people, I've wrestled with weight loss, tried diets, and struggled to make peace with my plate. I've learned that hunger is rarely the only reason we eat. My own personality leans toward the addictive; when I love something, I go all in. That trait has driven me to build programs, write books, and invest my full energy into this magazine. But it's also made nutrition a balancing act I've never quite mastered.

I know I'm not unique in this struggle.

As we age, food takes on new meanings and challenges. Some of us lose our appetite, while others find solace in familiar snacks. We eat out of habit, loneliness, or stress. And then there are moments—moments I know well—when we stare at our plate and wonder, “Why can't I just eat what I know I should?”

That's why this issue matters.

Nutritional health isn't about rigid rules or chasing perfection. It's not about crash diets or obsessing over the numbers on a scale. It's about understanding the

changes our bodies go through and learning to work with them, not against them. It's about finding joy in food again. This issue will help you navigate those changes.

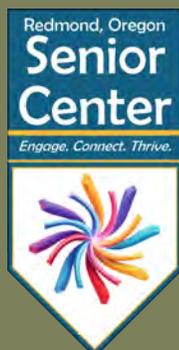
We'll explore how taste evolves after 60, how to shop for groceries without feeling overwhelmed, and how to nourish yourself in ways that are realistic, not restrictive. You'll find practical advice—like how to cook for one, eat on a budget, or decode confusing food labels—but you'll also find compassion. Because food isn't just physical; it's emotional. It's tied to our memories, our moods, and our identity.

My hope is that as you read, you'll feel encouraged—not judged. Inspired—not pressured. Seen—not scolded.

Because nutritional health isn't a destination you arrive at, neatly tied up in a bow. It's a relationship. It evolves, it stumbles, and it grows—just like we do.

So, here's to a month of learning, experimenting, and maybe rediscovering a little joy at the table. I'll be right there with you, trying new recipes, making small adjustments, and reminding myself that even slow progress is still progress.

Thank you for being part of this community and for allowing me to share my honest journey with you. Together, we're figuring it out. 



325 NW Dogwood Ave.
Redmond, OR 97756
(541) 548-6325
www.RedmondSeniors.org

Know Your Staff

Executive Director

Randy Graves

Assistant Executive Director

Janean Baird

Volunteer Coordinator

Lahna Avery

Programs Coordinator

Angela Boock

Chef

Jose Perez

Facility & Marketing Director

Newsletter Editor/Contributor

James Morris

Board of Directors

Diana Barker

Earl Fisher

Ron Hagen

Sharon Lanier

Laura Martin

Paul Rodby

Sandra Steiger

Mitch Steitz

Jo Anne Sutherland

Advertising

James@RedmondSeniors.org

Back Issues

<https://redmondseniors.org/newsletter-archive>

Production Company

JH Morris Productions
Redmond, OR 97756
www.JamesHMorris.com

Printed by

The UPS Store
946 SW Veterans Way #102
Redmond, OR 97756

The Redmond Senior Center newsletter is distributed free of charge to all members as a benefit of their membership. Content within the newsletter is the intellectual property of the Redmond Senior Center, and permission must be obtained for any reuse of articles, images, or other materials. Copying or redistributing the newsletter or its content, in whole or in part, without prior authorization, is strictly prohibited. Thank you for respecting these guidelines and supporting our community efforts.



**NEW DATE
ANNOUNCED!**

**TICKETS
NOW
ON
SALE**

SNOW BALL

2026

SATURDAY, MARCH 21

4:30 - 8:00 PM

325 NW DOGWOOD AVE., REDMOND

BEER/WINE

RAFFLE

4-COURSE DINNER

DANCING

ENTERTAINMENT

BY

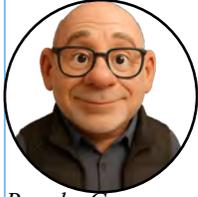
 **the
NOTABLES**
SWING BAND

\$35 PER PERSON OR \$60 PER COUPLE

SPACE IS LIMITED - PURCHASE YOUR TICKETS EARLY

WWW.REDMONDSENIORS.ORG/SNOWBALL

A Message from the Director



Randy Graves
Executive Director

Winter has flown by, and with March already upon us, I find myself reflecting on how fortunate we've been here in the High Desert. Unlike many other areas, we haven't had to worry about snow days this season, and our drivers have had relatively smooth travels on the roads. I'd like to take a moment to thank the Redmond Chamber of Commerce for honoring us with the Customer Service Award earlier this year. It's truly a reflection of the incredible community we serve. In just the first two months of the year, we've welcomed over 50 new members to the Redmond Senior Center (RSC), a testament to the growing connections we are fostering. Some days, our parking lot feels too small to hold all the activity here, and that's a wonderful challenge to have!

Looking ahead, we're excited to announce several updates that will enhance the experience for everyone who visits the Center. This spring, we will begin replacing the carpeting in all the rooms that currently have flooring in need of an upgrade. This project, made possible by a Community Block Grant from the City of Redmond, is expected to take about two weeks. We're collaborating closely with the contractor to ensure we minimize any disruptions to our programs, and we'll keep you informed every step of the way. Additionally, we'll be installing new signage at the entrance of the Center, proudly displaying our name and logo to make the space even more welcoming.

I'm also thrilled to announce our first Annual Golf Tournament, which will take place at the Eagle Crest Resort course on Friday, July 17th. This shotgun-format event will include breakfast and lunch, and we're currently seeking sponsors to support the tournament. If your business is interested in partnering with us, please reach out to Randy at 360-910-3691. Registration will open this month, both online and in person at the Center. I'd like to extend my gratitude to Laura Martin and Mitch Steitz, two of our first-year board members, for chairing this exciting event.

As always, our staff is here to listen and learn from your feedback. If you have ideas about how we can continue to improve the Center, we'd love to hear them.

In closing, I want to thank the entire Redmond and Central Oregon community for your unwavering support of the Redmond Senior Center. Serving as Executive Director of this incredible organization is a privilege and an honor I don't take lightly.

Blessings,

Randy Graves

Randy Graves

Executive Director

Redmond Senior Center



**Insurance
Fitz Agency, Inc**
Insurance That Fits You.com
62910 OB Riley Rd, Ste 130, Bend, OR 97703 | (541)398-7550

*We're here
for you!*



Join us at the
Redmond Senior Center
325 NW Dogwood Ave, Redmond, OR
Wednesday
March 18 at 10:00 AM

**Questions about
Medicare? Are you
turning 65?**

**We are local agents and
here to help!**

This event is only for educational purposes and no plan-specific benefits or details will be shared.
For accommodation of persons with special needs at the meeting call TTW 711-888-511-2196.
We have no affiliations with the U.S. Government or the federal Medicare program.



 **(458) 202-7020**

**Bringing family, love, and
compassion together in a
neighborhood community
you can call home.**

Everything you expect in
exceptional care for your most
precious loved one



TOUR TODAY >

MEMORY CARE IN BEND, OREGON | **RECEIVE \$3,000 OFF YOUR FIRST MONTH**

Questions about real estate?



Diana Barker Principal Broker, CRS, GRI, ABR, SRES RSPS
Caitlin Ducsik Real Estate Broker ABR, RSPS, PSA

Ask us! We excel at

downsizing, relocation, and estate assistance with caring, professional support.

Call us - Let's talk!

"Caitlin was terrific to work with, on top of everything answering my stupid questions and taking care of all my needs in regards to the sale of my home in Oregon. I reside in Arizona so some things were more difficult for me from this distance and she was more than helpful at checking on the residence to answer my questions pertaining to care and upkeep during the listing time. Plus she was upbeat, pleasant and patient with a very elderly client. Best of all, she always communicated with a sense of humor which I more than appreciated. I would judge her a very special person and would highly recommend her if given the opportunity." ~ Kim Hagel, former RSC member



Windermere
 REAL ESTATE
 WINDERMERE REALTY TRUST
 821 SW 6th Street
 Redmond, OR 97756
 541.923.4663

Like me on



Diana - 541-480-7777
 askdianabarker@gmail.com

Caitlin - 970-209-9055
 caitlind@windermere.com

limited time deal

Buy One, \$1
Get One for 1

Mix & Match

Big Mac®

**Quarter Pounder®*
 with Cheese**

Filet-O-Fish®

**10 pc. Chicken
 McNuggets®**



*Weight before cooking 4 oz.
 Limited time only. Valid for item of equal or lesser value. Cannot be combined with any offers.

©2019 McDonald's

Volunteering & Community

A Life of Service and A Heart for Community

Mike and Vicki Adams' Journey

By James Morris



Walk into the Redmond Senior Center, and you'll feel something special. It's not just the friendly greetings or the bustling calendar of activities. It's a warmth that comes from people like Mike and Vicki Adams, who quietly and humbly dedicate their time to making Redmond a more connected and caring community.

Mike and Vicki are part of the Meals on Wheels program, and though they're relatively new to the Senior Center, they've already become invaluable. Their story is one of service, community, and a deep appreciation for the kindness they've found in Redmond.

Finding Their Way to Redmond

Like many who call Central Oregon home, Mike and Vicki weren't born here. But they were drawn to its familiar beauty and tight-knit feel. "[We] grew up in K. Falls and wanted to get back to Central Oregon," Mike explained. After more than 35 years working in the Valley, they moved to Redmond in May of 2022. They were looking for natural beauty and a vibrant local life. "We just wanted to explore," Vicki said. Their first year was spent hiking and riding bikes, soaking in the new surroundings.

But after a while, adventure wasn't enough. "We decided, okay, we have to find some kind of a connection here in the community," Vicki said. "It's hard to meet people when you're in your 60s. And, of course, I knew about the senior center..."

A Lifetime of Giving Back

For Mike and Vicki, service is second nature. Mike spent decades as a structural engineer, shaping buildings across the I-5 corridor, including local landmarks like the Hampton, Marriott, and La Quinta hotels in Redmond. It wasn't just about construction for him—he found satisfaction in creating spaces that served practical needs.

Vicki's career was rooted in education and gerontology. "I got my degree... in Montessori education and had a Montessori school for about 16 years," she said. After raising their son, she decided to take on a new challenge. "I went back to school and got my degree in gerontology and fell into Meals on Wheels. I started volunteering because I had to get hours. And I really liked the program. I was with Meals on Wheels for, like, 17 years."

Her experience shaped her belief in creating spaces for people of all ages and abilities. "There has to be things

out there for all different levels of aging," Vicki said. Drawing on her years running two senior centers in the metro area, she emphasized the importance of programming that includes everyone. "So, the people that, you know, shuffle in and just sit there, but at least they're out of their house... and the people that want to move their bodies..."

Meals on Two Wheels: A Different Kind of Connection

Mike and Vicki don't just follow the usual path—they find creative ways to help. While living in Beaverton, they started "Meals on Two Wheels," a program that delivered meals by bicycle trailer with the support of local sponsors. It was a fresh, healthy, and sustainable twist on a classic service.

"It was kind of fun to be out there with your little trailer... advertising Meals on Wheels, and people are noticing because it's different," Vicki said. For Mike, who's been riding bikes for more than 50 years, it was second nature. "After riding for 50 years, it really didn't matter," he said.

But service comes with its own set of stories. Vicki laughed as she recalled one memorable day: "Mike, racing home after his shift, got a speeding ticket—in the car."

Now, in Redmond, the couple has brought that same creativity and commitment to their Meals on Wheels work. Mike especially enjoys the route that takes him toward Crooked River. "You get to see more of the coverage," he said. "Some of the places that we visited, you know, you can tell there's a need. And they're homebound and usually when they get to the door, they're just getting to the door."

"To me, that's the real important part," Mike continued. "Touch that one, even if it's once a day, once a week, whatever—it's still that person has somebody that has come by."

Finding a Place at the Redmond Senior Center

The connection Mike and Vicki feel with their Meals on Wheels clients mirrors what they've found at the Senior Center itself. Having worked with other centers, some large and well-funded but less personal, they deeply appreciate Redmond's unique atmosphere.

"This center has so much community support and so many activities offered. You know, happy hour and so on..." Vicki said.

As the Center's marketing coordinator, I shared how far we've come in two years. "Two years ago, they had no idea we were here," I explained. Through open houses, fundraisers, and outreach, the Center has become a hub for support and celebration. "Our membership has tripled in those two years and still growing... My focus right now... is trying to market to the people that are in isolation and let them know... there's a place that you can go, and that's right here."

Mike and Vicki see that mission in action every day. "There's always something... always an activity, always something," Mike said with a smile. "We always talk about we should learn how to dance, but..."

More Than a Meal

At its heart, Mike and Vicki's story is about connection. They understand that programs like Meals on Wheels are about much more than food, they're about combating loneliness and building relationships. "[There's] an epidemic, you know, of loneliness," Vicki said. "People

don't realize, that's the only person they might see all day long or all week long."

"Some of these clients, you're the only connection they see," I added. "That's why I always have my door open... I may be the only one they've talked to this week, and I'm fine with that."

Mike had an idea for the future: "Ambassadors for the community... even if it's just once a month or once a week... just to go visit, see if they need a visit. Somebody to sit with if they're alone."

It's this kind of practical, compassionate thinking that makes Mike and Vicki such an important part of the Redmond Senior Center. They don't just serve—they look for ways to bring people on the margins back into the heart of the community.

The Heart of Redmond

Whether they're delivering meals with a smile, brainstorming new ideas, or simply cheering on the Center's many successes, Mike and Vicki Adams embody what makes Redmond special. They're givers and doers. They're learners and dreamers. And most of all, they're people who make others feel at home.

As our membership grows and our community deepens, it's clear that volunteers like Mike and Vicki are the reason the Redmond Senior Center is more than just a place, it's a family. 



Volunteering: The Secret to a Swole Brain!

Volunteering isn't just good for your community—it's a workout for your brain!

Think volunteering is just about warm fuzzy feelings and community service? Think again! When you're ladling soup at the shelter or reading to kids at the library, your brain is secretly hitting the gym and getting absolutely swole. Scientists have discovered that volunteering acts like a personal trainer for your gray matter, pumping up brain regions linked to memory and giving your neurons the kind of workout that would make a CrossFit enthusiast jealous. So next time someone asks why you spend your weekends helping others, just flex and tell them you're not only building a better community—you're literally building a bigger, buffer brain, one good at a time!



We bring compassion **HOME**

Hospice is so much more than most people think. We use a team approach in providing care and comfort for you and your loved ones – including 24/7 access to your care team, pain management, and emotional and spiritual support – delivered wherever you call home.

Call us today to chat about how hospice can support you.



541.508.4036

The Center of Everything

How a Senior Center Became the Beating Heart of a Community

By James Morris



Walk into the Senior Center on any weekday morning and you'll hear it before you see it: the unmistakable sound of people being glad to be together. It might be laughter from the card room, the thump of a fitness class warming up, or the soft murmur of two friends catching up over coffee. There's nothing dramatic about it. No one is making a speech or cutting a ribbon. It's just life happening in its most honest form – people showing up for one another.

That's the quiet miracle of a Senior Center. It doesn't announce itself. It doesn't ask for applause. It simply opens its doors every morning and says, "Come in. You belong here." And in a world that moves faster every year, that simple invitation has become one of the most powerful forces in our community.

A Place Where People Feel Known

We talk a lot about the challenges of aging — the health concerns, the financial worries, the shifting roles within families. But we talk far less about the emotional terrain: the loneliness that creeps in after a spouse dies, the disorientation of retirement, the feeling of becoming invisible in a town you helped build.

The Senior Center doesn't solve these problems with grand programs or complicated strategies. It solves them with presence. With a front-desk volunteer who remembers your name. With a staff member who notices when you haven't been in for a week. With a classmate who saves you a seat because they know you like the one by the window.

These are small gestures, but they add up to something enormous. They restore a sense of identity. They remind people that they matter. And in a time when isolation is one of the most dangerous threats to senior wellbeing, that reminder can be life-changing.

One woman, who had moved to Redmond after losing her husband, told me she came to the Center “just to see if anyone would talk to me.” They did. They still do. Now she's the one pulling out a chair for a newcomer, extending the same warmth and welcome that once made her feel at home. That's how community works — one person's courage becomes another person's comfort.

The Power of Showing Up

As a writer I believe in the beauty of ordinary life. I believe that the stories worth telling are the ones rooted in real people doing real things. The Senior Center is full of those stories.

There's the widower who hadn't laughed in months until someone coaxed him into a chair exercise class. There's the retired teacher who found her spark again by volunteering for Meals on Wheels. There's the man who comes every day just to eat lunch and socialize, because the taste of the food reminds him of his late wife's cooking.

None of these moments will make headlines. But they make a life. And they make a community.

The Center doesn't ask people to be anything other than who they are. It doesn't demand productivity or perfection. It simply asks them to show up. And when they do, something shifts. Shoulders relax. Eyes brighten. People remember what it feels like to be part of something larger than themselves.

Programs That Do More Than Fill Time

If you look at the Center's calendar, you'll see a long list of classes, meals, workshops, and events. But the real impact isn't in the activities themselves — it's in what they unlock.

A fitness class isn't just about movement. It's about confidence. It's about someone realizing they can still get stronger, still learn something new, still surprise themselves.

A painting class isn't just about art. It's about expression. It's about giving people a way to tell their stories without needing the perfect words.

A lunch program isn't just about food. It's about companionship. It's about the simple joy of sitting at a table with others and sharing a meal that tastes better because you didn't eat it alone.

These programs are the scaffolding. The real structure is the relationships built around them.

The Ripple Effect Beyond the Walls

It's easy to think of a Senior Center as a place that serves only seniors. But its impact reaches far beyond the people who walk through the doors.

Families feel it first. When a parent or grandparent has a place where they feel safe, engaged, and supported, the entire family breathes easier. Caregivers get a few hours of respite. Adult children worry less. Grandkids see their elders thriving instead of fading.

Local businesses are beginning to feel the impact as well. While the Center's community partner program is still in its early stages this year, we are actively working

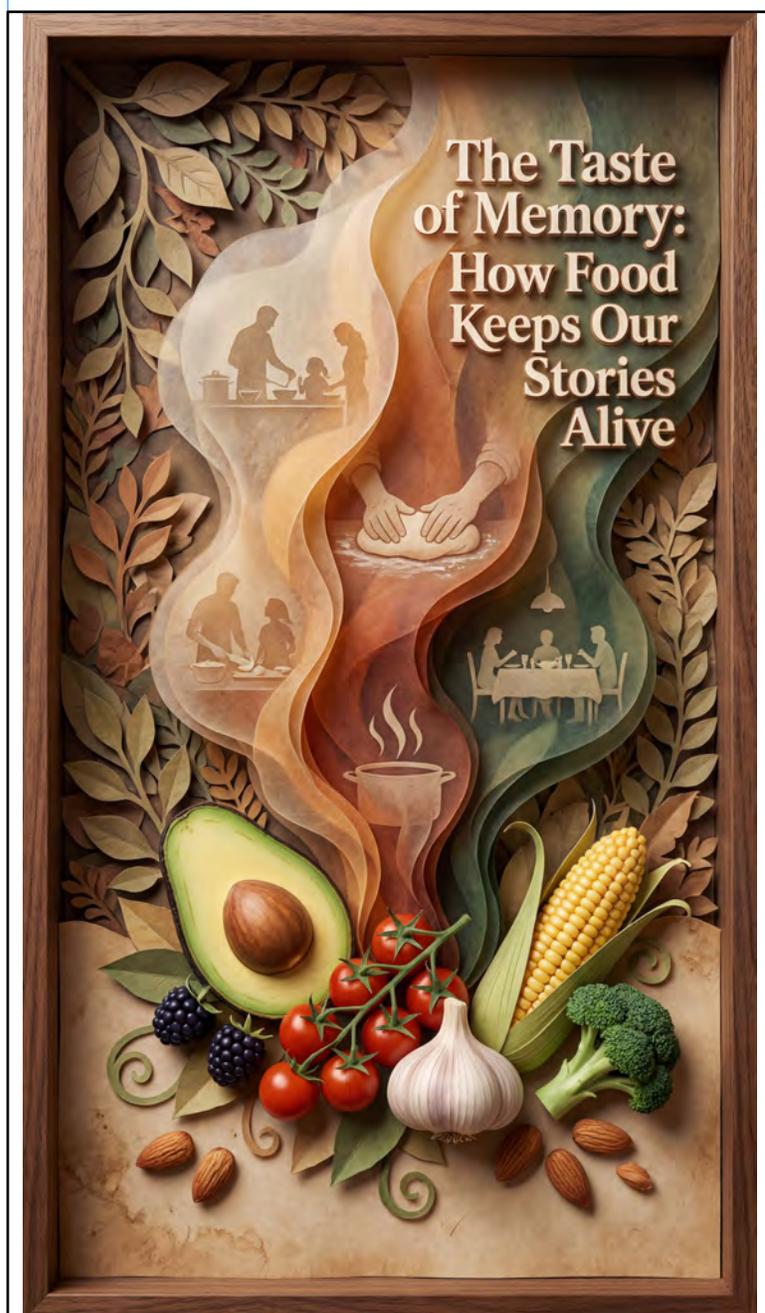
See **CENTER/20**

Health & Wellness

The Taste of Memory

How Food Keeps Our Stories Alive

By James Morris



A Bite That Brings You Back

The smell of cinnamon curling through the air. The crackle of soup simmering on the stove. The first bite of a sun-warmed tomato from a backyard garden. These are not just tastes and smells—they are time machines. They sweep you away to kitchens brimming with laughter, family dinners, or solitary moments of quiet comfort.

Food, at its core, is far more than fuel. It is memory preserved, a bridge to the past, and a keeper of stories. A single taste can unlock a flood of emotions. A piece of warm bread might carry you back to your grandmother's kitchen, where her hands worked dough with firm yet gentle precision. A spoonful of soup might return you to a cold winter evening, the smell of your mother's cooking wrapping you in warmth before you even stepped through the door.

This is the magic of food. It nourishes the body, yes—but it also feeds the soul.

Why Food and Memory Are So Deeply Connected

The Science of Taste and Memory

Have you ever wondered why a single bite can bring back a memory so vividly? The answer lies deep in the brain's architecture. Taste and smell are uniquely tied to the limbic system—the part of the brain that governs emotion and memory. A familiar flavor or scent can

wake up memories you thought were long forgotten, transporting you to another time and place.

This phenomenon is so potent it has a name: the “Proustian effect.” Marcel Proust famously wrote about how the taste of a madeleine dipped in tea brought back a cascade of childhood memories. Modern science now confirms what Proust intuited—taste and smell have an unmatched ability to stir autobiographical memories, often accompanied by vivid emotion.

The Emotional Power of Familiar Flavors

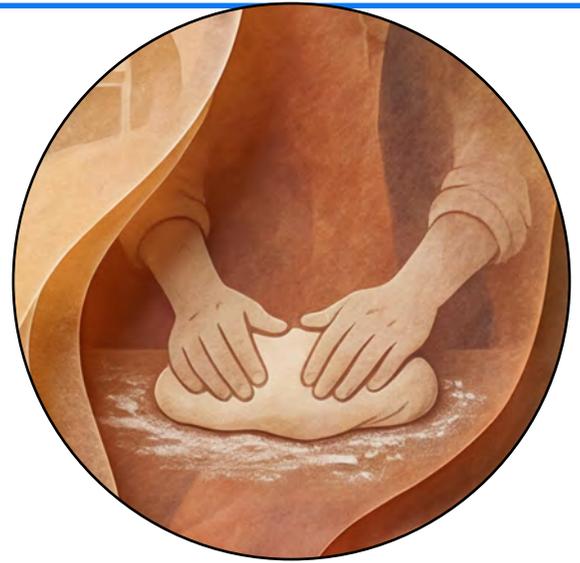
But food doesn’t just work on the brain—it works on the heart. The power of a familiar flavor is emotional as much as neurological. It can comfort us when we are stressed, ground us when we feel unmoored, or bring joy and nostalgia in equal measure.

For many, food is a lifeline to identity. A favorite dish reminds us of where we come from, the traditions that shaped us, and the people who loved us. Consider the sensation of biting into a dish you haven’t tasted in years. In a heartbeat, you’re back at the family table or in a warm kitchen—surrounded by faces, laughter, and love. That is the power of food. Its flavors are fleeting, but its connections are lasting.

Stories From Our Community

At the Redmond Senior Center, food is a thread that ties past to present, weaving individual memories into collective stories. Each recipe tells a tale. Each bite carries history. Here are just a few:

- **Apple Pies and Autumn Days:** One woman recalls crisp fall afternoons spent baking apple pies with a loved one. The smell of cinnamon and the golden crust fresh out of the oven bring back those moments vividly. Today, baking pies is more than a ritual—it’s a way to feel the presence of loved ones in the kitchen.
- **Sunday Roasts and Family Unity:** Another remembers the tradition of Sunday roasts, where no matter how busy life became, the family gathered at the table. The aroma of the roast filling the house symbolized unity. Though the gatherings have



grown smaller, preparing the roast keeps the spirit of those dinners alive.

- **Garden Soup and Simple Joys:** Someone else reminisces about a garden soup made with vegetables grown by hand. Each pot of soup was different, reflecting the season and the care that went into growing the produce. Even now, recreating that soup offers a connection to a simpler, more intentional way of life.

These aren’t just recipes—they’re lifelines. They remind us of who we’ve loved, where we’ve been, and the moments that shaped us.

When Taste Changes—and Memory Helps Us Adapt

As we age, our senses of taste and smell often change. Foods that once brought pure joy might taste muted or unfamiliar. It can feel like a loss, but memory can help us adapt.

By remembering the flavors we loved, we can find new ways to bring them back to life. If a favorite dish now tastes bland, fresh herbs or spices can revive it. If sweet desserts no longer satisfy, fresh fruit or natural sweeteners might capture the magic.

Here are a few simple tips to enhance flavor:

- Add fresh herbs like basil or rosemary for depth.

- Experiment with spices like cinnamon, ginger, or paprika.
- Play with textures—add crunch with nuts or creaminess with sauces.
- Brighten flavors with citrus juice or vinegar.
- Be open to new ingredients that echo old favorites.

Even if a dish can't taste exactly as it once did, the act of preparing it—the chopping, stirring, and sharing—still carries the memories forward.

Reclaiming the Kitchen

Cooking as Connection

Cooking doesn't have to be a solo activity. At the Redmond Senior Center, potlucks and cooking classes are a reminder of the joy found in preparing and sharing food together. Sitting down for a meal, swapping recipes, and passing dishes across a table builds more than community—it creates belonging.

For seniors, in particular, these moments can be a lifeline.

Loneliness fades when the kitchen is filled with stories and laughter.

Cooking as Self-Care

Cooking can also be a simple act of self-care. Even if you're only cooking for yourself, the small rituals—setting the table, lighting a candle, or playing music—can transform a meal into something special. Recreating a favorite dish from childhood or trying a new recipe can lift your mood and bring a sense of accomplishment.

Start small. A bowl of soup, a slice of buttered toast, or a simple salad can remind you that even the humblest foods can nourish both body and spirit.



A Framework for Revisiting a Memory Dish

Recreating a dish from your past doesn't have to be complicated. Here's a simple guide:

1. **Identify the memory:** What dish holds special meaning for you?
2. **Recall the flavors:** What spices or ingredients made it unique?
3. **Adapt to today:** Adjust the recipe for your current needs—less sugar, more herbs, or a new twist.
4. **Experiment:** Don't be afraid to modernize the dish or make it your own.
5. **Share the story:** Cook it for someone and tell them why it matters. Food, after all, is meant to be shared.

“The Recipe That Made Me”

What's the recipe that holds your strongest memory? Your mother's soup? Your grandfather's barbecue? Or maybe a dish you discovered later in life?

Send us the recipe and the story behind it. We'll feature a few in upcoming issues of Senior Moments. Together, we'll keep these stories alive—one dish at a time.

Closing Reflection: The Stories We Carry Forward

Food is more than sustenance. It's a language of memory, a connection to the people we love, and a way to honor our past while creating new stories for the future.

Every taste, every meal, is an opportunity to remember. So, what will you cook today? Whatever it is, may it bring you joy, comfort, and a taste of the stories that make you who you are. 

wellbeing series
NUTRITIONAL HEALTH



**WEDNESDAY
 MARCH 11
 12:30 PM**

Proper Definition of Food

Join Us for a Nutritional Health Talk This March! Discover the true meaning of food and how it impacts your health with Bryant Dockins from Heart 'n Home Hospice. In this insightful presentation, we'll explore what qualifies as "proper food" and reveal how some of the things we eat may harm us.

Learn how to optimize your health and longevity by simplifying powerful processes like MTOR and autophagy—keys to:

- Boosting your metabolism
- Healing your body naturally
- Reducing pain and depression
- Living a longer, healthier life

Don't miss this opportunity to gain practical tips and transform your well-being. Join us and take the first step toward a healthier you!

Also, Marnae Powell, Therapeutic Mobility instructor, will be educating us on how nutrition and exercise work together to live a healthy life.

**WEDNESDAY
 MARCH 25
 12:30 PM**

Wellbeing Connect

A Culminating Session for the Self-Care Wellbeing Series

A session led by Certified Wellness Coach Sharon Lanier, designed to bring together the themes from our Self-Care Wellbeing Series. This class highlights how daily habits around sleep, nutrition, stress, boundaries, and creativity work as an interconnected system that supports whole-person wellness. Through grounding practices, reflection, and group conversation, participants gain practical insight into harmonizing mind, body, and spirit.

Highlights

- Centering practice using grounding and mindful breathing
- Review of the month's topic and affirmation in the Joyful Journey journal
- Holistic approach to wellness—mind, body, and spirit
- Understanding how daily habits influence one another
- Supportive discussion and personal insight

Pre-registration not required.

Activities & Events

March at the Senior Center Where History Sings, Leprechauns Roam

By Angela Boock, Program Director

If you've been waiting for a month packed with music, mischief, and a little culinary adventure, March is your moment. We've lined up events that will make you laugh, learn, possibly break into spontaneous song, and definitely leave you well-fed—don't worry, we encourage that sort of thing.

March 2 - Cooking Class with Angela: Spinach Pesto Pasta with Broccoli Rabe

Ready to turn your kitchen into an Italian masterpiece? Angela is back with a cooking class that'll have you twirling pasta like a pro and singing opera—well, maybe not the opera part, but definitely the twirling. We're making Spinach Pesto Pasta with Broccoli Rabe, a dish that sounds fancy enough for company but is forgiving enough for those of us who occasionally confuse salt and sugar.

Come hungry, leave happy, and take home a recipe that'll make your neighbors wonder when you became such a culinary genius.

March 4 - Healing Circle Grief Support

Sometimes the heart needs a safe place to land, and that's exactly what our Healing Circle provides. This is our second session, where stories are shared, tears are welcomed, and healing happens one conversation at a time. Grief isn't something you "get over"—it's something you learn to carry with grace.

Join us for this gentle gathering where understanding flows as freely as the coffee, and no one has to pretend everything is fine when it's not.



March 6 - Eileen Gose Presents: Singing for Suffering

Who knew the fight for women's rights came with such a catchy soundtrack? Join Eileen Gose as she walks us through the suffrage songs that helped fuel a movement—lyrics set to familiar tunes so everyone could belt them out with confidence. In 1912, 20,000 suffragists marched through New York City singing their hearts out while 80,000 people watched. Talk about a flash mob before flash mobs were cool.

Come ready to listen, learn, and maybe even hum along. Singing was part of the fight for equality—whether it softened the message or made it impossible to ignore is up for debate.

March 16 - Cooking Class with Angela: Cauliflower and Lentil Parmesan

Who says comfort food can't be good for you? Angela's back with another culinary adventure that proves healthy eating doesn't mean sacrificing flavor.

We're making Cauliflower and Lentil Parmesan—a dish that sneaks vegetables into your dinner so cleverly, you might actually forget you're being healthy.

Bring your appetite and your sense of adventure. Angela promises this recipe will become a regular in your rotation, and honestly, your arteries will thank you.

March 17 - St. Patrick's Day Celebration

It's time to dust off your green attire—yes, even that questionable hat you bought on clearance last year. We're celebrating St. Patrick's Day with music, laughter, and enough good cheer to make a leprechaun jealous. Whether you're Irish or just enjoy a good excuse to celebrate, we've got a seat (and probably a cookie) waiting for you.

March 20 - Happy Hour with Lindy Gravelle

It's not quite 5 o'clock somewhere, but at the Senior Center, every hour can be happy hour when Lindy Gravelle is involved. Join us for an afternoon of laughter, stories, and the kind of good cheer that makes you forget about everything except the moment you're in right now.

Whether you're looking to make new friends or catch up with old ones, Lindy's Happy Hour is where conversation flows and smiles are contagious. No fancy drinks required—just bring yourself and a willingness to have a good time.

March is shaping up to be a month of toe-tapping, smile-inducing fun at the Redmond Senior Center. Join us—you bring the enthusiasm, and we'll bring the rest!

Feel free to reach out to the Angela, Program Director at the Senior Center! 

Movie Matinee Spotlight: Chinatown

If you're looking for a film that reminds you just how powerful great storytelling can be, *Chinatown* delivers in every frame. Starring Jack Nicholson at the height of his charisma and Faye Dunaway in one of her most unforgettable roles, this 1974 masterpiece is widely considered one of the greatest films ever made—and for good reason.

Why You'll Love It

- **Jack Nicholson is magnetic.** As private detective J.J. "Jake" Gittes, Nicholson brings wit, swagger, and a surprising tenderness to a character who pulls you deeper into the mystery with every scene.
- **A mystery that keeps you guessing.** Set in 1930s Los Angeles, the story begins with what seems like a simple case... and then unravels into a gripping web of secrets, corruption, and unexpected twists. It's the kind of film where you catch new details every time you watch it.

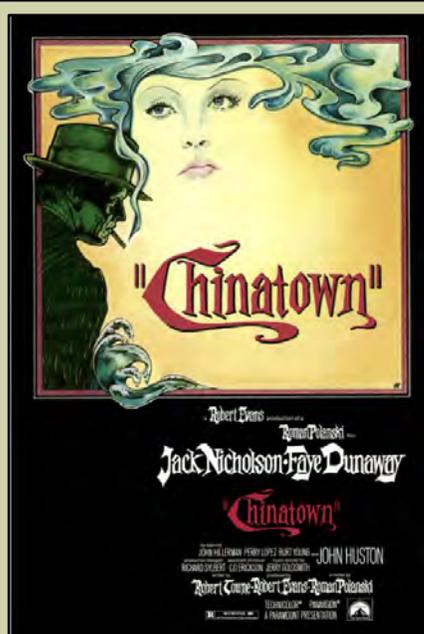
- **Gorgeous filmmaking.** Director Roman Polanski crafts a world that feels both nostalgic and haunting. The cinematography, costumes, and music transport you straight into the golden age of noir.
- **A finale you'll never forget.** Without giving anything away, the ending of *Chinatown* is one of the most talked-about in movie history. It stays with you long after the credits roll.

Perfect for a Senior Center Matinee

This is the kind of movie that sparks conversation—about old Hollywood, about great acting, about how they “don't make them like this anymore.” Whether you've seen it before or it's been decades, *Chinatown* is absolutely worth revisiting on the big screen with friends.

Come enjoy a classic, settle in with some popcorn, and let Jack Nicholson take you on a ride through mystery, intrigue, and unforgettable cinema.

Join us in March for *Chinatown*—you won't want to miss this one.



CENTER/ from 13

to build connections with restaurants, health providers, nonprofits, and city programs. As these partnerships develop, they will help strengthen the local economy and lay the foundation for a supportive network that benefits everyone.

And the city itself feels it. A community that values its elders becomes a community that values empathy, patience, and connection. Seniors bring history, humor, and perspective. They remind us that life is not a race but a long, winding story. When they thrive, the whole town becomes a little wiser.

A Transformation Worth Noticing

Two years ago, the Senior Center was quieter. Participation was lower. Programs were fewer. The energy was different — not bad, but subdued, like a room waiting for someone to turn on the lights.

Then something shifted. New leadership brought clarity and purpose. Communication improved. Programs expanded. Volunteers stepped forward. The community began to see the Center not as a hidden corner of town but as a vibrant hub of daily life.

Today, the building hums with activity. Attendance has grown. Partnerships have multiplied. The Center has become a place people talk about with pride.

Transformation doesn't happen overnight. It happens through hundreds of small decisions, each one rooted in the belief that seniors deserve the best we can offer. And when you walk through the doors now, you can feel the result of that belief.

The Human Moments That Tell the Story

If you want to understand the Center's impact, don't look at the numbers. Look at the moments.

Look at the man who arrives early every morning just to help set up chairs because it gives him a sense of purpose.

Look at the woman who brings homemade cookies for the Center's staff, simply because she loves seeing them enjoy a treat together.

Look at the volunteer who stays late after an event to make sure the room is spotless, not because anyone asked, but because she takes pride in the place.

Look at the staff member who notices when someone seems off and quietly checks in.

These moments don't show up in annual reports. But they are the heartbeat of the Center. They are the reason people keep coming back.

Why It Matters

Aging is often framed as a decline — a slow retreat from the world. But that narrative is incomplete. Aging is also a time of rediscovery. Of reflection. Of connection. Of learning who you are without the roles that once defined you.

The Senior Center gives people the space to explore that chapter with dignity and joy. It reminds them that they are not done. They are not forgotten. They are not alone.

And it reminds the rest of us that community is not built by accident. It is built by intention. By showing up. By caring. By creating places where people feel seen.

An Invitation to the Community

If you haven't visited the Senior Center recently, you might be surprised by what you find. It's not a quiet room with a few chairs and a bulletin board. It's a living, breathing part of Redmond — full of energy, creativity, and connection.

You'll find people learning, laughing, moving, sharing, and supporting one another. You'll find a staff that cares deeply. You'll find volunteers who give their time not out of obligation but out of love.

Most of all, you'll find a community that reflects the best of who we are.

The doors are open. The coffee is warm. The welcome is genuine. And the impact — on individuals, on families, on the entire city — is far greater than the building itself.

In the end, the Senior Center is not just a place for seniors. It's a place for all of us. A reminder that community is something we build together, one conversation, one class, one shared moment at a time.

And in a world that often feels divided and hurried, that reminder is worth holding onto. 



A Monthly Gathering for Connection and Care

Location: Redmond Senior Center

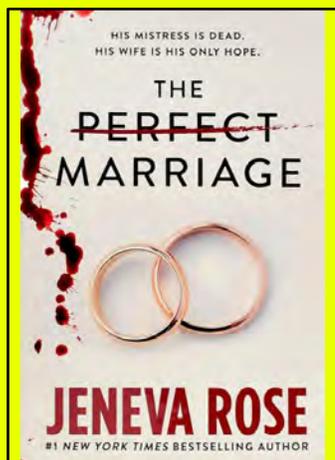
Cost: Free

Frequency: First Wednesday of every month at 12:30 PM

A collaboration with ClearPath Healthcare and Redmond Senior Center.

Book Club

February's Read - "Hamnet" by Maggie O'Farrell



Sarah Morgan is one of the best criminal defense attorneys in Washington, DC. With a perfect case record and having made named partner before the age of thirty-five, her life is going exactly as she planned.

However, the same cannot be said for her husband, Adam, a failed author, who's grown to resent his wife's meteoric success as he feels it's come at the expense of their relationship.

For almost two years, Adam has kept his affair with Kelly Summers a secret, but everything changes when her body is discovered at the couple's lake house and Adam is arrested on suspicion of murder.

Sarah now finds herself facing her most challenging case yet when she vows to defend her husband—a man accused of murdering his mistress.

While Adam is certainly guilty of sleeping with Kelly, the question remains: Is he guilty of killing her too?

Wednesday, March 18

1:30 PM

Home & Lifestyle

Nutrition Noir

The Case of the Five Killers

By James Morris

The Call

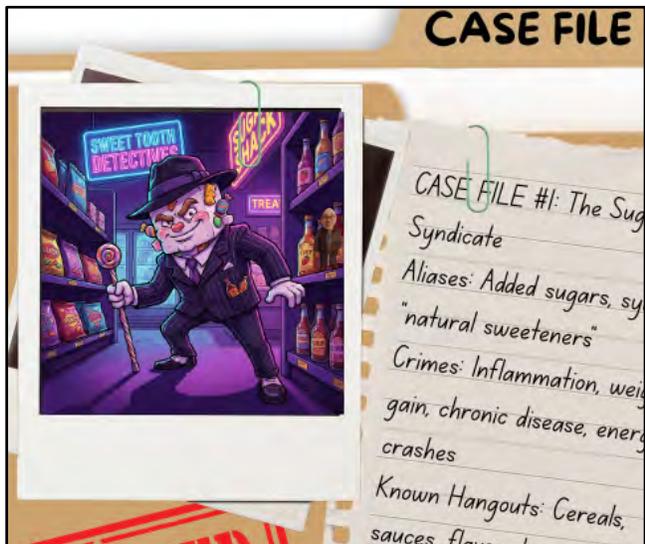
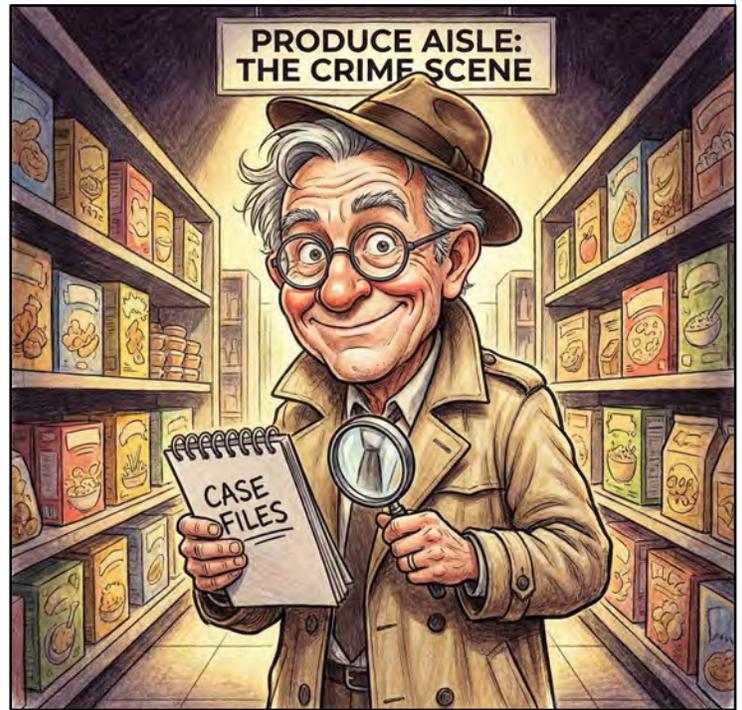
It was a gray March morning when the Chief slid a folder across my desk.

“Detective,” he said, “we’ve got killers on the loose. Five of ‘em. They’ve been haunting seniors across the county. Quiet. Sneaky. Deadly in slow motion.”

I flipped open the file.

The mugshots weren’t people. They were pantry items.

I sighed, grabbed my coat, and stepped back into the shadows of the grocery-store underworld. Someone had to bring these culprits to justice.



CASE FILE #1: The Sugar Syndicate

Aliases: Added sugars, syrups, “natural sweeteners”

Crimes: Inflammation, weight gain, chronic disease, energy crashes

Known Hangouts: Cereals, sauces, flavored yogurts, “healthy” snacks

The Sugar Syndicate is a slippery bunch. They dress up in bright colors, slap on labels like “all-natural,” and smile sweetly from the shelf. But behind that grin is a rap sheet longer than a winter night.

Older adults are especially vulnerable — the body needs fewer calories with age, but sugar doesn’t care. It sneaks in anyway, pushing weight up and nutrients down.

I’ve seen what they do to good people. And I’m not letting them get away with it.



CASE FILE #2: The Sodium Mob Boss

Aliases: Salt, sodium chloride, “preservatives”

Crimes: High blood pressure, swelling, heart strain

Known Hangouts: Canned soups, frozen meals, restaurant dishes

The Sodium Mob Boss doesn’t need to hide — he’s everywhere.

He runs the processed-food racket with an iron fist, slipping into meals where no one expects him.

For older adults, he’s especially dangerous. The body’s needs change with age, and too much sodium pushes the heart harder than it should. The federal guidelines warn about him, but he keeps showing up anyway.

I’ve tailed him through diners, grocery aisles, even hospital cafeterias. He’s bold. But he’s not invincible.



CASE FILE #3: The Ultra-Processed Cartel

Aliases: Chips, packaged snacks, frozen entrées

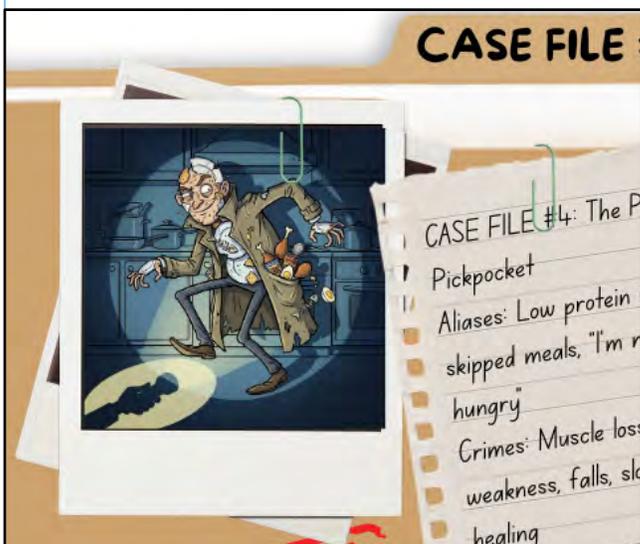
Crimes: Weight gain, nutrient gaps, inflammation

Known Hangouts: Middle aisles of every supermarket in America

This cartel is the flashiest of the bunch — bright packaging, big promises, convenience that whispers, “Just take me home.”

But behind the neon colors is a dark truth: ultra-processed foods are high in calories and low in nutrients, and older adults already struggle to meet dietary needs. Less than half of adults 71+ meet healthy eating guidelines, and this cartel is a big reason why.

They lure you in with ease. They leave you with consequences.



CASE FILE #4: The Protein Pickpocket

Aliases: Low protein intake, skipped meals, “I’m not hungry”

Crimes: Muscle loss, weakness, falls, slower healing

Known Hangouts: Empty plates, small portions, low-protein snacks

This one’s different. Not a villain you see — a villain you *don’t*. The Protein Pickpocket steals strength quietly, especially from older adults who already struggle with appetite or chewing.

Research shows seniors need *more* protein than younger adults, not less — but most aren’t getting enough.

He’s subtle. He’s silent. And he’s one of the most dangerous killers on the list.

CASE FILE



CASE FILE #5:
Dehydration Bandit
Aliases: "I'm not thirsty," dry mouth, skipped drinks
Crimes: Fatigue, confusion, constipation
Known Hangouts: Busy days, medications, cold weather

CASE FILE #5: The Dehydration Bandit

Aliases: "I'm not thirsty," dry mouth, skipped drinks

Crimes: Fatigue, dizziness, confusion, constipation

Known Hangouts: Busy days, medications, cold weather

The Dehydration Bandit is a master of disguise.

He doesn't break in — he waits for you to forget.

Older adults lose their sense of thirst over time, making dehydration a frequent accomplice to malnutrition.

He's the kind of criminal who doesn't make noise. He just makes trouble.

Closing the Case

By the time I finished the files, the sun was setting behind the Safeway sign.

Five killers exposed. Five threats identified. But the job isn't over.

Justice in the nutrition world isn't served with handcuffs.

It's served with choices — small ones, steady ones, made day after day.

A glass of water.

A meal with real protein.

A label read carefully.

A step away from the processed aisle.

A quiet "no" to the Sugar Syndicate.

As long as these individuals remain at large, this detective will continue the investigation. You are also expected to remain committed to the case.

How to Stay Alive in Nutrition Noir

Tips from the Detective, Nutrition Division

- **Watch the Labels** – Every killer leaves clues. Sugar, sodium, and ultra-processed villains hide in the fine print. If the ingredient list reads like a chemistry exam, walk away.
- **Choose Real Food First** – Fresh produce, lean proteins, whole grains — the good guys don't need disguises. If it grew, swam, or walked, it's probably not part of the cartel.
- **Protein at Every Meal** – The Protein Pickpocket strikes when meals are small or skipped. Keep him at bay with eggs, yogurt, beans, chicken, or fish.
- **Hydrate Like Your Life Depends on It** – Because it does. The Dehydration Bandit loves a dry spell. Sip water throughout the day, even when you're not thirsty.
- **Beware the Middle Aisles** – That's where the Ultra-Processed Cartel runs its operation. Stick to the perimeter of the store — that's where the honest citizens live.
- **Don't Go It Alone** – Even the best detectives need backup. Ask your doctor, dietitian, or Senior Center team for support if you're unsure where to start.



Home-style meals. Ready when you are.

Fresh, fully cooked meals prepared locally in small batches.

Why You'll Love It

- No cooking required
- Easy to reheat
- Familiar, balanced meals
- Perfect for busy weeknights

How It Works

1. Order Wednesday–Saturday
2. Meals prepared fresh
3. Pick up Tuesday
4. Enjoy all week long

ORDER TODAY
PlateWorks.square.site

Personal Tech

Smartphone Apps That Make Eating Well a Whole Lot Easier

By James Morris

Good nutrition doesn't have to be complicated—or expensive. These days, your smartphone can be a powerful partner in helping you make healthier choices, track your meals, and stay motivated. Here are a few easy-to-use apps that can support better eating habits, no matter your age or comfort level with technology.



1. MyFitnessPal - Think of this as your personal food diary. MyFitnessPal lets you log meals with just a few taps, look up nutrition information for thousands of

foods, and keep an eye on calories, protein, and other nutrients. It's especially helpful if you're trying to understand your eating patterns or make small improvements over time.



2. Fooducate - If nutrition labels feel like a foreign language, Fooducate does the translating for you. Simply scan a barcode at the grocery store and the app gives the food a letter grade—from A to D—along with a simple explanation of why. It's a great tool for making smarter choices right in the aisle.



3. MyPlate by the USDA - This app offers simple daily goals based on the MyPlate nutrition guidelines. You can track fruits,

The bottom line: You don't need to overhaul your diet overnight. With the right app, you can take small, meaningful steps toward better nutrition—one tap at a time. And who knows? You might even discover a new favorite recipe along the way. 

vegetables, grains, proteins, and dairy, and get gentle reminders to stay on track. It's straightforward, friendly, and perfect for anyone who wants a no-fuss approach to healthy eating.



4. WaterMinder - Hydration is one of the easiest things to forget—especially in colder months. WaterMinder helps you track your daily water intake and sends reminders so you stay refreshed and energized.



5. Yummly - If you're tired of the same old meals, Yummly offers personalized recipe suggestions based on your tastes, dietary needs, and cooking skill level. You can even filter for quick meals, budget-friendly dishes, or recipes with fewer ingredients.

Thank You Sponsors

Central Oregon Ranch Supply | 1726 S Hwy 97, Redmond, OR 97756 | (541)548-5195 | www.centraloregonranchsupply.com
Council on Aging of Central Oregon | 1036 NE 5th St, Bend, OR 97701 | (541)678-5483 | www.councilonaging.org
City of Redmond | 411 SW 9th St, Redmond, OR 97756 | (541)923-7710 | www.redmondoregon.gov
Dry Canyon Arts Association | www.drycanyonarts.org
Hayden Homes | 2464 SW Glacier Pl #110, Redmond, OR 97756 | (541)923-6607 | www.hayden-homes.com
Hospice of Redmond | 732 SW 23rd St, Redmond, OR 97756 | (541)548-7483 | www.hospiceofredmond.org
Local Paws | 435 SW Evergreen Ave, Redmond, OR 97756 | (541)604-8990 | localpawsredmond.com
McDonald's of Redmond | 895 SW Rimrock Way, Redmond, OR 97756 | (541)504-0073 | 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
Redmond Area Parks and Recreation District | 465 SW Rimrock Way, Redmond, OR 97756 | (541)548-7275 | www.rapr.org
Redmond Chamber of Commerce | 446 SW 7th St, Redmond, OR 97756 | (541)923-5191 | www.visitredmondoregon.com
Spokesman | 361 SW 6th St, Redmond, OR 97756 | (541)548-2184 | www.redmondspokesman.com
The UPS Store | 946 SW Veterans Way #102, Redmond, OR 97756 | (541)504-8600 | www.theupsstore.com
Diana Barker, Windermere Realty Trust | (541)480-7777 | www.dianabarker.com
Brookside Assisted Living | 3550 SW Canal Blvd, Redmond, OR 97756 | (541)504-1600 | www.brooksideplace.net
Amerititle | 735 SW 6th St, Redmond, OR 97756 | (541)923-1749 | www.amerititle.com
Central Electric Cooperative, Inc. | 2098 NW 6th St, Redmond, OR 97756 | (541)548-2144 | www.cec.coop
Fairway Mortgage | 601 NW Harmon Blvd, Suite 11, Bend, OR 97703 | (541)771-6175 | www.fairway.com
Aspire | (458)206-6660 | www.AspireCaregiving.com
Swift Steel | 168 SE Evergreen Ave, Redmond, OR 97756 | (541)548-4536
Samual S. Johnson Foundation | (541)548-8104 | SSSPFoundation.com
Shelk Foundation | (541)447-6296
Sharon Lanier
Carrie Novick

Find Randy!



Somewhere in this newsletter, our cartoon friend Randy is hiding. Your mission: Find Randy!

Once you spot him, email 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:

...Page 14, sticking out of the bag of popcorn.





Partners In Care

Redmond Branch
141 NW 6th St Ste. B
Redmond, OR 97756



Partners In Care

Hospice
Home Health
Hospice House
Transitions
Palliative Care

Care That Feels Like Home. Because It Is.

At Partners In Care, our Redmond-based staff provide compassionate, expert care to patients right here in our hometown. We're proud to be part of a community that looks out for one another - because when care is local, it's personal.

Each day our nurses and home care aides are helping Redmond neighbors:

- + Regain their independence with home health care after a surgery or hospitalization
- + Enhance their quality of life by compassionately listening and supporting unique needs
- + Improve wounds by helping with dressing changes
- + Maintain dignity while seriously or terminally ill with regular bathing and grooming
- + Learn more about medication usage by providing information and education
- + Connect with resources throughout the community for additional support

If you or someone you know needs hospice, home health, or palliative care support, **contact Partners In Care at (541) 382-5882 or visit PartnersBend.org**

Membership Registration

New Renewal



\$50 1per year \$5 per month

Scholarship (approval required) Volunteer Staff

Last Name: _____

First Name: _____ M.I.: _____

Nickname: _____

Date of Birth: _____

Home Phone: _____

Email: _____

Cell Phone: _____

Male Female Other/Prefer not to answer

Address Line 1: _____

Address Line 2: _____

P.O. Box: _____ City: _____ State: _____ Zip: _____

Emergency Contact Name: _____

Relation: _____

Phone: _____

RELEASE:

I understand and agree that the information contained on this form may be released for statistical purposes and I agree to the release of information for that limited purpose only. I understand that any release of information in identifiable form must be accompanied by a signed consent form and that the information will not be used as an eligibility determination or effect participation as a recipient unless law has specifically restricted program participation.

Signature: _____ Date: _____

Office Use Only

Amount Paid \$ _____ by: Cash Check # _____ Credit Card

FOB #: _____ Processed by: _____