



# SENIOR MOMENTS

COMMUNITY | WELLNESS | ENGAGEMENT

JANUARY

2025

FREE

## NEWSMAGAZINE

# A Bright Beginning at the Redmond Senior Center

4... The State of the Center: A special message from Randy Graves

6... Wellbeing Series: Your Sight and Eyes

10... What's New at the Center

12... What's Happening at the Center

14... Helping Hands Volunteer Corner

16... Meals With a Smile

18... Save the Date

22... Game On! Puzzles for your mind

*Photo untitled, by AI generator:  
The sun shines bright behind the Cascade  
mountain range in Central Oregon.*

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<sup>®</sup>

# 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<sup>®</sup>**

\*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](https://theupstore.com/shredding). Copyright 1999-2024 The UPS Store, Inc. All rights reserved.

# From the Editor

*Our home away  
from home.*



## Welcome to the New and Improved Senior Moments!



By James Morris,  
Marketing Coordinator

Dear Readers,

We are thrilled to unveil the new look of Senior Moments! What was once a humble newsletter has blossomed into a vibrant news magazine. This change reflects our commitment to keeping you informed and engaged with everything happening at the Redmond Senior Center. We've expanded the content, added new features, and given the magazine a fresh, modern design that's easier to read and navigate. We hope you love the transformation as much as we do!

This month's issue is packed with updates, articles, and features that celebrate the dynamic community we serve. Here's a sneak peek at what's inside:

### State of the Center: A Message from Randy Graves

In a special feature, our director, Randy Graves, shares the latest on the state of the Redmond Senior Center. From exciting new programs to the challenges we've faced and overcome, Randy's article offers a transparent look at where we stand today and our direction. Whether you're a long-time supporter or new to the center, this piece will inspire you with the passion and dedication that drives our

mission.

### Wellbeing Series: Eye Health and Sight Awareness Month

Our popular Wellbeing Series continues focusing on Eye Health and Sight Awareness. This month, we'll host an informative talk and workshops to help you keep your eyes healthy and vision sharp. This will be on Wednesday, January 8th, at 10:00 AM. Be sure to mark your calendar for this can't-miss event, which will include a special presentation by a local optometrist who will discuss the latest advances in eye care.

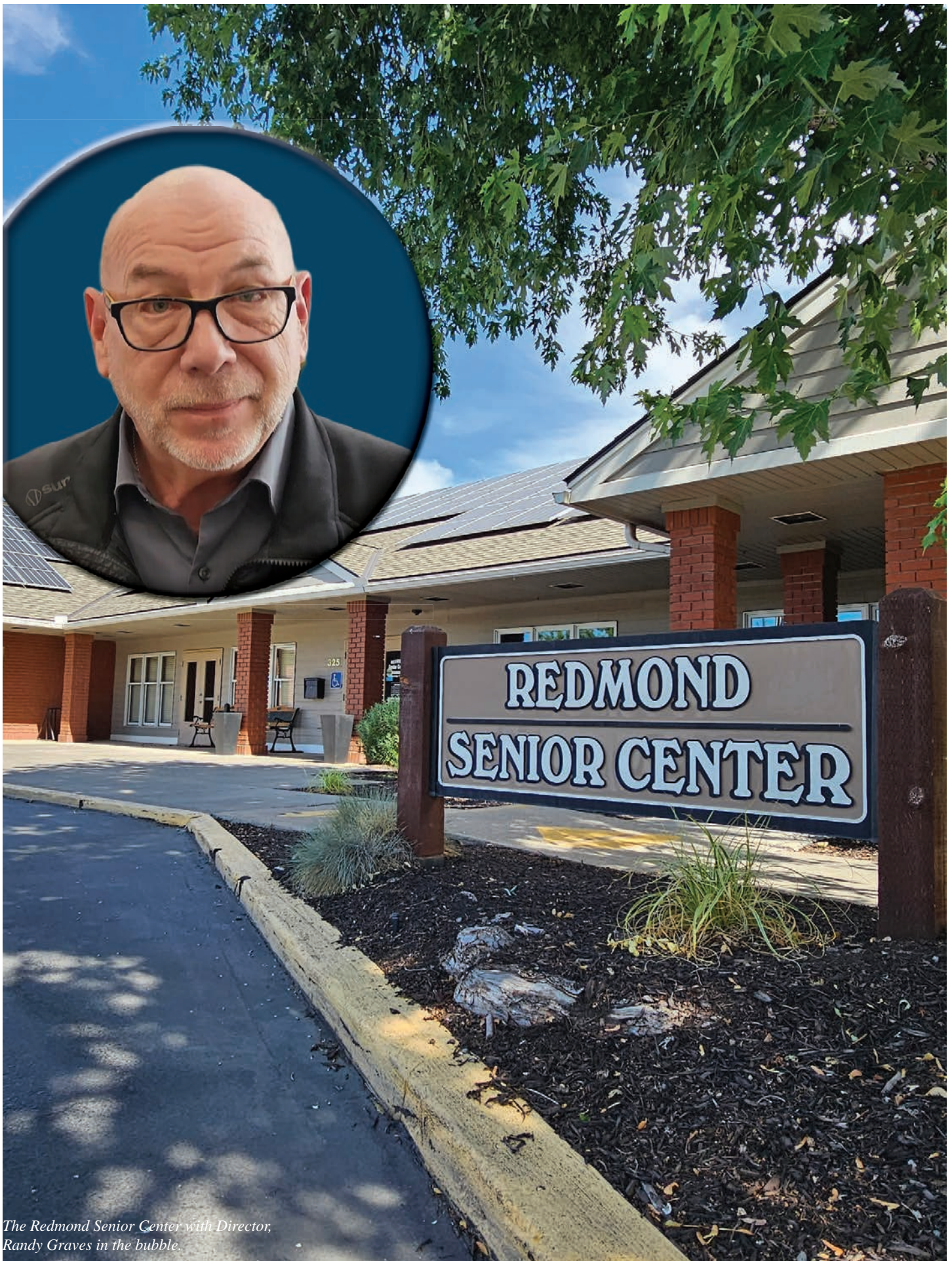
### The Features You Love

Don't worry—your favorite sections are still here! From recipes and puzzles to volunteer spotlights and upcoming event calendars, Senior Moments remains the magazine you know and love. We've also enhanced our layout to make these features more enjoyable, with larger fonts, vibrant images, and easy-to-find sections.

### What's Next?

The new format allows us to share even more stories, highlights, and helpful information. As always, we welcome your feedback and suggestions. This magazine is for you, our valued readers, and we want it to reflect your interests and needs. We'd love to hear from you if you have ideas for future topics or want to let us know your thoughts on the new design!

We hope this fresh edition of Senior Moments brings you joy and inspiration. Thank you for being part of our Redmond Senior Center family. Together, we're creating a vibrant community where everyone can thrive. 🌟



*The Redmond Senior Center with Director, Randy Graves in the bubble.*

# The State of the Center

## —A message from Randy Graves, Director of Operations

**A**s we bid farewell to 2024 and embrace the promise of a new year, the Redmond Senior Center has much to celebrate and even more to look forward to in 2025. Our community, staff, and supporters have been the foundation of our success, and I am deeply grateful for their unwavering commitment.

### A Visionary Board of Directors

Our Board of Directors has been instrumental in shaping the future of the Redmond Senior Center. Their dedication, strategic insight, and tireless advocacy have ensured that the Center remains a vibrant hub of activity and support for our members. Under their leadership, we've been able to not only maintain our operations but also innovate and grow to meet the evolving needs of our community.

### An Incredible Team at the Helm

I feel immensely fortunate to work alongside a team of passionate and dedicated employees who strive daily to enhance the experience of every member at the Center. Here's a spotlight on their remarkable contributions:

- **Jose and Siggy**, our culinary wizards, continue to create delicious and nutritious meals for nearly 200 members every day. Their ability to deliver high-quality meals while adhering to budget constraints is nothing short of extraordinary.
- **Lahna**, our Volunteer Coordinator, has a gift for finding compassionate, community-minded individuals to support programs like Meals on Wheels and assist with daily tasks. Her efforts ensure that we have the helping hands we need to serve our members effectively.
- **James**, our Marketing and Facility Coordinator, wears many hats. His dedication to producing our Monthly Newsletter keeps members informed and engaged in all the happenings at the Center. His creativity and organizational skills are evident in everything he touches.
- **Janean**, our Meals on Wheels Coordinator, keeps our delivery system running smoothly. Her collaboration with our drivers and the Council on Aging ensures that meals are delivered efficiently, and routes are managed seamlessly.

- **Angela**, our newest Program Coordinator, has already made a significant impact. From leading activities and holiday decorating to pampering our members with nail care, Angela has brought new energy and creativity to our programming.

### A Supportive Community

The Redmond community has once again demonstrated its incredible generosity. Each year, we aim to raise over \$600,000 to support the Center's operations, including the preparation and delivery of 39,600 meals in 2024 alone. Thanks to your support, we've been able to meet this ambitious goal and sustain the wide variety of daily activities that enrich the lives of our members.

A special thank you to **McDonald's of Redmond** for their generous monthly food donations, which have saved us approximately \$2,000 in monthly food costs. Their contributions have made a significant impact, allowing us to stretch our resources further and continue providing nutritious meals to our members.

Additional gratitude goes to **Mike and Molly of Blacksmith Public House**, who have hosted several events in support of the Center, and to **Kristi Kinsey of Caldwell Banker** for organizing a year-end fundraiser with Countryfied. These events not only raised critical funds but also brought our community together in celebration of a shared purpose.

We are also profoundly grateful to the **City of Redmond** for their continued partnership. This relationship has been pivotal in ensuring the Center's success, and we are excited to strengthen these ties in the year ahead.

### Looking Ahead to 2025

The coming year promises to be one of growth and excitement. Our Wellness Series will continue to promote health and well-being among our members, and plans are already underway for a Senior Fest this fall. This event will combine the best of our benefit concert and wellness fair, offering an enriching and entertaining experience for all. Stay tuned for more details in the months ahead!

### Closing Thoughts

As we reflect on the successes of 2024, it's clear that the Redmond Senior Center is more than just a building—it's a community. It's a place where seniors come together to share meals, build friendships, and engage in activities that enhance their quality of life. None of this would be possible without the collective efforts of our Board, staff, volunteers, and supporters.

Here's to a bright and prosperous 2025 filled with connection, wellness, and joy for all who call the Redmond Senior Center their second home. Thank you for being a part of our journey. 🌟

# Clear Vision Ahead

## —Protecting your eyes and enhancing sight awareness

By James Morris



**Y**our eyes are extraordinary. They connect you to loved ones, guide you through your daily routines, and let you marvel at the world's beauty. But our vision often changes as we age, requiring extra care and attention. Understanding eye health is essential for seniors to preserve independence and quality of life.

This January, as part of the Redmond Senior Center's Wellbeing Series, we spotlight eye health and sight awareness. On January 8, 2025, at 10:00 AM, join us for an engaging talk featuring local experts in eye health. This event will provide vital information, practical tips, and an opportunity to have your questions answered by professionals in the field. Here's what you need to know about maintaining healthy eyes and preventing common vision issues.

### The Aging Eye: What to Watch For

As the years pass, it's common to notice changes in vision. Understanding these changes can help you take proactive steps to address them:

1. **Presbyopia:** Difficulty focusing on close objects, often managed with reading glasses.
2. **Cataracts:** Cloudy lenses that cause blurry vision.

Surgery can restore clarity in most cases.

3. **Glaucoma:** Often symptomless in its early stages, this condition damages the optic nerve and can lead to blindness without timely intervention.
4. **Macular Degeneration:** Affects the retina's central portion, making tasks like reading and recognizing faces difficult.
5. **Diabetic Retinopathy:** For those with diabetes, high blood sugar levels can damage the retina's blood vessels, leading to vision loss if untreated.
6. **Dry Eye Syndrome:** Reduced tear production can cause discomfort and irritation, but artificial tears and medications can help.

### Proactive Steps for Healthy Eyes

Caring for your vision begins with good habits and regular check-ups. Here are the top recommendations from experts:

1. **Schedule Regular Eye Exams:** Comprehensive eye exams are essential for adults over 65 every year. They can detect conditions like glaucoma, cataracts, and macular degeneration in their early stages when treatment is most effective.
2. **Eat for Your Eyes:** A diet rich in particular nutrients can significantly benefit your vision:
  - Vitamin A: Found in carrots, sweet potatoes, and leafy greens.
  - Omega-3 Fatty Acids: Present in salmon and flaxseeds, helping to combat dry eyes.
  - Lutein and Zeaxanthin: Found in spinach, kale, and other greens, protecting against macular degeneration.
  - Vitamin C and E: Found in oranges, berries, nuts, and seeds, reducing the risk of cataracts.
3. **Use Protective Eyewear:** Whether it's sunglasses to block harmful UV rays or safety glasses for home projects, protecting your eyes from injury and sun damage is vital.
4. **Control Chronic Conditions:** Diabetes and high blood pressure can cause or worsen eye problems. Managing these conditions through a healthy lifestyle and

medication is crucial.

5. **Quit Smoking:** Smoking increases the risk of cataracts, macular degeneration, and optic nerve damage. Quitting benefits your eyes and overall health.
6. **Practice the 20-20-20 Rule:** To combat eye strain from digital devices, take a break every 20 minutes to look at something 20 feet away for at least 20 seconds.

### When to Seek Immediate Help

Certain symptoms should never be ignored and require urgent medical attention:

- **Sudden Vision Loss:** This could indicate a retinal detachment or stroke.
- **Flashes of Light or Floaters:** This may signal a retinal tear or detachment.
- **Severe Eye Pain:** This could be a sign of glaucoma or infection.
- **Double Vision:** This may suggest neurological or eye muscle issues.

If you experience any of these, contact an eye care professional immediately.

### Modern Solutions for Vision Challenges

For seniors with vision impairments, technology can offer significant assistance:

- **Magnifying Devices:** Make reading and detailed tasks easier.
- **Text-to-Speech Tools:** Devices that read text aloud for those with severe vision loss.
- **Smartphone Apps:** Apps like Be My Eyes connect users with volunteers for visual assistance.
- **Voice-Activated Assistants:** Amazon Alexa or Google Assistant can simplify daily routines.

### Join Us: Eye Health Talk on January 8, 2025

The Redmond Senior Center invites you to a special event dedicated to eye health and vision care as part of our ongoing commitment to senior wellness.

- **What:** Eye Health and Sight Awareness Talk
- **When:** January 8, 2025, at 10:00 AM
- **Where:** Redmond Senior Center

Why Attend:

- Hear from local eye health experts.
- Learn practical tips to protect and preserve your vision.
- Get your questions answered in a welcoming and informative environment.

This is a wonderful opportunity to take charge of your eye health while connecting with a supportive community. Admission is free, and all are welcome.

## What to Look For

### Changes in Vision

- **Blurry Vision:** Difficulty focusing on objects, either close-up or at a distance.
- **Sudden Vision Loss:** Partial or complete loss of sight in one or both eyes.
- **Double Vision:** Seeing two images of a single object, which may signal eye muscle or neurological problems.

### Physical Symptoms

- **Eye Pain:** Persistent discomfort or sharp pain in or around the eye.
- **Redness:** Unusual redness that doesn't go away, which could indicate infection or inflammation.
- **Swelling:** Puffy or swollen eyelids, or swelling around the eyes.
- **Dryness or Irritation:** A gritty feeling, often accompanied by redness or excessive tearing.
- **Sensitivity to Light (Photophobia):** Difficulty tolerating light, which may be linked to corneal issues or other eye conditions.

### Unusual Visual Phenomena

- **Flashes of Light:** Brief bursts of light, often described as lightning streaks, can signal a retinal tear or detachment.
- **Floaters:** Small, shadowy shapes that drift across your vision; sudden or numerous floaters may be a warning sign.
- **Halos Around Lights:** Seeing rainbow-colored circles around lights, often associated with glaucoma or cataracts.

### Difficulty Performing Daily Tasks

- **Trouble Reading or Focusing:** Difficulty reading books, labels, or screens, even with corrective lenses.
- **Night Vision Problems:** Struggling to see in dim light or while driving at night.
- **Peripheral Vision Loss:** Difficulty seeing objects or movement to the side of your central vision.

### Associated Systemic Symptoms

- **Headaches:** Frequent headaches, which may indicate eye strain, glaucoma, or refractive issues.
- **Nausea or Dizziness:** Often associated with vision changes or conditions affecting eye alignment.

### Signs in Appearance

- **Bulging Eyes:** Protruding eyes may indicate thyroid eye disease.
- **Unequal Pupil Size:** Pupils of different sizes, which could point to neurological or structural issues.
- **Droopy Eyelids (Ptosis):** A drooping eyelid might be a sign of nerve or muscle issues.

### Chronic Conditions

- **Diabetes or Hypertension Symptoms:** Watch for any sudden changes in vision, as these conditions increase the risk of diabetic retinopathy or hypertensive eye disease.

### When to Seek Immediate Medical Attention

- **Sudden Vision Loss:** In one or both eyes, this is a medical emergency.
- **Severe Eye Pain or Pressure:** Could indicate acute glaucoma or other critical issues.
- **Flashes or a Curtain-Like Shadow:** May signal a retinal detachment requiring urgent care.
- **Trauma or Injury:** Any direct injury to the eye should be evaluated immediately.

## Everyday Tips for Vision-Friendly Living

In addition to attending the talk, consider these tips for maintaining a vision-friendly lifestyle:

- **Enhance Home Lighting:** Use bright, glare-free lights in your living areas.
- **Increase Font Sizes:** Adjust text size on phones, tablets, and computers for easier reading.
- **Stay Active:** Exercise promotes healthy blood flow, benefiting your eyes.
- **Organize with Contrast:** Use contrasting colors to distinguish items around your home.

## Looking Toward the Future

Your eyes are vital to your independence, happiness, and connection to the world. By staying informed, scheduling regular check-ups, and adopting healthy habits, you can protect your vision and enjoy the richness of life.

Make eye health a priority this year—starting with the Redmond Senior Center’s Wellbeing Series talk on January 8, 2025, at 10:00 AM. Join us for an engaging session filled with expert insights, practical advice, and answers to your most pressing questions.

Your vision deserves the best care. Let’s work together to ensure that your future is as bright and clear as your outlook on life. 🌟

# Resources for Eye Health

Maintaining eye health is crucial, especially for seniors. Here are some national and local resources to help you access information and services related to eye care:

## National Resources:

- **National Eye Institute (NEI):** Part of the National Institutes of Health, NEI offers comprehensive information on eye conditions, ongoing research, and educational materials. [www.nei.nih.gov](http://www.nei.nih.gov)
- **Prevent Blindness:** A volunteer eye health and safety organization providing vision screenings, educational resources, and advocacy for eye health. [preventblindness.org](http://preventblindness.org)
- **American Academy of Ophthalmology (AAO):** The world’s largest association of eye physicians and surgeons, offering resources on eye health and a database to find local ophthalmologists. [www.aao.org](http://www.aao.org)
- **EyeCare America:** A public service program by the AAO that provides eye care through volunteer ophthalmologists, often at no out-of-pocket cost for eligible seniors. [www.aao.org](http://www.aao.org)

## Local Resources in Redmond, Oregon:

- **Orion Eye Center:** Located in Redmond, Orion Eye Center offers comprehensive eye care services, including surgeries and treatments for various eye conditions. [orioneyecenter.com](http://orioneyecenter.com)
- **Central Oregon Eyecare:** With a location in Redmond, this practice provides personalized and comprehensive eye care services tailored to patients’ needs. [www.centraloregoneyecare.com](http://www.centraloregoneyecare.com)
- **High Desert Vision Source:** Serving the Redmond community since 1981, they offer comprehensive eye exams, quality lenses, and frames, leveraging advanced diagnostic technology. [visionsource-highdeserteyecare.com](http://visionsource-highdeserteyecare.com)
- **Summit Health – Ophthalmology & Optometry:** Offering a complete range of eye care services, including routine eye exams and treatment for various eye conditions. [www.smgoregon.com/specialities/speciality-care/ophthalmology-optometry](http://www.smgoregon.com/specialities/speciality-care/ophthalmology-optometry)
- **Oregon Health Plan (OHP) Eye and Vision Care:** For those eligible, OHP provides eye and vision care services. Contact OHP Care Coordination or your Coordinated Care Organization (CCO) for more information. [www.oregon.gov/oha/HSD/OHP/Pages/Eye-Care](http://www.oregon.gov/oha/HSD/OHP/Pages/Eye-Care)

These resources can provide valuable information and services to help you maintain and improve your eye health.



# Redmond Senior Center Winter Weather Policy

We will follow the guidelines set by the Redmond School District regarding delayed starts and closures due to snow and ice.

For information on the current day's status you can:

- Call and listen to our voicemail 541.548.6325
- Check Facebook, Instagram or our website
- RSC Members, MOW Drivers and volunteers will be emailed if there is a delay or closure

What this means for MOW...

If we suspect a closure, we will try to send out an extra meal the day before. Emergency meal boxes have been replenished and can be used by recipients if we cannot deliver.

Contact Randy or Janean with questions or concerns  
[randy@redmondseniors.org](mailto:randy@redmondseniors.org)  
[janean@redmondseniors.org](mailto:janean@redmondseniors.org)



## Boost Your Senior Center Events with the RSC Marketing Hub!

Let the RSC Marketing Hub help your events and activities shine! From graphic design to email campaigns and website updates, we provide tailored marketing solutions to meet your needs.

Don't miss out—make your next event a success!

Email [James@RedmondSeniors.org](mailto:James@RedmondSeniors.org) for more information.

**\$5 Meal Deal**

pick one

Prices and participation may vary. For a limited time only. © 2024 The Coca-Cola Company. "Coca-Cola" is a registered trademark of The Coca-Cola Company.

# What's New at the Center

**B**ig things are happening here at the Redmond Senior Center—some so big, you might just have to sit down to take it all in. (Good thing we've got new chairs!) Here's the scoop on all the new and exciting things going on around here. Prepare to be impressed... or at least mildly entertained.

## **Chair Yoga: Stretch It Out Without Falling Over**

Every Friday morning, you can join Chair Yoga with Marnae Powell. Picture yoga, but without the pretzel poses that make you question your life choices. It's \$3 for members, and Marnae is so experienced, she can probably teach a downward dog to your actual dog. Come for the flexibility, stay for the laughs.

## **Cooking with Angela: No Fire Extinguisher Required**

Ready to spice things up? Cooking with Angela is here to turn your Mondays into a culinary adventure! On the 2nd and 4th Mondays of the month, Angela will help you cook meals so tasty you might actually want to eat your own cooking. Pro tip: bring a fork and an appetite—you're gonna need both.

## **Flagpole Glow-Up**

Have you spotted our shiny new 30-foot flagpole yet? It's a whole 10 feet taller than the old one, making it practically a skyscraper in flagpole terms. The flag now waves so high you'll need binoculars to see if it's at half-mast. Thanks, City of Redmond, for the upgrade—we feel positively patriotic!

## **TV Time: Table Toppers, You've Been Replaced**

Remember those trifold table toppers that tried their best to keep you informed? Well, they've officially retired. Enter the 75-inch TV in the dining room—a high-tech powerhouse of announcements, updates, and event info. This thing does it all, and unlike the table toppers, it's never out of date (or mysteriously sticky). Now you can enjoy a meal and catch the latest news without flipping through a paper tent. Progress never looked so sharp—literally, it's in HD!

## **Fresh Updates, New Beginnings — What's Shaking at the Senior Center?**

By James Morris

## **History in the Halls: A Blast from Our 75th Bash**

If you missed our 75th Anniversary Open House back in September, don't worry—we've brought the party to the east hallway! Our history display, showcasing milestones from 1949 to today, is now a permanent feature. It's a journey through time, celebrating all the ways the Center has grown and served our community. Plus, there's a sneak peek at what's ahead for the Senior Center. Stop by and see how far we've come—it's like reading a really inspiring yearbook without the awkward senior photos!

## **Library: Now with 100% More Comfy Chairs**

Who doesn't love a good makeover? Thanks to some lovely donated chairs, our Library is now the coziest spot in the building. Sink into a seat, grab a book, and get ready to accidentally nap while pretending to read.

So there you have it, folks—big upgrades, lots of fun, and plenty of reasons to hang out at the Senior Center. Come check it all out! We promise you'll leave smiling, stretching, or at least slightly better informed.

Catch you around the Center! 🍷



The new History Wall at the Redmond Senior Center

# What's Happening at the Center

## Highlights & Happenings — Creative Moments at the Redmond Senior Center

By Angela Boock, Program Coordinator



Later in November, we got creative with Sonya Massy's Sharpie Doodle Watercolor class. We made beautiful Christmas cards, and it was so inspiring to see everyone's unique designs. There's something magical about crafting together, and this class certainly brought plenty of holiday cheer!

### Remembering Pearl Harbor: December 6

In early December, Eileen and Valarie led a moving presentation called "Pearl Harbor, Pants, and a Piece of Paper." Their storytelling and historical insights left us all with a deeper appreciation of the past. It was a powerful reminder of the resilience and sacrifices of those who lived through such pivotal moments in history.

### Sweet Treats: December 9

Our first-ever cooking class was a huge success! I had so much fun leading the group as we made Christmas Reindeer Cookies—Oreo cookies dipped in chocolate with candy eyes, noses, and pretzel antlers. It was a fantastic turnout, and the energy in the kitchen was electric. The cookies turned out adorable and delicious, and I hope everyone enjoyed making them as much as I did!

### Coming Up: "The Artist's Way" Workshop

I'm so excited about our upcoming program, "The Artist's Way" Workshop, starting January 6. This 13-week course is designed to help us break through creative blocks and reconnect with our artistic selves. We'll explore tools like Morning Pages and Artist Dates, as well as other creative exercises. Whether you're an experienced artist or someone who's simply curious, this workshop will be a supportive and inspiring journey.

Thank you to everyone who has participated in our events—it's been a joy to see so many of you engaging, learning, and having fun. I can't wait to see what we'll create together in the months ahead! 🇺🇸

It's been such an exciting and meaningful few months here at the Redmond Senior Center! I wanted to take a moment to share some highlights from our recent activities and give you a sneak peek at what's coming up.

### Honoring Our Veterans: November 11

We started November with a truly special Veterans Day presentation by First Sergeant Eddie P. Owens. His stories of service, sacrifice, and camaraderie touched us all. It was an honor to have him with us, and I know everyone appreciated the chance to reflect on the contributions of our veterans.

### Holiday Creativity: November 15



# Helping Hands Volunteer Corner

## Feeding Love

### — How a Community Came Together to Care for Pets in Need

By Lahna Avery, Volunteer Coordinator



It's hard for me to believe that just one year ago I was meeting with a small team of wonderful volunteers to develop a new program to provide pet food for Meals on Wheels participants who were having a hard time financially providing food for their 4 legged family members. With no money and wonderful help from Local Paws and Central Oregon Ranch Supply we were able to make our first pet food deliveries in January, to 13 very grateful pet owners.

Each month I call each pet owner to check in and see how the pets are doing and what their food needs are for the next delivery. I love these calls and hear wonderful and amusing stories about Frisky, or Bella, or Addie, or Mr. Buster, or Rambo and Bubba, or Jax, or Jackie, or Doobie or all the other cats and dogs, and feel the love these people have for their pets and how important it is for them to not worry about how to feed them.

We now feed an average of 16 dogs and 23 cats each month. Local Paws is still a huge supporter and help, donating much of the dog food we need to feed these pets, and our other needs are now mostly funded by the tips received on Wednesday evenings bingo at Elements Public House. I would never be able to manage this program without my faithful volunteers Laurie Umlauf, Mary Brook, Tim Grudt, Justin Avery and Nick Avery, and all our wonderful supportive staff at the senior center, and donations and support from our members and community.

Here's to another wonderful year! 🍀



*Doobie - owned by Marie O.*



*Addie - owned by Donna P.*



*Ollie - owned by Marie O.*

# The Unsung Heroes

## — A Celebration of Volunteers

By James Morris

**W**e couldn't do the work we do without our wonderful volunteers! From spreading joy to changing lives, they show us that the best things in life truly are free—like the spirit of giving and the kindness of volunteers.

If you're a volunteer, you know the journey is one of heart, humor, and humility. And if you're not yet part of this remarkable community, maybe these volunteer quotes will inspire you to join the ranks of those who give their time to make the world a brighter place.

### **Volunteers: The Smart Cookies of Society**

They say smart cookies don't crumble—they become volunteers. Whether it's lending a hand at events or offering a listening ear to those in need, volunteers are the glue holding our communities together. Every act of service is like a sprinkle of kindness on the cookie of life.

### **The Feel-Good Factor**

When you first volunteer, you might focus on how it makes you feel—until you see the joy in someone else's eyes. That's when it clicks: volunteering isn't just about giving; it's about receiving smiles and gratitude worth more than money.

### **A Healthy Addiction**

Forget caffeine or sugar. Volunteering is the one addiction that's actually good for you. It's like

exercise for the heart and soul, keeping you strong, flexible, and ready to tackle life's challenges. Plus, where else can you be called a busybody and take it as a compliment?

### **Laughter, the Secret Ingredient**

Volunteering is the only job where you can laugh and make a positive impact at the same time. From cracking jokes with teammates to sharing moments of joy with those you help, it's proof that life is too short to be serious all the time.

### **The True Rewards**

Sure, volunteers don't get a paycheck, but their rewards are far richer. The connections they make, the lives they touch, and the difference they create are priceless. And let's not forget, some superheroes don't wear capes—they volunteer.

### **A Call to Action**

As one volunteer quipped, "In a zombie apocalypse, volunteers will be needed more than ever!" While we hope it never comes to that, the sentiment holds true: the world always needs people willing to step up, pitch in, and lend a hand.

So, to all our volunteers, thank you. Your generosity is the heartbeat of our community. And to those considering volunteering, take the leap. As the saying goes, "Life's most persistent and urgent question is: What are you doing for others?" 🌍

### **VOLUNTEER BIRTHDAYS THIS MONTH**

Reynolds, Judith  
Scully, Kathy

Stage, Pamela  
Valentine, W. Bill III

# Meals With a Smile

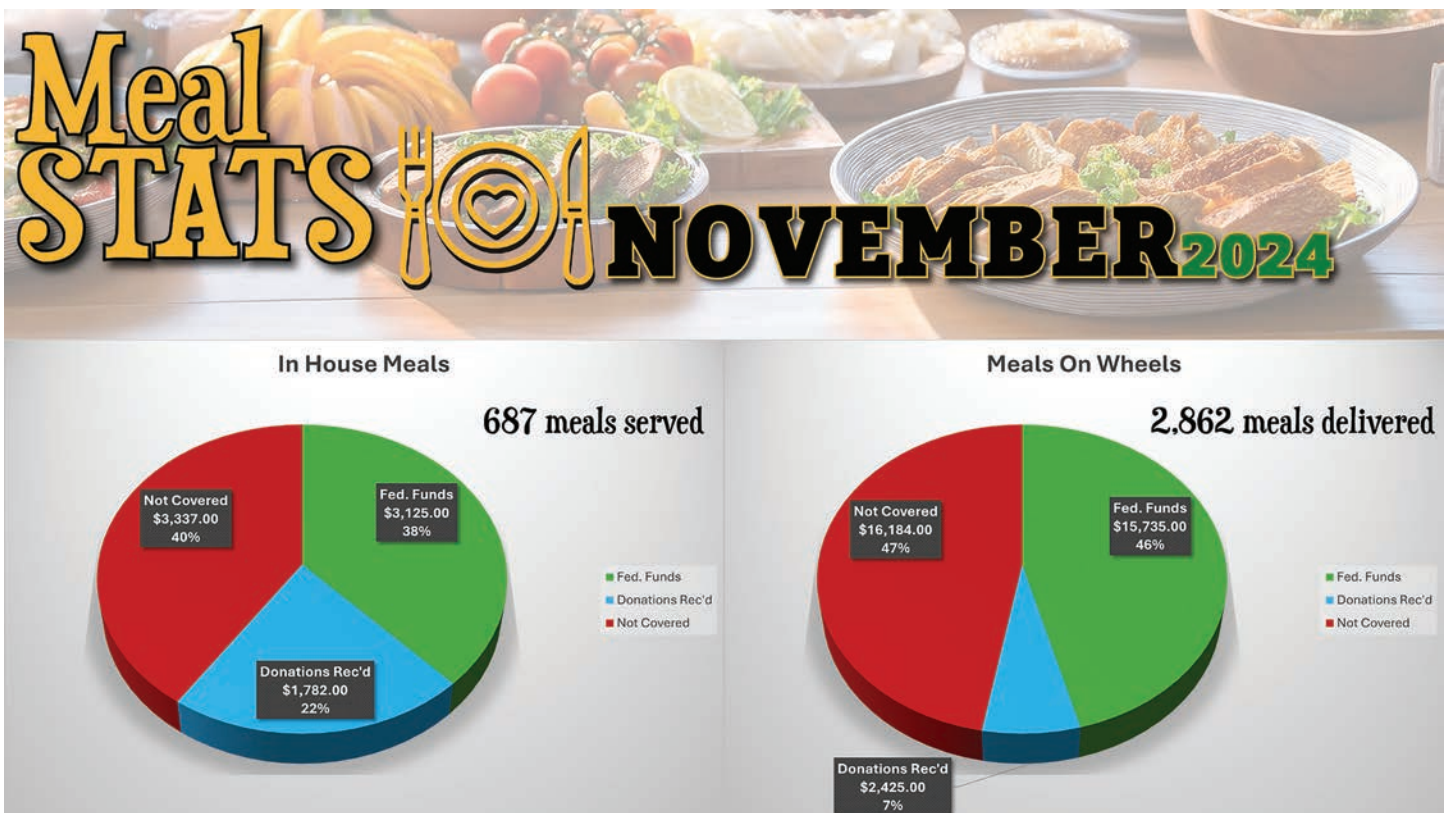
## Reflecting on the Holiday Season — A Community That Cares

By Janean Baird, Meals on Wheels Coordinator



The holidays are behind us, but the warmth and generosity of the season continue to resonate as we begin a new year. For many of our seniors, the holidays can be a challenging time, marked by loneliness or grief. Yet, thanks to the incredible efforts of our community, we were able to bring joy, comfort, and connection to those who needed it most.

One of the highlights of the season was our participation in the “Be A Santa to a Senior” program, coordinated by Gloria from Home Instead and Emily from the Council on Aging. This program was more than just gift-giving; it was about spreading love and reminding our seniors that they are valued and remembered. Through the program, community members purchased and wrapped thoughtful gifts for our seniors, carefully chosen to brighten their holidays.



I cannot begin to describe the joy these gifts brought. Seeing the smiles and hearing the words of gratitude from our seniors was heartwarming. One shared how the gift brightened their holiday and made them feel less alone. Moments like these remind us of the power of kindness and community.

Our volunteer drivers also played an essential role in making the season brighter. Beyond their regular meal deliveries, they took on additional responsibilities to ensure that every senior received their holiday gifts and extra meals to carry them through the days we were closed. These extra meals provided peace of mind, knowing they would have something nutritious and comforting during the holiday break.

These volunteers are more than just drivers—they are a lifeline. They delivered not only food and gifts but also connection and compassion. Their friendly smiles, cheerful conversations, and commitment to going the extra mile truly made a difference.

As we reflect on the season, I am overwhelmed with gratitude for everyone who contributed. Whether it was through donating to the gift program, volunteering time, or supporting our work in other ways, you helped make the holidays special for our seniors. Together, we turned what can often be a lonely time into one filled with warmth and joy.

Looking ahead, let's carry the spirit of the season with us into the new year. The challenges our seniors face don't end with the holidays, and neither does our commitment to serving them. Thank you for being a part of this journey with us. Your kindness and generosity remind our seniors—and all of us—that we are part of a community that truly cares.

Here's to a new year filled with hope, connection, and the ongoing spirit of giving. Together, we make a difference every day. 🌍



# Save the Date

**WEDNESDAY**  
**Jan. 8**  
**10:00 AM**

Wellbeing Talk  
Eye Care & Vision Wellbeing

**FRIDAY**  
**Jan. 10**  
**1:00 PM**

Movie Matinee  
Movie: TBA

**FRIDAY**  
**Jan. 17**  
**1:00 PM**

Happy Hour  
w/ Lindy Gravelle

**FRIDAY**  
**Jan. 24**  
**1:00 PM**

Movie Matinee  
Movie: TBA

**SATURDAY**  
**Feb. 1**  
**4:00 PM**

Annual  
Snow Ball

## Healthy Living All Year The Journal Discover the Redmond Senior Center Wellbeing Journal!

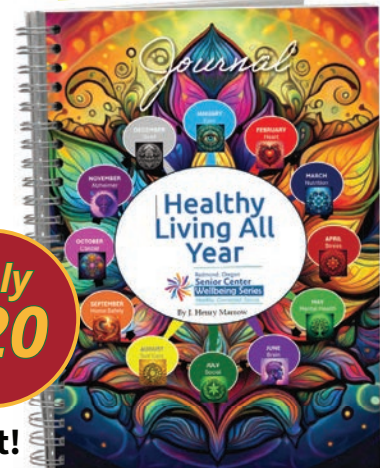
Unlock your path to a happier, healthier lifestyle with our Wellbeing Journal, a perfect companion to the RSC's Wellbeing Series. Packed with valuable insights for each month's theme, inspiring monthly affirmations, and guided space to reflect and

journal your journey, this is more than a journal—it's your personal tool for self-care and growth.

Start your wellness journey today and embrace a happier, more fulfilling life!

**Pre-order today at the Redmond Senior Center!**  
**Limited copies available. Get yours while supplies last!**

Note to self:  
BUY THIS!



**Only  
\$20**

# JANUARY 2025

MON	TUE	WED	THU	FRI
		1.  <b>CLOSED</b>	2.  <b>CLOSED</b>	<b>CLOSED</b>
6. 10:00 The Artist's Way Workshop 11:30 Bridge 11:45-12:30 Lunch 1:00 Pickleball	7. 10:00 Card Sharks 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing	8. 10-12 Spinners Guild  10:00 Wellbeing Series/Eye Care 11:45-12:30 Lunch 1:00 Poker w/Friends 1:00 Crochet Club	9. 10:00 Cards w/Friends 10:00 Line Dancing 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Bingo	10. 9:00 Feet Retreat 10:00 Cards w/Friends 10:30 Healthy Habits Chair Yoga & Chats 11:45-12:30 Lunch 12:30 Walk to Coffee 1:00 Movie & Popcorn (TBA) 1:00 Ping Pong
13. 10:00 The Artist's Way Workshop 11:30 Bridge 11:45-12:30 Lunch 1:00 Heart Warmers 1:30 Cooking Class w/Angela 1:00 Pickleball	14. 10:00 Card Sharks 10:30-3 Nails by Angela 11:00 Tech Tuesday w/James 11:45-12:30 Lunch 1:00 Cross Stitch class 1:00 Pickleball	15. 9:00 Feet Retreat 11:45-12:30 Veterans Appreciation Lunch 1:00 Poker w/Friends 1:00 Crochet Club 1:30 Book Club  1:30 Book Club	16. 10:00 Cards with Friends 10:00 Line Dancing 10:30-3 Nails by Angela 11:00 T-Mobile Kiosk 11:45-12:30 Lunch 1:00 Bingo	17. 10:00 Cards w/Friends 10:30 Healthy Habits Chair Yoga & Chats 11:45-12:30 Lunch/Birthdays 12:30 Walk to Coffee 1:00 Happy Hour w/Lindy Gravelle 1:00 Ping Pong
20. 10:00 The Artist's Way Workshop 11:30 Bridge 11:45-12:30 Lunch 1:00 Pickleball	21. 10:00 Card Sharks 10:00 Card/Stamping Class 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Cross Stitch Class 1:00 Pickleball 1-2:30 Line Dancing	22. 11:45-12:30 Lunch 1:00 Poker w/Friends 1:00 Crochet Club	23. 10:00 Cards w/Friends 10:00 Line Dancing 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Bingo	24. 10:00 Cards w/Friends 10:30 Healthy Habits Chair Yoga & Chats 11:45-12:30 Lunch 12:30 Walk to Coffee 1:00 Movie & Popcorn (TBA) 1:00 Ping Pong
27. 10:00 The Artist's Way Workshop 11:30 Bridge 11:45-12:30 Lunch 1:00 Heart Warmers 1:00 Jewlery Class 1:00 Pickleball 1:30 Cooking Class w/Angela	28. 10:00 Card Sharks 10:30-3 Nails by Angela 11:00 Tech Tuesday w/James 11:45-12:30 Lunch 1:00 Cross Stitch class 1-3 Pickleball 1-2:30 Line Dancing	29. 11:45-12:30 Lunch 1:00 Poker w/Friends 1:00 Crochet Club	30. 10:00 Cards w/Friends 10:00 Line Dancing 10:30-3 Nails by Angela 11:45-12:30 Lunch 1:00 Bingo	31. 10:00 Cards w/Friends 10:30 Healthy Habits Chair Yoga & Chats 11:45-12:30 Lunch 12:30 Walk to Coffee 1:00 Ping Pong

All listings are subject to changes without notice.

## PARKS & REC WEEKLY SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:45-8:45am	Fitness 4 Life	Zumba®	Fitness 4 Life	Fitness 4 Life	Zumba®
9:00-10:00am		**Pumped Up Strength		**Pumped Up Strength	
9:15-10:20am	Powercut Plus	Balance & Core	Powercut Plus	Yoga Strong	Cardio Kickboxing
10:35-11:35am	SilverSneakers® Classic	Zumba Gold®	SilverSneakers® Classic	SilverSneakers® Yoga	SilverSneakers® Circuit
5:30-6:30pm		Power Combo	Dance Fitness	Power Combo	

\*\*Pumped Up Strength is Virtual Only



## Jewelry Making Class

Learn to make and repair jewelry

**Last Monday  
of each month  
1 to 3 PM**

## Cross Stitch Class

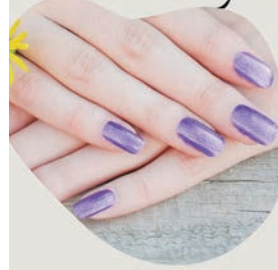


**TUESDAY'S**

**1:00 PM**

Come learn how to cross stitch.  
Kits provided  
\$5

## Nails by Angela



**\$5 PLUS TIP**  
MEMBERS ONLY

Stay Polished,  
Stay Beautiful



Book your appointment  
at the Front Desk

RSC Marketing Hub  
Dynamic. Creative. Effective.

# YOUR AD HERE

Let people know  
about your business or event!

See **JAMES MORRIS**  
In the Office



**at the  
REDMOND SENIOR CENTER**

**THURSDAY'S  
1 to 2 PM**



**Card/Stamping class with Mary**  
Every 3rd Tuesday @ 10 AM  
\$8 (members only)  
Please sign up at the front desk.



**WEDNESDAY'S  
1 to 2 PM**



# Bingo

Join us for a night of fun and  
games at  
**Elements Public House**

**WEDNESDAY'S**  
6 - 8 PM | 1857 NW 6th St.,  
Redmond, OR

Supporting Redmond Senior Center's  
Passion For Pets Program

**\$35**

per person

or

**\$60**

per couple



Redmond, Oregon

**Senior Center**

*Engage. Connect. Thrive.*



# ANNUAL Snow Ball

SATURDAY, FEB. 1

**SEMI-FORMAL EVENT**

**RAFFLE PRIZES  
4-COURSE DINNER  
DANCING**

**LIVE MUSIC BY**

**the  
NOTABLES  
SWING BAND**

**FULL BAR**

**SPACE IS LIMITED - PURCHASE YOUR TICKETS TODAY!**

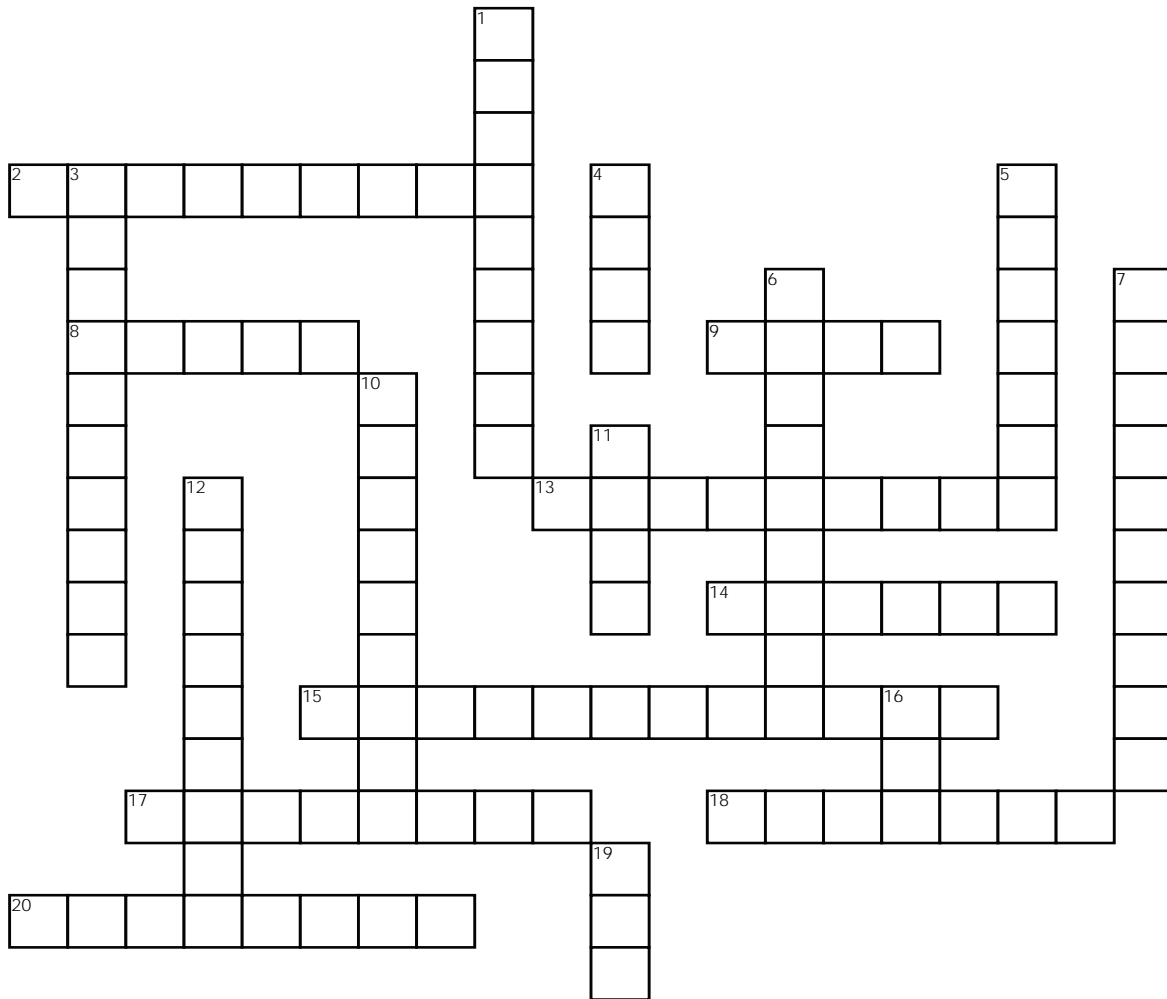
**\$35 EACH / \$60 PER COUPLE**

[WWW.REDMONDSENIORS.ORG/SNOWBALL](http://WWW.REDMONDSENIORS.ORG/SNOWBALL)

# Game On! Puzzles for your mind

Word games play a crucial role in promoting mental agility and cognitive health. Engaging in activities like crossword puzzles or word searches helps sharpen memory, improve vocabulary, and enhance problem-solving skills, which can slow the natural cognitive decline associated with aging. Regular participation in word games not only stimulates the brain but also contributes to emotional well-being by offering a fun and fulfilling way to stay mentally active and socially connected.

## New Year at the Senior Center



### Across

2. A beverage often used in toasts  
8. A gathering of people to mark an occasion  
9. A formal event to welcome the New Year  
13. The act of celebrating  
14. Something people toast to in the New Year  
15. A popular New Year's Eve song  
17. Colorful paper often thrown during celebrations

18. Noise-making objects used during celebrations  
20. The time when one year ends and another begins

### Down

1. Another term for a goal or target  
3. Traditional New Year's meal in the South  
4. Sound made by fireworks  
5. The first month of the year  
6. A state of well-being and contentment

7. A promise made to improve oneself  
10. Feeling of thankfulness  
11. A calendar marking days and months  
12. The act of counting backwards to zero  
16. The opposite of old  
19. Fireworks light up the \_\_\_\_\_

# New Year at the Senior Center

J D H S L T W V Z H I C V P R D C  
J Y N D S C I I C G H H H O Y Z B  
R G H C F E S C L E Q E L I C N B  
G H H C L N N E A Z E E T H C O K  
H S L A O G O L I U N R W U B I U  
A I U Z L M T R L R U S D Z O T L  
P L N Z E H M N E E O Z C Z N A G  
P W X E O I P U Y D W M L M W R I  
I R N W Z M F P N S U N E E Q B Q  
N G R E G P P P R I W T N M Q E G  
E C O N F E T T I O T E I A T L N  
S E Z W J L R U D X R Y W T M E E  
S L K D A M N T Q H J H U N A C N  
L P I H S D N E I R F N R J Y R Z  
Z R S C E U M I D N I G H T K D G  
N F B J O Y E K Y V B Q S T W O A  
P S M C D D N O I T U L O S E R H

Goals                      Renewal                      Confetti                      Memories  
Gratitude                      Cheers                      Community                      Wellness  
Happiness                      Health                      Friendship                      Countdown  
Midnight                      Celebration                      Resolution

## Word Scramble

1. OURLTNISEO \_\_\_\_\_
2. DNMGHIIT \_\_\_\_\_
3. AESHPNISP \_\_\_\_\_
4. ADTTEGIRU \_\_\_\_\_
5. ANCTEILEROB \_\_\_\_\_
6. OFTNETCI \_\_\_\_\_
7. DCOWONTNU \_\_\_\_\_
8. RCHESE \_\_\_\_\_
9. LSEWENSL \_\_\_\_\_
10. ANELREW \_\_\_\_\_

## Solutions:

1. OURLTNISEO Resolution
2. DNMGHIIT Midnight
3. AESHPNISP Happiness
4. ADTTEGIRU Gratitude
5. ANCTEILEROB Celebration
6. OFTNETCI Confetti
7. DCOWONTNU Countdown
8. RCHESE Cheers
9. LSEWENSL Wellness
10. ANELREW Renewal

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### New Year at the Senior Center

J D H S L T W V Z H I C V P R D C  
J Y N D S C I I C G H H H O Y Z B  
R G H C F E S C L E Q E L I C N B  
G H H C L N N E A Z E E T H C O K  
H S L A O G O L I U N R W U B I U  
A I U Z L M T R L R U S D Z O T L  
P L N Z E H M N E E O Z C Z N A G  
P W X E O I P U Y D W M L M W R I  
I R N W Z M F P N S U N E E Q B Q  
N G R E G P P P R I W T N M Q E G  
E C O N F E T T I O T E I A T L N  
S E Z W J L R U D X R Y W T M E E  
S L K D A M N T Q H J H U N A C N  
L P I H S D N E I R F N R J Y R Z  
Z R S C E U M I D N I G H T K D G  
N F B J O Y E K Y V B Q S T W O A  
P S M C D D N O I T U L O S E R H

Goals                      Renewal                      Confetti                      Memories  
Gratitude                      Cheers                      Community                      Wellness  
Happiness                      Health                      Friendship                      Countdown  
Midnight                      Celebration                      Resolution

### New Year at the Senior Center

C H A M P A G N E  
O  
P  
P A R T Y  
I  
N  
J  
O  
H  
U  
N  
T  
D  
C O N F E T T I  
W  
M I D N I G H T  
O  
B  
J  
C  
O  
T  
I  
M  
V  
E  
Y  
A  
R  
F E S T I V I T Y  
A  
N  
S  
H E A L T H  
A U L D L A N G S Y N E  
D  
B L O W E R S  
J  
A  
N  
U  
A  
R  
Y  
R  
E  
S  
O  
L  
O  
N

#### Across

2. A beverage often used in toasts
9. A gathering of people to mark an occasion
9. A formal event to welcome the New Year
13. The act of celebrating
14. Something people toast in the New Year
15. A popular New Year's Eve song
17. Colorful paper often thrown during celebrations

18. Noise-making objects used during celebrations
20. The time when one year ends and another begins
- Down
1. Another term for a goal or target
3. Traditional New Year's meal in the South
4. Sound made by fireworks
5. The first month of the year
6. A state of well-being and contentment

7. A promise made to improve oneself
10. Feeling of thankfulness
11. A calendar marking days and months
12. The act of counting backwards to zero
16. The opposite of old
19. Fireworks light up the

## Valuable Resources for Seniors

- Alzheimer's Association  
[https://www.alz.org/alzheimer\\_s\\_dementia](https://www.alz.org/alzheimer_s_dementia)
- Advanced Mobility | Providing Solutions for Mobility  
<https://www.advancedmobilityofbend.com/>
- Chamber of Commerce:  
Redmond | <https://www.visitredmondoregon.com/>  
Bend | <https://bendchamber.org/>
- Central Oregon Council on Aging  
<https://www.councilonaging.org/>
- Financial & Legal  
<https://www.councilonaging.org/find-help/financial-legal/>
- Deschutes County Resource List  
<https://www.deschutes.org/health/page/community-resource-list>
- Hospice of Redmond  
<https://www.hospiceofredmond.org/>
- In-Home Health Care Resources from Council on Aging:  
<https://3v9xgga2gzq2bs9vm26vya5g-wpengine.netdna-ssl.com/wp-content/uploads/sites/42/2019/03/In-Home-CareAgencyList.CouncilonAging.2019.pdf>
- Low Cost Pet Resources  
<https://3v9xgga2gzq2bs9vm26vya5g-wpengine.netdna-ssl.com/wp-content/uploads/sites/42/2019/06/Low-Cost-Pet-Resources.pdf>
- Oregon Association of Area Agencies on Aging & Disabilities (O4AD)  
<http://www.o4ad.org/>
- Redmond Economic Development Inc (REDI)  
<https://www.rediinfo.com/quality-life>
- Oregon Senior Living Guide  
<https://www.caring.com/senior-living/oregon>

## Support the Senior Community!

### Our Mission

Recognizing seniors as valued community members, the Redmond Senior Center leads and advocates efforts to provide resources contributing to happier, healthier, and meaningful senior lives and community vitality.

Your donation to the Redmond Senior Center directly supports vital programs and services for local seniors, including nutritious meals, wellness activities, social events, and transportation assistance. These resources help seniors maintain their independence, stay active, and build a strong community, ensuring they live healthier, more fulfilling lives.

Every contribution makes a meaningful difference!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/ST/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Check Enclosed. Please make checks payable to **REDMOND SENIOR CENTER**

Please charge my gift to: ☐ Visa ☐ Mastercard ☐ AmEx ☐ Discover

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Sec. Code: \_\_\_\_\_

Redmond Senior Center is a section 501(c)(3) non-profit organization.

Donations are tax-deductible to the extent allowed by law.

**Thank you for your generous donation!**



325 NW Dogwood Ave  
Redmond, OR 97756  
(541)548-6325

Enclosed is my  
donation of

☐ \$250

☐ \$150

☐ \$75

☐ \$25

☐ \$ \_\_\_\_\_

☐ Make it monthly