

# SENIOR MOMENTS NEWSLETTER

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## Welcome James Morris A New Era Begins at Redmond Senior Center



**W**e are thrilled to announce James Morris as the new Facilities and Marketing Director at the Redmond Senior Center. James brings with him a rich tapestry of experiences and a passion for community engagement that is set to usher in a new era for our beloved center. Here's a closer look at the journey James has embarked upon, leading him to our community.

Born and raised in Concord, California, James Morris is a Bay Area native with a profound appreciation for community and innovation. His academic journey in Accounting and Computer Programming laid a solid foundation for a remarkable career spanning over three decades in the IT field. Before joining us, James made significant contributions at Les Schwab, notably as the IT Release Manager, where he skillfully managed software releases into production environments.

Upon retiring in 2020, James embarked on a creative venture, establishing J. H. Morris Productions. Through his company, he dedicates his talents to producing content for small businesses, blending his technical expertise with his artistic passions. His dedication to the arts doesn't stop there; James currently serves on the Board of Directors for the Dry Canyon Arts Association and contributes as the editor for their monthly newsletter.

James's latest project, Artistry Avenue, is a testament to his commitment to the arts and the community. This art-focused magazine, which James hopes to publish monthly, is designed to connect and inspire art clubs and organizations, offering a platform for artists to share their work and stories.

As the new Facilities and Marketing Director at the Redmond Senior Center, James is poised to make a significant impact. With a vision to increase membership, enhance rental opportunities, and raise community awareness of what the Senior Center has to offer, James is committed to enriching the lives of our members and the broader community.

James's multifaceted career, combined with his passion for the arts and community service, makes him an invaluable addition to our team. We are excited to see how his innovative ideas and leadership will enhance the Redmond Senior Center's offerings and further engage our community.

Please join us in giving a warm welcome to James Morris. We look forward to the journey ahead and the positive changes his leadership will bring to our center and community.

You can contact James at [James@RedmondSeniors.org](mailto:James@RedmondSeniors.org).

# VOLUNTEER HIGHLIGHT

## Laurie Umlauf

### Finding Purpose and Connection at the Redmond Senior Center

By James Morris

**I**n the vibrant community of Redmond, where the local senior center stands as a beacon of engagement and support, Laurie Umlauf has embarked on an enriching new chapter of her life. Moving from the sunny shores of San Diego to Redmond in 2021, the retired paralegal discovered her calling in an unexpected place—the kitchen of the Redmond Senior Center. This journey from retirement to meaningful volunteer work has not only filled Laurie's days with purpose but has also woven her into the fabric of her new community.

Retirement often heralds a period of exploration and, for some, a quest for meaningful engagement. Laurie was no exception. Upon settling in Redmond, she quickly found that retirement came with an unexpected companion: boredom. Eager to fill her days and contribute to her new community, Laurie dabbled in various volunteer opportunities. However, none seemed to fit, leaving her searching for something that resonated with her desire to connect and contribute meaningfully.

The turning point came when Laurie learned of a need at the Redmond Senior Center—a simple request for help with dishwashing in the kitchen. Little did she know this seemingly mundane task would become her gateway to joy and belonging. The kitchen, with its warm, relaxed environment, offered Laurie more than just a place to volunteer; it provided a community. Here, amidst the clattering of dishes and the hum of conversation, Laurie found her niche.

Working in the kitchen, far removed from the rigors of office life that defined her career as a paralegal, Laurie discovered the rewarding nature of service. The task of dishwashing, though simple, became a vessel for connection, allowing her to engage with the center's staff and seniors in a meaningful way. These interactions, often punctuated by shared stories and laughter, highlighted the rich lives and significant contributions of the older adults she served.

For Laurie, volunteering at the senior center has been a transformative experience. Beyond the satisfaction of contributing to the well-being of the center's patrons, it has been the social aspect of her volunteer work that has been most rewarding. Building friendships and connecting with others in the community has given her a newfound sense of purpose and belonging.



Moreover, this journey has allowed Laurie to discover a softer side of herself. The patience and compassion that have blossomed through her interactions with the seniors are qualities she cherishes. In this environment, she has learned the value of listening and the importance of empathy, skills that have enriched her life beyond the walls of the senior center.

Laurie Umlauf's story is a testament to the impact of volunteerism, not just on the community served but on the volunteers themselves. In finding a place where she could contribute in a way that was meaningful to her, Laurie discovered much more than a way to pass the time. She found a source of joy, a community of friends, and a deeper understanding of herself.

As Laurie continues to serve at the Redmond Senior Center, her story serves as an inspiration to others seeking purpose and connection in their own lives. Her journey underscores the notion that sometimes, in helping others, we find ourselves.





## Come Try Our Salad Bar!

Starting March 4th our delicious salad bar will be available every Monday, Wednesday and Friday!







## MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4th Cheese Ground Beef Pasta Broccoli Romanesco Sicilian Vegetables Mix Fruit Cups 100%Fruit Juice 1%Low Fat Milk	5th "NEW" Jambalaya Italian Green Beans Steamed Broccoli Fresh Fruit Salad 100% Fruit Juice 1%Low Fat Milk	6th Meatloaf Mash Potatoes/Gravy Butter Dill Carrots Roasted Fresh Zucchini Fresh Apples 100% Fruit Juice 1% Low Fat Milk	7th Split Peas with Ham Steamed Mixed Vegetables Roasted Cauliflower Fresh Bananas 100% Fruit Juice 1% Low Fat Milk	8th "NEW" Chicken and Rice Steamed Green Beans Steamed Romanesco Fresh Fruit Salad 100% Fruit Juice 1% Low Fat Milk
11th Roasted Turkey Roasted Garlic Mashed Potatoes Gluten Free Gravy Brussel Sprouts Chukawagon Corn Mix Navel Oranges 100% Fruit Juice 1% Low Fat Milk	12th "NEW" Tamale Pie Steamed Baby Carrots Broccoli Apples 100% Fruit Juice 1% Low Fat Milk	13th Pesto Chicken Alfredo Italian Vegetables Mix Roasted Fresh Zucchini Bananas 100% Fruit Juice 1% Low Fat Milk	14th Smothered Pork Chops Mashed Potatoes Steamed Green Beans Roasted Carrots Fresh Fruit Salad 100% Fruit Juice 1% Low Fat Milk	15th "NEW" Teriyaki Meatballs Yakisoba Noodles Steamed Mixed Vegetables Roasted Cauliflower Navel Oranges 100% Juice 1% Low Fat Milk
18th "NEW" Shrimp Scampi Angel Hair Noodles Steam Broccoli Steam Carrots Fresh Fruit Salad 100% Fruit Juice 1% Low Fat Milk	19th Chicken Cordon Bleu Rice Pilaf Steamed Romanesco Italian Vegetable Mix Bananas 100% Fruit Juice 1% Low Fat Milk	20th Spaghetti and Meat Sauce Roasted Fresh Zucchini Steamed Baby Carrots Fruit Cups 100% Fruit Juice 1% Low Fat Milk	21st Roasted Pork Loin Mashed Potatoes Gluten Free Gravy Green Beans Roasted Cauliflower Pears 100%Fruit Juice 1%LowFat Milk	22nd "NEW" Asian Plum Chicken Thighs Vegetable Fried Rice Steamed Broccoli Roasted Zucchini Fresh Fruit salad 100% Fruit Juice 1% Low Fat Milk
25th "NEW" Italian sausage Bolognese Cheesy Polenta Italian Green Beans Roasted Carrots Bananas 100% Fruit Juice 1% Low Fat Milk	26th Slumgullion Roasted Cauliflower Green Beans Navel Oranges 100% Fruit Juice 1% Low Fat Milk	27th Coconut Red Curry Chicken White Rice Steamed Mixed Vegetables Garlic Broccoli Fresh Fruit Salad 100% Fruit Juice 1% Low Fat Milk	28th "NEW" Beef Stew Biscuit Baby Carrots Brussel Sprouts Fresh Apples 100%FruitJuice 1% Low Fat Milk	29th Baked Ham Mashed Sweet Potatoes Orange Mustard Glaze Green Beans Roasted Zucchini Bananas 100% Fruit Juice 1% Low Fat Milk

# March 2024

## Redmond Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>4</b> 1:30-3-Bridge 11:45 Lunch 1-3 Pickleball 3-4 Tech Zoomers   <b>11</b> 11:30-3 Bridge 11:45 Lunch 12:30 Heartwarmers 1-3 Pickleball 3-4 Tech Zoomers  <b>18</b> 11:30-3-Bridge 11:45 Lunch 12 Green Acres Coop 1-Ice Cream Sundae 1-3 Pickleball 3-4 Tech Zoomers  <b>25</b> 11:30-3 Bridge 11:45 Lunch 12:30 Heartwarmers 1-3 Pickleball 3-4 Tech Zoomers	<b>5</b> 11-12:30 Band/Bros 11:30 Pinochle 11:45-Lunch 1-2:30 Line Dancing 1-3 Pickleball  <b>12</b> 11-12:30 Band/Bros 11:30 Pinochle 11:45-Lunch 1-2:30 Line Dancing 1-3 Pickleball  <b>19</b> 11-12:30 Band/Bros 11:30 Pinochle 11:45-Lunch 1-2:30 Line Dancing 1-3 Pickleball <i>First Day of Spring</i>  <b>26</b> 11-12:30 Band of Bro 11:30 Pinochle 11:45 Lunch 1-2:30 Line Dancing 1-3 Pickleball	<b>6</b> 9: COAR 11:45 Lunch 1 Poker 1-Craft Time--Suncatchers 1-2 Intro to Crochet 2-3 Tech Zoomers 3-4 Tech Zoomers  <b>13</b> 9 COAR 11-- <i>Just For Fun Band</i> 11:45-Lunch 1 Poker 1-Craft Time--Jewelry 1-2 Intro to Crochet 2-3 Tech Zoomers 3-4 Tech Zoomers  <b>20</b> 9 Feet Retreat 9: COAR 11:45 Lunch--Veterans 1 Poker 1-Craft Time--Jewelry 1-Intro to Crochet 1-2 <i>Aging Well-Caring for Loved Ones (Dementia)</i> 2-4 Tech Zoomer  <b>27</b> 9 COAR 11:45-Lunch 1 Poker 1-Craft with Grandkids 1-2 Intro to Crochet 1-4 Tech Zoomers	<b>7</b> 10-11:30 Line Dancing 11:45 Lunch 12:30 Chair Yoga 1 Bingo 1-2:30 Bridge Lessons 3-4 Tech Zoomers  <b>14</b> 10-11:30 Line Dancing 11:45 Lunch 12:30 Chair Yoga 1 Bingo 1-2:30 Bridge Lessons 3-4 Tech Zoomers 5-8 PM Wild Ride Brewery <b>PINT NIGHT Fundraiser</b>  <b>21</b> 10-11:30 Line Dancing 11:45 Lunch 12:30 Chair Yoga 1 Bingo 1-2:30 Bridge Lessons 3-4 Tech Zoomers  <b>28</b> 10-11:30 Line Dancing 11:45 Lunch 12:30 Chair Yoga 1 Bingo 1-2:30 Bridge Lessons 3-4 Tech Zoomers	<b>1</b> 10 Cards w/Friends 11:45 Lunch  <b>8</b> 9:00 Feet Retreat 10 Cards w/Friends 11:45 Lunch 1-2:30 Painting/Marbling <b>MARCH 10 IS DAY-LIGHT SAVINGS--TURN YOUR CLOCKS AHEAD!</b>  <b>15</b> 10 Cards w/Friends 11:45 Lunch- Birthdays <i>Lindy Gravelle Music</i> 1-2:30 Painting/Marbling <i>March 17--Happy St. Patrick's Day!</i>  <b>22</b> 10 Cards w/Friends 11:45 Lunch 1-2:30 Painting    <b>29</b> 10 Cards w/Friends 11:45 Lunch 1-2:30 Painting  <b>March goes out like a lamb! March 31 Easter</b>

## Valuable Resources for Seniors

- Alzheimer's Association - [www.alz.org](http://www.alz.org)
- Advanced Mobility - [www.advancedmobilityofbend.com](http://www.advancedmobilityofbend.com)
- Chamber of Commerce:
  - Redmond - [www.visitredmondoregon.com](http://www.visitredmondoregon.com)
  - Bend - [www.bendchamber.org](http://www.bendchamber.org)
- Central Oregon Council on Aging - [www.councilonaging.org](http://www.councilonaging.org)
- Deschutes County Resource List - [www.deschutes.org/health/page/community-resource-list](http://www.deschutes.org/health/page/community-resource-list)
- Hospice of Redmond - [www.hospiceofredmond.org](http://www.hospiceofredmond.org)
- In-Home Health Care Resources from Council on Aging - [www.help4seniors.org/programs-services/home-community-care-options](http://www.help4seniors.org/programs-services/home-community-care-options)
- Oregon Association of Area Agencies on Aging & Disabilities (O4AD) - [www.o4ad.org](http://www.o4ad.org)
- Redmond Economic Development Inc (REDI) - [www.rediinfo.com/quality-life](http://www.rediinfo.com/quality-life)