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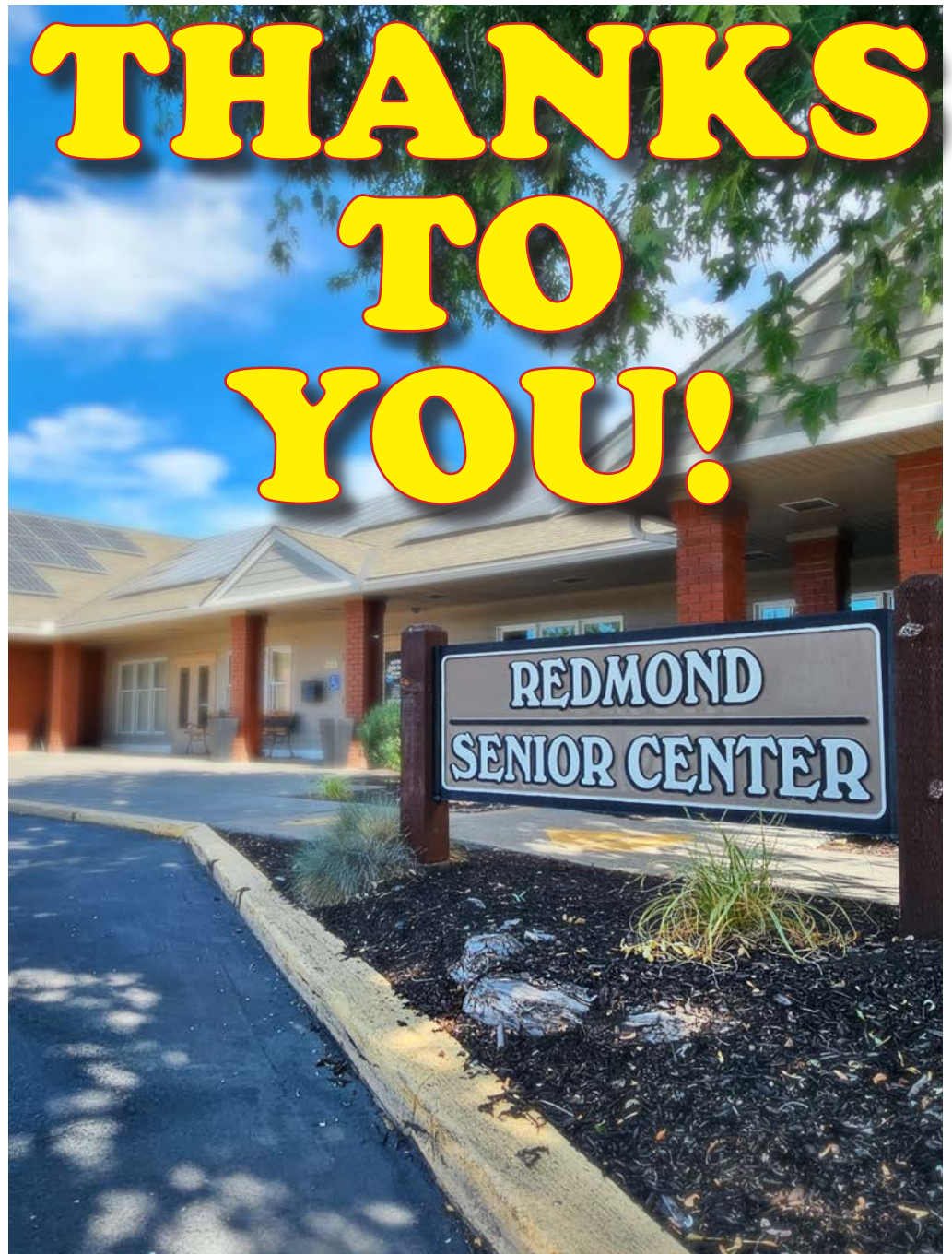
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Redmond Senior Center Launches “Thanks to You” Campaign to Support Vital Programs



The Redmond Senior Center is a vibrant hub of activity, a place where laughter echoes through the halls, friendships blossom over shared meals, and seniors find connection and support. But maintaining this crucial community resource requires the ongoing generosity of caring individuals like you. That’s why the Redmond Senior Center is thrilled to announce the launch of its “Thanks to You” campaign, a fundraising initiative aimed at ensuring the continuation and expansion of essential programs for our senior community.

A Year of Gratitude: Celebrating Our Donors

This past year has been filled with heartwarming moments at the Redmond Senior Center, all made possible by the incredible generosity of our donors. Thanks to them, we’ve delivered thousands of nutritious Meals on Wheels to homebound neighbors, ensuring they receive vital nourishment and a friendly face. Our dining room has buzzed with lively conversation during daily lunches, fostering a sense of belonging and combatting social isolation. The Wellbeing Series has kept bodies moving and spirits high, promoting physical and mental wellness. From dances to painting classes, games to celebrations, countless activities and events have brought joy and enrichment to the lives of seniors throughout our community. We are profoundly grateful for the support that has made all of this possible.

The Need is Real: Why Your Help Matters

As we look ahead to the new year, the need for our services continues to grow. The senior population in Redmond is increasing, and with it, the demand for programs that address food insecurity, social isolation, and access to vital resources. To keep pace with this growing need and continue providing high-quality services, the Redmond Senior Center has launched the “Thanks to You” campaign with a goal of raising \$100,000 by December 31st. These funds are crucial for ensuring that we can continue to meet the evolving needs of our senior community.

Investing in Our Seniors: How Your Donations Will Be Used

Every dollar donated to the “Thanks to You” campaign will directly impact the lives of seniors in Redmond. Your contribution will help us:

- Maintain the Meals on Wheels program: Ensuring that more homebound seniors receive nutritious meals and regular check-ins.
- Expand the daily lunches: Providing a welcoming and social environment where seniors can enjoy a healthy meal and connect with others.
- Enhance the Wellbeing Series: Offering a wider range of exercise classes, health workshops, and mental wellness programs.
- Support engaging activities and events: Creating opportunities for seniors to socialize, learn new skills, and experience joy.
- Provide caregiver support: Offering resources and assistance to those caring for aging loved ones.

Your gift ensures that no senior eats alone, no caregiver feels lost, and no one is left behind. It keeps our doors open, our hearts full, and our community connected.

Join Us: Let’s Keep It Going

The Redmond Senior Center is more than just a building; it’s a lifeline for many seniors in our community. It’s a place where they can find friendship, support, and a sense of belonging. With your help, we can continue to provide these vital services and ensure that our seniors thrive.

We invite you to join us in the “Thanks to You” campaign and help us reach our goal of \$100,000. Every contribution, no matter the size, makes a difference. You can donate online at RedmondSeniors.org/eoy or scan the QR code with your phone.

Let’s build on everything we’ve accomplished together and continue to make a positive impact on the lives of seniors in Redmond. Thank you for your generosity and support. Together, we can keep it going! 🍌



A Season of Gratitude, Growth, and Giving

Reflections from the Redmond Senior Center



Randy Graves
Executive Director

As the days grow shorter and the crisp morning air nips a little more sharply, there's a certain magic that settles over Redmond. The last of the autumn leaves flutter to the ground, and the chilly mornings remind us that a soft blanket of snow is just around the corner. It's a time for reflection, gratitude, and, most of all, togetherness.



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The UPS Store
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Every holiday season, I find myself filled with appreciation—not just for the warmth of family and friends, but for the vibrant, caring community we’ve built here at the Redmond Senior Center (RSC). This year, as I look back over the past twelve months, one word keeps coming to mind: stability. In a world that often feels uncertain, the Redmond Senior Center has become a beacon of reliability, steadfastness, and joy for so many.

The Gift of a Steadfast Team

Let me start by shining a well-deserved spotlight on our incredible staff. For nearly two years, we’ve had the privilege of working alongside the same dedicated group of individuals. That might not sound remarkable at first, but in a world where change seems constant, maintaining such a strong and consistent team is nothing short of extraordinary.

Every day, I see our staff come together—not just as coworkers, but as friends. We brainstorm, we share ideas, and yes, we laugh... a lot! There’s a sense of camaraderie and shared purpose here that is truly rare. Each team member brings unique talents and perspectives, creating a synergy that makes the Center hum with energy and creativity.

It’s their passion that keeps our programs running smoothly, our members smiling, and our vision moving forward. The vibrancy and warmth that you feel when you walk through our doors are a direct result of their efforts. I am deeply grateful for every one of them, and I know that our members and volunteers share in my appreciation.

Board Leadership: Stronger Than Ever

No organization thrives without great leadership, and I am thrilled to share that our Board of Directors is stronger than ever. We are privileged to have nine outstanding community leaders serving on our board. This is only the second time in the past two and a half years that we have had a full complement of board members, and the difference is palpable.

Our board brings a wealth of experience, wisdom, and passion to the table. They represent a cross-section of our community and are united by a common goal: to ensure that the Redmond Senior Center remains a place of connection, enrichment, and support for all seniors in our area.

Their dedication is inspiring, and I am excited to see what we can accomplish together in the coming year. With such a dynamic group at the helm, the future of the Center is shining brightly.

Communicating Our Story: Staying Connected



In this digital age, staying connected is more important than ever. I am particularly proud of how our marketing and communications have evolved over the past year. I may be biased, but I truly believe we publish the finest newsletter of any senior center out there! Every issue is packed with news, features, program highlights, and stories that capture the spirit of our community.

But the newsletter is just the beginning. Our website recently received a major facelift, making it easier than ever for members and newcomers alike to find information, register for programs, or simply learn more about what we offer. If you haven’t visited our updated site yet, I encourage you to take a look—you’ll be amazed at all the ways you can get involved.

And let’s not forget our social media presence! Our Facebook page and other channels are buzzing with fresh content daily, from event photos and announcements to fun facts and community spotlights. It’s a great way to stay in the loop, share your own stories, and connect with fellow members—even if you can’t make it to the Center every day.

Programs that Inspire and Engage

If you’ve visited the Center recently, you may have

See **RANDY**/Pg 6



RANDY/from Pg 5

noticed a familiar sight: a bustling parking lot, often filled to capacity! That's because our program calendar has never been more robust. On most days, we offer multiple programs running all day long, catering to a wide range of interests and abilities.

Whether you're looking to stretch your body in a yoga class, challenge your mind in a book club, find camaraderie in a crafting group, or simply enjoy a cup of coffee with friends, there's truly something for everyone. Our commitment to offering diverse, high-quality programs is stronger than ever.

We're constantly listening to your feedback and seeking out new opportunities to inspire and engage. The energy and enthusiasm we see from our members remind us that learning, growth, and fun don't stop—no matter your age!

Volunteers & Members: The Heartbeat of RSC

Of course, none of this would be possible without you—our members, volunteers, and supporters. Every day, we welcome wonderful folks through our doors, each bringing their own stories, talents, and warmth. Some come to find new friends or try something new; others come to give back, lending a hand as volunteers in our programs, events, or kitchen.

The sense of connection and belonging that fills the Center is a testament to your generosity of spirit. New faces join us often, eager to get involved and be a part of something special. We are always amazed by the kindness, wisdom, and humor you bring to our community.

Looking Ahead: A Big Membership Drive!

As we look to the new year, we're setting our sights high with an ambitious goal: welcoming 750 new members to the Redmond Senior Center! Did you know that there are over 13,000 seniors in our community? That's an incredible pool of potential friends, neighbors, and fellow adventurers.

We want to spread the word about the great things happening at the Center. If you're already a member,

consider inviting a friend to join you for a program or event. If you've been on the fence, now is the perfect time to jump in! Membership offers access to all our fantastic programs, special events, and the chance to be part of a supportive, dynamic community.

Your Support Makes All the Difference

I would be remiss if I didn't mention the challenges we face. Like many community organizations, we rely on a mix of funding sources to keep our doors open and our programs thriving. With some federal funding currently on pause, your year-end gifts are more important now than ever before.

This holiday season, we're aiming to raise \$100,000 by December 31st. Every contribution—large or small—helps ensure that we can continue providing the programs, services, and support that our seniors deserve. Your generosity goes directly toward sustaining our mission and keeping the momentum going strong into the new year.

Together, the Future is Bright

As I reflect on the past year, I am filled with gratitude for the stability, growth, and joy that define the Redmond Senior Center. But even more, I am filled with hope for what lies ahead. With your support, commitment, and enthusiasm, there is truly no limit to what we can achieve together.

Thank you for being the heart and soul of this wonderful community. Wishing you and your loved ones a joyful holiday season, warm memories, and a bright, exciting new year.

With gratitude and cheer,

Randy Graves

Executive Director, Redmond Senior Center

Ready to join, volunteer, or make a year-end gift? Visit our website, drop by the Center, or give us a call—we can't wait to welcome you! 🍷

A Heartfelt Thank You to Our Donors—The Lifeblood of the Redmond Senior Center

When I sit down to reflect on what keeps the Redmond Senior Center vibrant, alive, and growing, my thoughts always circle back to the unwavering generosity of our donors. The gratitude I feel is hard to put into words, but I want to try—because every day, I see the impacts of your support, and every day, I am reminded that we could not do this without you.

In years past, I was closely involved with fundraising for the Center, hands-on with the countless details that go into keeping our programs running. While my role has shifted, and we are now blessed with outstanding and professional staff who manage day-to-day operations, our need for community support has never been more critical. Fundraising, as I have learned over the years, remains at the heart of all we do. Quite simply, we cannot operate—or care for our community—without your gifts.

Your donations do so much more than keeping the lights on. They fill lunch trays with hot, nourishing meals through our Meals on Wheels program—one of our most vital services for the past eight years. While we do receive about 40% of our funding for this from the Council on Aging, it's your dollars that bridge the gap, ensuring no senior in our community goes hungry.

Beyond meals, your support brings life to a host of activities and services that directly combat one of the toughest challenges our seniors face: isolation. So many in our community rely on the Center not just for social interaction, but for a sense of belonging and purpose. Whether it's exercise classes, health workshops, or simple social gatherings, your generosity gives Redmond's seniors the chance to share laughter, friendships, and support.

There's more. Our building bustles with activity; rarely is a parking spot available. Our membership has tripled in just two years, with Redmond's senior population representing nearly 30% of the entire area. And yet, not everyone is well-off—many count on us for affordable meals and community. Your impact is immediate, personal, and deeply felt.

Looking ahead, our needs are growing. We face choices about how—where—even to expand as we outgrow our current space. The dream of a larger, more accommodating facility cannot be realized without sustained, meaningful investment, and I encourage all who believe in our mission to consider making a three-year commitment or becoming a monthly donor. These gifts give us the stability to plan for the future, to serve more, to reach further.

I also want to extend a special invitation: Come see for yourself. Visit us on a Monday morning at 10:30 and witness the energy, the crowd, the joy that fills our center because of your support. You'll have no trouble seeing the effects of your generosity in action.

To every donor—past, present, and future: thank you. Thank you for helping us grow, thank you for lifting up our programs, and thank you for making a real difference in the lives of Redmond seniors. Every dollar, every commitment, every act of support carries us forward and keeps us thriving. On behalf of the board, the staff, and especially the seniors who call our center home—thank you, from the bottom of my heart.



With gratitude,

Jo Anne Sutherland

Jo Anne Sutherland, Board of Directors, Redmond Senior Center



Meals That Matter

Nourishing Body and Spirit



The aroma of roasted chicken and simmering vegetables wafts through the air, a comforting beacon on a crisp November afternoon. It's lunchtime at the Redmond Senior Center, and the dining room is buzzing with conversation and laughter. But beyond the friendly chatter and the clinking of silverware lies a story of community, compassion, and the profound impact of a simple, nourishing meal.

Here in Redmond, the Senior Center is more than just a place for activities and social gatherings; it's a lifeline for many of our older residents. And at the heart of that lifeline is the Meals on Wheels program and the daily lunch service, providing not just sustenance, but also connection and a sense of belonging.

On average, the Redmond Senior Center serves a staggering 32,000 meals annually through its Meals on Wheels program. These meals are delivered directly to the homes of anyone who is homebound due to illness, disability, or mobility issues. For many, it's the only hot, nutritious meal they receive each day.

"It's more than just the food," explains Janean Baird, the Senior Center's Assistant Executive Director. "It's the human connection. Our volunteers are often the only people these seniors see all day. They check in on them, offer a friendly face, and make sure they're doing okay. That interaction is just as important as the meal itself."

Beyond the home deliveries, the Senior Center also serves over 7,500 lunches every year at its bustling dining room. These lunches provide a vital opportunity for seniors to socialize, connect with friends, and enjoy a delicious, healthy meal in a supportive environment.

Lunchtime at the Senior Center offers a sense of belonging and companionship for those who might otherwise feel isolated. For many who live alone, the daily meal is more than just nourishment—it's an opportunity to connect with friends, enjoy a delicious meal, and experience the warmth of community.

The meals themselves are carefully planned and prepared by a dedicated team of chefs and volunteers, focusing on providing balanced nutrition and catering to dietary needs. From hearty soups and stews to fresh salads and flavorful entrees, each meal is designed to be both delicious and beneficial for the health and well-being of Redmond's senior population.

"We understand the importance of providing nutritious meals that meet the specific dietary needs of our seniors," says Head Chef, Jose Perez. "We work closely with nutritionists to ensure that our menus are balanced and cater to common health concerns like diabetes, heart disease, and food allergies. We also try to incorporate fresh, local ingredients whenever possible."

But the success of these vital programs hinges on the generosity of the Redmond community. The Senior Center relies heavily on donations to keep its Meals on Wheels program and daily lunch service running smoothly.

"Each meal costs approximately \$12 to prepare," explains Baird. "That covers the cost of ingredients, packaging, transportation, and staff time. While we receive some government funding, it's not enough to cover all of



our expenses. We rely on the generosity of individuals, businesses, and community organizations to bridge the gap."

The need for these services is only growing. As the population ages, the demand for Meals on Wheels and the daily lunch service continues to increase. The Senior Center is committed to meeting this growing need, but they can't do it alone.

"We're seeing more and more seniors struggling to afford basic necessities like food," says Baird. "Many are living on fixed incomes, and the rising cost of living is making it increasingly difficult for them to make ends meet. That's why our programs are so important. They provide a safety net for those who need it most."

The impact of these meals extends far beyond just physical nourishment. They provide a sense of dignity, independence, and connection for seniors who might otherwise feel isolated and forgotten. They offer peace of mind to families who know that their loved ones are receiving regular, nutritious meals and a friendly check-in.

The Redmond Senior Center is more than just a building; it's a community hub, a place where seniors can connect, learn, and thrive. And at the heart of that community is the Meals on Wheels program and the daily lunch service, providing nourishment for both body and spirit.

How You Can Help:

There are many ways to support the Redmond Senior Center's Meals on Wheels program and daily lunch service:

Donate: Your financial contribution, no matter the size, can make a significant difference. Every \$12 provides a senior with a nutritious meal. Donations can be made online through the Senior Center's website (www.redmondseniors.org), by mail, or in person.

See **MEALS**/Pg 8

Volunteer: The Senior Center is always looking for volunteers to help with meal preparation, delivery, and serving. Volunteering is a rewarding way to give back to your community and make a positive impact on the lives of seniors.

Spread the Word: Share this article with your friends, family, and colleagues. Help raise awareness about the importance of these programs and the need for community support.

Organize a Fundraiser: Consider organizing a fundraising event to benefit the Senior Center. This could be anything from a bake sale to a car wash to a sponsored walk.

By supporting the Redmond Senior Center, you are investing in the health, well-being, and dignity of our senior community. You are helping to ensure that no senior in Redmond goes hungry or feels forgotten.

moment to think about the power of food to nourish not just your body, but also your spirit. Consider the seniors in our community who rely on the Redmond Senior Center for their daily meals and the profound impact that these meals have on their lives.

Let’s work together to ensure that every senior in Redmond has access to the nutritious meals and the human connection they need to thrive. Because in the end, it’s not just about the food; it’s about the community, the compassion, and the shared commitment to caring for our most vulnerable residents. It’s about ensuring that everyone in Redmond has a seat at the table.

Contact Information:

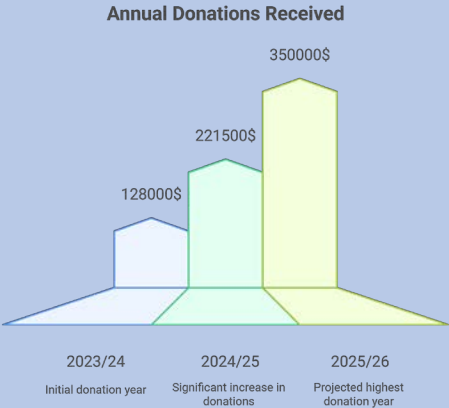
Redmond Senior Center
(541) 548-6325
www.redmondseniors.org

Let’s make a difference, one meal at a time. 

The Power of a Meal:

The next time you sit down to enjoy a meal, take a

**By the Numbers
Your Impact in Action**



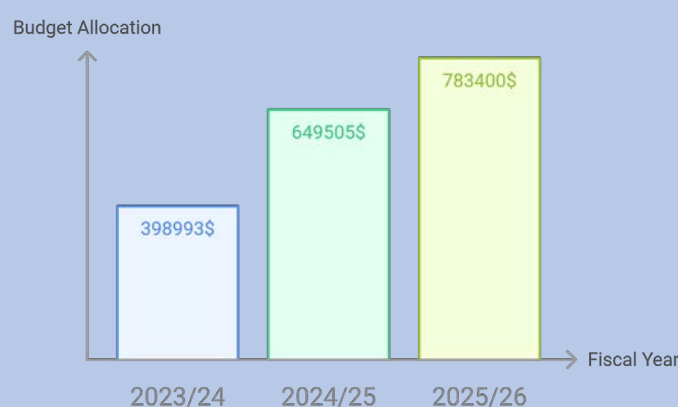
That’s nearly triple the membership in just two years!

**New & Expanded Programs
More Ways to Connect**

- Thanks to your support, 2025 was a year of innovation:
- **Wellness Series:** A crowd favorite, bringing experts and laughter together for healthier living.
 - **Annual Member Appreciation Day:** Our biggest “thank you” bash yet!
 - **Annual Wellness Fair:** Resources, screenings, and a few surprise dance moves.
 - **Greeter Program:** Funded by donations—making every visit feel like a homecoming.

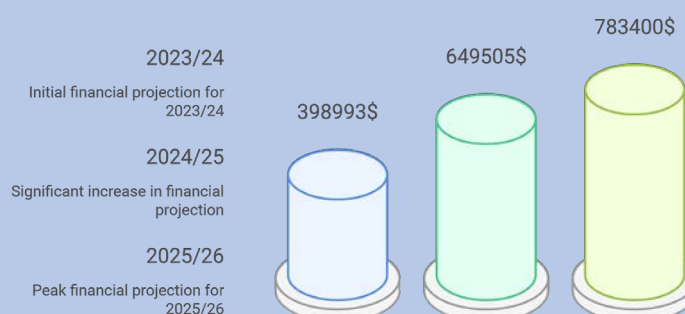
“It’s been a truly remarkable year here at the Redmond Senior Center, and it’s all thanks to the generous support of our donors and community champions.”

Budget Numbers What We are Working With



Budget Allocation Over Three Years

Financial Projections for 2023-2026



New & Expanded Programs More Ways to Connect

Thanks to your support, 2025 was a year of innovation:

- **Wellness Series:** A crowd favorite, bringing experts and laughter together for healthier living.
- **Annual Member Appreciation Day:** Our biggest “thank you” bash yet!
- **Annual Wellness Fair:** Resources, screenings, and a few surprise dance moves.
- **Greeter Program:** Funded by donations—making every visit feel like a homecoming.

Measurable Improvements Upgrades You Can See (and Taste!)

- **Brand New Kitchen:** The heart of our center, now serving up even more deliciousness.
- **Info TV in the Dining Room:** Never miss an event, menu, or Bingo night again!
- **New Lobby Floors* (Coming Soon!):** Because everyone deserves a grand entrance.

* Paid by grant money.

The Wellbeing Series

Empowering Senior Health Through Community and Collaboration



Redmond, Oregon
Senior Center
Wellbeing Series
Healthy. Connected. Secure.



As the Wellbeing Series Coordinator at the Redmond Senior Center, I am privileged to witness firsthand the impact that a well-designed health and wellness program can have on our senior community. Over the past year, our Wellbeing Series has grown not only in scope but also in the depth of its influence. This growth is thanks in large part to creative non-monetary donations—such as monthly interview slots with our local news channel and regular articles in the Redmond Spokesman—and the steadfast sponsorship of St. Charles Medical Center. This article will share how these collaborations have elevated our program, broadened our reach, and deepened our impact.

The Purpose and Structure of the Wellbeing Series

At its core, the Wellbeing Series is dedicated to supporting the holistic health of seniors in Redmond and the greater Central Oregon region. We recognize that aging brings increased risks for chronic conditions—such as heart disease, diabetes, arthritis, and cognitive decline—and that these risks can be mitigated through education, regular activity, and community connection. Our monthly series, held on the second Wednesday of each month, features expert-led discussions on topics including heart health, diabetes management, mental wellness, and much more.

Each session is structured to be both informative and interactive. We invite local healthcare professionals and community experts to present evidence-based information, facilitate Q&A, and offer practical advice that our members can incorporate into their daily lives. Workshops, hands-on activities, and resource sharing further empower our seniors to remain proactive about their health. The diversity of topics—ranging from fall prevention and home safety to grief awareness and self-care—reflects our commitment to addressing the full spectrum of senior wellbeing.

The Power of Non-Monetary Donations

While financial support is often the most obvious form of donation, our program has been transformed by the generosity of non-monetary contributions from community partners.

Monthly TV Interviews: Raising Awareness and Reducing Stigma

One of the most impactful non-monetary donations has been the monthly interview segment provided by our local news channel, Central Oregon Daily (KOHD). Each month, a representative from the Wellbeing Series is invited to discuss the upcoming topic, share relevant health tips, and highlight the resources available at the Senior Center. These interviews reach thousands of local viewers, many of whom may not be aware of our programs or who face barriers to attending in person.

The visibility these interviews provide serves multiple purposes:

- **Destigmatizing Health Topics:** Openly discussing issues such as mental health, Alzheimer's awareness, or grief on a public platform reduces stigma and encourages more seniors and their families to seek help.
- **Expanding Our Reach:** Seniors who may be homebound, lack transportation, or are new to the area can learn about our resources and connect with us.
- **Community Engagement:** The interviews foster a sense of pride and connection among our regular

attendees, who see their community recognized and valued on a public stage.

Monthly Articles: Deepening Understanding and Sustaining Engagement

In addition to television exposure, our partnership with the Redmond Spokesman has allowed us to publish monthly articles aligning with each Wellbeing Series topic. These articles, often written by guest experts or members of our team, offer a deeper dive into the month's theme.

The written word provides several benefits:

- **Reinforcement and Reference:** Readers can revisit articles at their leisure, share them with friends, and keep them for reference.
- **Literacy and Education:** For those who prefer reading to attending events, articles serve as a direct line of education and empowerment.
- **Intergenerational Reach:** Family members and caregivers often access these articles, sparking important conversations and helping to build a wider support network.

These non-monetary donations are invaluable. They maximize our ability to educate, connect, and support our community—without draining our financial resources.



Sponsorship from St. Charles Medical Center: Expertise and Credibility

The partnership with St. Charles Medical Center has been a cornerstone of our program's success. Their sponsorship extends beyond financial support; it brings medical credibility, professional expertise, and a wealth of resources to every series event.

Expert Speakers and Content

St. Charles Medical Center provides a steady stream of healthcare professionals—doctors, nurses, dietitians, and therapists—who volunteer their time to lead sessions. Their knowledge ensures our content is accurate, up-to-date, and tailored to the unique needs of seniors. For example, our heart health session featured a cardiologist who demystified cardiovascular risk factors and answered pressing questions from attendees. Similarly, our mental health series benefited from the insights of clinical social workers familiar with the challenges of aging.

Access to Resources and Referrals

Through St. Charles, we have direct access to an array of patient education materials, preventive screenings, and referral pathways. Attendees can sign up for check-ups, receive information on local support groups, and even access flu shot clinics—all coordinated in partnership with the hospital.

Community Health Alignment

Our missions are aligned: both the Senior Center and St. Charles prioritize community health, prevention, and wellness. Their involvement signals to our members that our series is not just a local initiative, but part of a larger, integrated health strategy for the region.

Tangible Outcomes and Community Impact

Thanks to these partnerships, the Wellbeing Series has

achieved several measurable outcomes:

- **Increased Attendance:** Our monthly sessions now draw larger crowds, and we see a steady rise in new participants—many citing the TV interviews or newspaper articles as their introduction to the program.
- **Greater Engagement:** Attendees are more likely to ask questions, seek follow-up care, and utilize local resources.
- **Improved Health Literacy:** Seniors report feeling more confident managing their health, recognizing warning signs, and supporting peers.
- **Reduced Isolation:** The series fosters new friendships and support networks, combating the loneliness and isolation that can affect older adults.

Looking Ahead

The Wellbeing Series exemplifies what is possible when a community comes together with creativity, compassion, and a shared vision for better health. Non-monetary donations—like media exposure and educational articles—have extended our reach and deepened our impact far beyond what traditional funding alone could accomplish. The expertise and commitment of St. Charles Medical Center ensure that our content is second to none.

As we look to the future, we remain committed to growing and evolving the series. We invite other organizations, media partners, and individuals to join us in this mission—because when we invest in senior wellbeing, we invest in the health of our entire community.

For more information about upcoming Wellbeing Series events, visit redmondseniors.org or tune in to our monthly news segments and read our articles in the Redmond Spokesman. Together, we are building a healthier, more connected Redmond—one month at a time. 🌟



WELLBEING SERIES CALENDAR

Health and wellness are vital for seniors, affecting their quality of life and longevity. Aging increases risks of chronic conditions like heart disease, diabetes, arthritis, and cognitive decline. Regular exercise, a balanced diet, and routine check-ups help maintain mobility, mental clarity, and independence while reducing these risks. Wellness also addresses mental and emotional health, combating isolation and depression through social interaction and support.

The Redmond Senior Center promotes senior well-being with its monthly Wellness Series, which focuses on topics such as heart health, diabetes management, and mental wellness. Talks are held on the second Wednesday of each month from 10:00 AM to 11:30 AM, featuring experts who discuss the monthly theme. These events, along with workshops and activities, empower seniors to stay proactive about their health, improving their quality of life year-round.

	EYE CARE Learn about maintaining optimal eye health and preventing common vision problems.		HEART HEALTH Explore strategies to keep your heart strong and reduce the risk of cardiovascular disease.		NUTRITIONAL HEALTH Discover how balanced eating supports overall wellness and energy.
	STRESS AWARENESS Understand the impact of stress on health and effective ways to manage it.		MENTAL HEALTH Gain insights into emotional well-being and resources for mental health support.		BRAIN HEALTH Learn how to keep your brain sharp and prevent cognitive decline.
	SOCIAL WELLBEING Discover the benefits of building connections and staying socially engaged.		SELF-CARE Explore techniques to nurture your physical, emotional, and mental well-being.		FALL PREVENTION & HOME SAFETY Learn practical tips to prevent falls and create a safer home environment.
	CANCER AWARENESS Increase awareness of prevention, detection, and coping strategies for cancer.		ALZHEIMER AWARENESS & HOSPICE Gain understanding and resources for Alzheimer's care and end-of-life support.		GRIEF AWARENESS Explore ways to navigate grief and support others through loss.

NATIONAL RESOURCES

- Centers for Disease Control and Prevention (CDC)
 - Website: [cdc.gov]
 - Offers comprehensive information on health, wellness, disease prevention, and healthy living.
- National Institutes of Health (NIH)
 - Website: [nih.gov]
 - Provides extensive resources on medical research and health topics.
- American Heart Association (AHA)
 - Website: [heart.org]
 - Focuses on cardiovascular health, including guidelines for a healthy lifestyle.
- National Wellness Institute (NWI)
 - Website: [nationalwellness.org]
 - Offers resources, tools, and training for health and wellness professionals.
- Mayo Clinic
 - Website: [mayoclinic.org]
 - Provides health information, medical advice, and wellness tips.

LOCAL RESOURCES

- Central Oregon Health Council
 - Website: [cohealthcouncil.org]
 - Works to improve health outcomes in Central Oregon through various programs and initiatives.
- St. Charles Health System
 - Website: [stcharleshealthcare.org]
 - Offers a wide range of health services, wellness programs, and community health resources.
- Deschutes County Health Services
 - Website: [deschutes.org/health]
 - Provides public health services, including wellness programs and health education.
- Oregon Health Authority (OHA)
 - Website: [oregon.gov/oha]
- Statewide health resources, with regional information relevant to Central Oregon.
- Redmond Senior Center
 - Website: [redmondseniors.org]
 - Offers various wellness and fitness programs, including classes and activities for seniors.
- Healthy Beginnings
 - Website: [myhb.org]
 - Provides free health and developmental screenings for children in Central Oregon.
- COCC Community Learning
 - Website: [cocc.edu]
 - Central Oregon Community College offers non-credit courses and programs focused on health and wellness for all ages.

How Your Donations Drive the Success of the Redmond Senior Center



At the Redmond Senior Center, every smile, every laugh, and every new connection begins with you—our generous donors and supportive community members. As we reflect on a truly remarkable year, it's clear that your contributions are the heartbeat of our success and growth.



Redmond, Oregon
Senior Center
 Engage. Connect. Thrive.



Your Impact, By the Numbers

Thanks to your kindness, annual donations soared from \$128,000 in 2023/24 to \$221,500 in 2024/25, with projections reaching an impressive \$350,000 for 2025/26. That support has nearly tripled our membership in just two years, with over 300 seniors now part of our vibrant community .

More Programs, More Connections

2025 was a year of innovation at the Center, made possible by your gifts. You helped us launch and expand programs that bring joy and wellness to our members:

- **Wellness Series:** Expert speakers and laughter-filled gatherings for healthier living.
- **Annual Member Appreciation Day:** Our biggest celebration yet, all to say “thank you!”
- **Wellness Fair:** A day of resources, screenings, and even a surprise dance or two.
- **Greeter Program:** Funded by donations to make every visit feel like a homecoming .

Tangible Improvements

Your donations don’t just spark programs—they make real, visible upgrades:

- **A Brand New Kitchen:** Now serving up more delicious meals and memories.
- **Info TV in the Dining Room:** Never miss a menu, an event, or a Bingo night again.

- **Coming Soon:** New Lobby Floors: Because everyone deserves a grand entrance .

Volunteers: Powered by Your Support

Behind every hot meal, friendly smile, and successful event are our incredible volunteers—Meals on Wheels drivers, kitchen helpers, and boutique assistants—whose efforts are made possible by your ongoing generosity .

Creating Community, One Gift at a Time

Every dollar you give helps create a place where seniors can crochet, strum a ukulele, play cards, or simply share a laugh with friends. Your support keeps our Wellbeing Series going, meals rolling, and the laughter echoing through our halls .

Looking Ahead—You Make the Future Bright

On the horizon: new lobby floors for safe, joyful steps and field trips in our donated van—because adventure never retires. Your continued support ensures that our Center remains a place where comfort, joy, and community are always on the menu .

Thank you for being the reason someone smiles at the Redmond Senior Center. Your donations truly make all the difference.

Visit us at 325 NW Dogwood Ave, Redmond, or online at www.RedmondSeniors.org to see your impact in action and join us for another year of connection and joy.

— James Morris, Marketing Director, Redmond Senior Center 

Gratitude Gallery

Thanks to you...



... we dance!



... we take day-trips!



... we play!



... we pickleball!



... we get spoiled!



... we reminisce!

... we make things!



... we learn!



... we learn to cook!



... we socialize!

Why I Give

"Volunteering and donating to the center is my way of staying connected and making a difference in the lives of others."

"We made this gift in memory of my grandmother, who loved attending the weekly lunches and made so many friends here."

"After seeing the impact the center had on my father's life, I knew I wanted to help others experience the same support."

"I donate because I want to ensure that seniors in our community have a safe and welcoming place to gather."

"Supporting the center is my way of giving back to a place that gave my mother so much joy in her later years."

"They are very consistent in their pick ups. It's very easy to arrange and I know that the things I donate will not be wasted and any money raised goes to a good cause."



The Gift of Giving

Generosity is a universal language that bridges divides and brings people together. At the Redmond Senior Center, your donations do more than provide resources—they deliver hope, dignity, and a sense of belonging to older adults in our community.

Every contribution, large or small, enables us to offer nutritious meals, wellness programs, social activities, and essential support services for seniors. Imagine the relief of a senior who receives a healthy lunch and meaningful companionship, or the joy of someone accessing an exercise class that helps them maintain independence. These moments of transformation begin with your compassion and support.

Giving doesn't just change the lives of Redmond's seniors—it also enriches your own. Studies show that acts of generosity release endorphins, creating a "helper's high" that boosts happiness and well-being. We are wired to find purpose and joy in helping others, and your kindness is a testament to that truth.

Your donation is part of a larger movement. When you give to the Redmond Senior Center, you join a dedicated community committed to improving the quality of life for older adults. Together, we create opportunities for social connection, lifelong learning, and critical assistance for those facing isolation or hardship.

To those who have given before, thank you. Your generosity has touched many lives—providing transportation for medical appointments, supporting engaging activities, and ensuring no senior goes hungry or feels alone. Your support continues to make a real, lasting impact.

If you're considering your first gift, know that every dollar counts. Whether you're able to give a little or a lot, your contribution helps provide comfort, care, and hope to the seniors we serve. The smallest act can brighten someone's day and remind them they are valued and remembered.

True abundance is not measured by what we have, but by what we share. When you support the Redmond Senior Center, you help create a community where every senior can thrive. Your generosity today becomes tomorrow's blessing for someone in need.

Thank you for your support. Together, we are building a brighter future for Redmond's seniors—one compassionate act at a time. 

At the Redmond Senior Center, we believe every senior deserves to feel seen, valued, and cared for. When you give, you're not just donating—you're nourishing someone's spirit, offering companionship where it's needed most, and helping create moments of joy, connection, and dignity. Your kindness fuels meals shared around a table, laughter in wellness classes, and the comfort of knowing no one is alone. Together, we can ensure our seniors continue to thrive in a community that cherishes them.

Amount of donation: \$ **Make it recurring** ☐ **monthly**

NAME:

ADDRESS:

CITY: STATE: ZIP:

PHONE: EMAIL:

☐ Check enclosed. Make checks payable to REDMOND SENIOR CENTER.

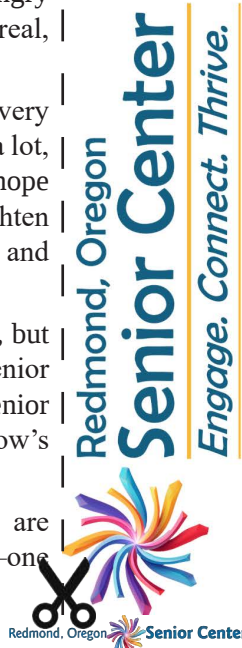
☐ Please charge my donation to: ☐ Visa ☐ Mastercard ☐ AmEx ☐ Discover

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!



THE HEART OF THE CENTER

In every gentle greeting and every open door,

The heart of our Center beats stronger than before.

Woven from kindness, stitched with care and light,

It shelters dreams and friendships, making burdens bright.

Gratitude echoes softly in laughter and in song,

A chorus of voices where all belong.

From donors' steady hands to volunteers' embrace,

Each gesture of giving shapes this sacred place.

Community blossoms in moments we share,

In meals passed around and stories laid bare.

Hope finds a haven within these walls,

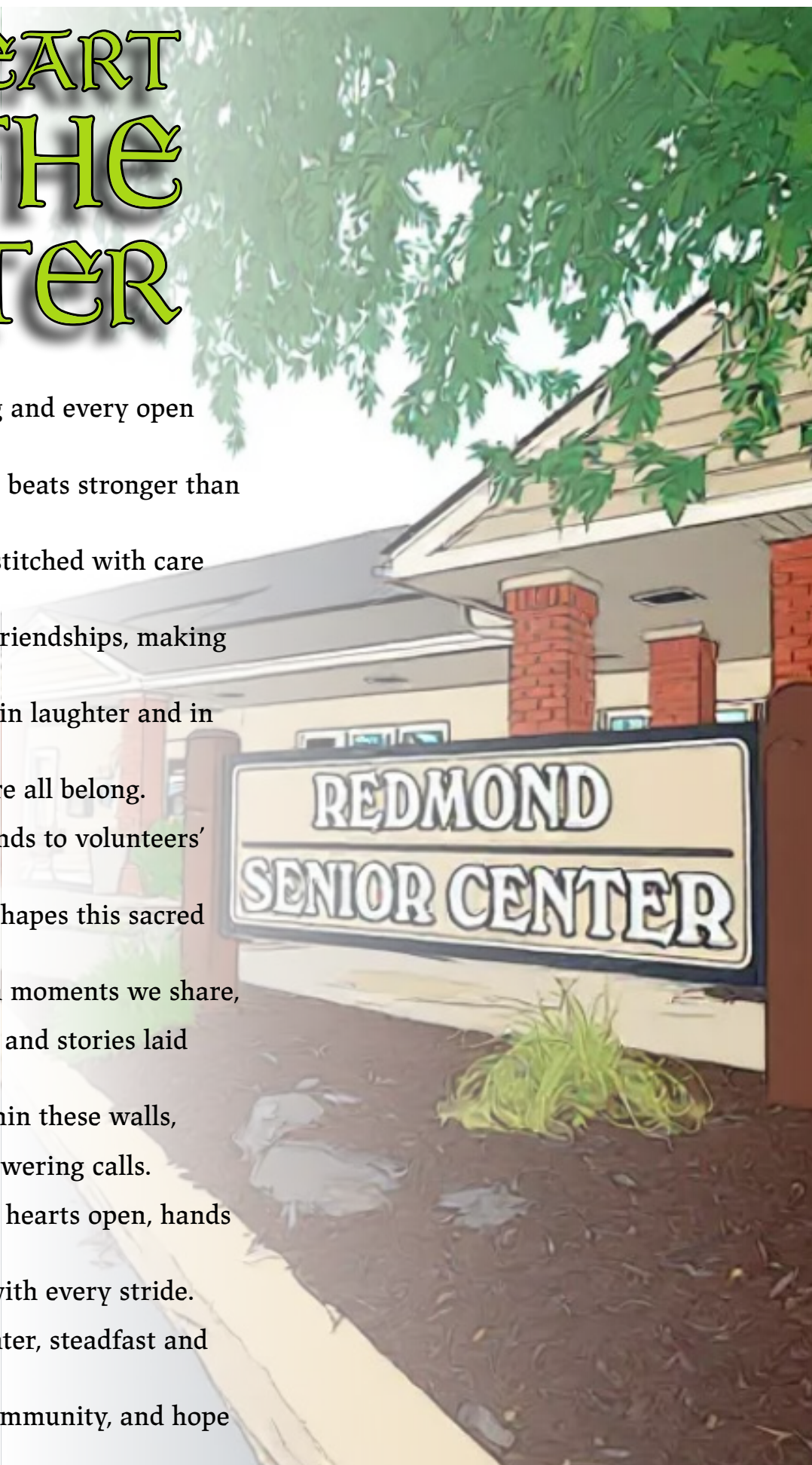
Rising with sunrise, answering calls.

So together we journey, hearts open, hands wide,

Nurturing connection with every stride.

For the heart of the Center, steadfast and true,

Beats with gratitude, community, and hope —thanks to you.



REDMOND
SENIOR CENTER

Thank You Sponsors & Advertisers

We wouldn't be here without
their support.

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.raprd.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
- **Windermere Real Estate** | 821 SW 6th St, Redmond, OR 97756 | (541)923-4663 | www.windermerecentraloregon.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**

Redmond, Oregon  Senior Center

THANKS TO YOU...

OUR SENIORS SHARED MEALS, DANCED,
LEARNED, AND LAUGHED TOGETHER ALL
YEAR LONG.

Your support makes it possible—and now we
need your help to keep it going.

Help us raise \$100,000 by December 31 to
continue the programs, events, and
connections that make the Redmond Senior
Center thrive.

...LET'S KEEP IT GOING!

Give today at
RedmondSeniors.org or
scan the QR code with
your phone.





www.RedmondSeniors.org