

Party Time: First Potluck of 2019



We're going to party like it's 2019! Our first potluck of the new year is March 22, 5 p.m., with entertainment and a St. Patrick's Day theme!

The Board of Directors will provide the main

course, and members and their guests are asked to bring a dessert, salad, or casserole to share. Please bring your own plates and cutlery. Beverages will be provided.

Entertainment is by the musical group Rowdy Rumbler (see photo this page), who play a variety of music styles from country to rock n'roll. Anyone who wants to get up and dance is welcome to, with or without a partner.

We encourage you to bring a guest to party with you. New members are especially encouraged to attend and get acquainted with other members. Door prizes! **Please join us and let's have a fun party!**



Rowdy Rumbler will entertain us at the March 22 Member's Party and Potluck. Bring a guest, bring a salad or dessert to share, enjoy the music, dance if you want to, and let's have a good time together in shared friendship.

Presidentially Speaking... by Camille Lockling

Happy 2019 folks. I hope you are ready to cast off any negatives from last year and are ready to open your hearts and minds to a new year. I read an affirmation this morning that stated rather than focusing on negativity or worry, I accept the invitation to pause and remember the truth: Peace is the foundation of every person and every situation. I see no walls or insurmountable problems for SSSC.

I want the members to see transparency within the Center and how it functions. I want you all to know we are doing quite well financially. Our thrift store brings in the greatest income. So please keep bringing us your contributions. We are doing well with our rentals, so I ask you to recommend us to your friends.

We have recently purchased a new computer for our office. Most of our other computers within the center are a few years old. One member shared at a meeting that our computer in travel was a dinosaur. It just took a long time for the travel coordinator to plan the lady's trip.

Our expenses to create our newsletter are struggling. We pay a hefty lease payment for a printer and ink. Not poor management, just a costly undertaking.

Continued on page 2

PANCAKE BREAKFAST

OR Homemade Biscuits and Gravy, with
eggs, sausage or ham, orange juice,
coffee/tea

8 to 10 a.m.

February 16, 2019

JUST \$5

Continued from page 1

Presidentially Speaking... by Camille Lockling

We recently had to replace two cracked heat exchangers. I do not have the exact cost. But it was close to \$20,000. Fortunately we had the funds to pay for it. We have had several issues with our stove. That has also been covered.



I am in the midst of taking the steps to have someone create a totally new website for the center. The existing one leaves much to be desired. It will cost approximately (a one time fee) of \$280.00 to create it. A \$15.00 monthly fee for the site itself. And \$50.00 to pay a young lady to maintain it. I believe it will bring in new exposure for the center. We have to advance or retreat. Status quo or failure is not an option.

Many of you generously make donations to the center. Often you might wonder where it goes to specifically. I can assure you it is used wisely. But I would like to give you a suggestion. You might wonder why I told you about some of the specific expenses. I want you all to know if you decide to donate that you can specify where you would like your donations to go. For instance you could suggest your contribution go to a new roof in the future. I plan to keep you informed of what we do to maintain our center, so please tune in next month.

We are planning to have a soiree on March 22nd, a potluck at 5:00 p.m that will last as long as we can afford the musicians. It will be in celebration of St. Patrick's Day and just a fun time to gather. We (the Board) will be providing the meat, we ask you to provide whatever you choose to bring. I certainly hope we have good attendance. It would be a bummer for the musical trio to have a small audience. The Rowdy Ramblers are a trio that plays oldies but goodies, which describes most of us to a tee.

We plan to have our annual Fashion Show and Tea in April. Please go through your clothes and see if there is a garment that was once calling your name but now wants out of your closet. If you have any bling to accessorize your donation, we can use it.

Most all of the models wear the Thrift Store donations. If you have had visions of being a runway model, a walker or wheel chair model, here is your chance. You can even bring something from your closet, model it and then donate it. It does not matter if you are a female or male. If you do not want to model just come in and enjoy the tea.

We will let you know when the tickets will be available.

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Feb. 2**

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Check Out the Nifty Thrifty Rummage Room

Stop by the Center's Rummage Room and check out all the great items for sale. There's a whole table of delightful Easter decorations, a table of toys, stuffed animals, lots of clothing and household goods, plus indoor and outdoor furniture.

OPEN Monday through Friday 8 a.m. to 3 p.m., and first Saturday, 9 to

1. **Donations accepted.**



Rummage Room Sale All Furniture 1/2 off through end of February!



SSSC Volunteers Wanted

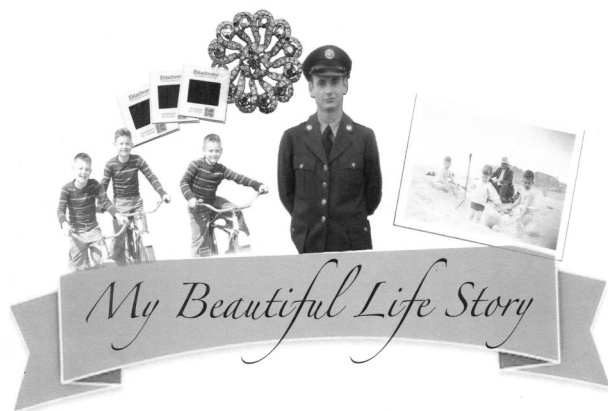
Travel Coordinator: Plan trips, register travelers, and escort tours. (2+ days per week)

Newsletter (Backup) Editor: Write, edit and do computer graphics to assist current editor and fill in during an absence. (3-4 days per month). **Call 503-588-1443.**

Workshop: February 14, 1-3

Sign-up on Center's hallway clipboards

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Senior Center Activities

Garden Club

The Garden Club at South Salem Senior Center will meet on February 19, 1 p.m., at the Center. Please note, this is a TUESDAY, not our usual day which is the third Monday of each month. Due to government holidays in January and February, our meetings are on different days.

We will have time to chat, share garden tidbits, and get to know our members a little better. Bring garden magazines or seed catalogs that you would like to recycle to our club members.

Looking forward to seeing you. Questions? Call me. Always follow your BLISS.....

Barbara Castle (503-375-7723)

February Gardening Tips

Time to plan your Spring garden. Shop for seeds from catalogs and garden stores to get best choice seed varieties.

Start onion seeds now. They'll be ready for setting out in April. Onions from seeds are generally firmer and longer lasting than from sets.

Start parsley seeds indoors now. You may think you have successfully wintered over the plant, but it is a biennial and will soon go to seed.

The Old Farmer's Almanac

Monday Afternoon Crafters

January was a crazy month for our group. We enjoy being with each other every Monday afternoon, but January upset our schedule. Christmas Eve and New Year's Eve were both on Monday and SSSC closed early. That would cancel our meeting, but someone suggested meeting on Wednesdays and the Center gladly rescheduled us. The MLK Day was on a Monday. Once again we met on Wednesday. We were happy to welcome some former members who had conflicts on Mondays. It was good to see them again.

Every Monday or Wednesday, I'm amazed at the amount of items that are turned in to be distributed to those less fortunate than we are. We also want to recognize those ladies who bring in things that they have created and just leave them at the Center. They are all appreciated so very much!

A few of us are making slippers to fulfill a request by Hospice. We have patterns that are quite simple, if anyone needs them.

If anyone would like to join us, we meet on Monday afternoons, unless there is a Monday holiday, from 1 to 3 p.m. We have yarn, needles, hooks, patterns and lots of fun! Come join us.

Arlene Williams

Gift Shop News



Come on in and check out our jewelry and many other gift items which are perfect for Valentine's Day, birthdays, anniversaries, or any occasion. We have an excellent selection of greeting cards.



We also accept donations of jewelry, gift items, collectibles, anything you wish to clear out of your closets and cabinets.



Your yesterday collectibles could become someone's today treasures.



Thank You Note

Letter to the South Salem Seniors

Thank you for your contribution of 41 knit hats, 11 knit scarves, 4 pairs of gloves for the children we serve. All of us at the Assistance League of Salem-Keizer want you to know how much we appreciate your thoughtfulness and generosity of time and effort.
Sincerely, Dorothy Leonard
Assistance League, Salem Keizer



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Senior Center Activities

Board Meeting

Monday, February 11, 10 a.m. Meeting is open to any interested member. Agenda is posted on the hallway bulletin board.

Membership Meeting

The next membership meeting is **February 13, 1 p.m.** Birthday Reception to follow the meeting.

Potluck

March 22, 5 p.m. MARK YOUR CALENDARS!

Health and Wellness

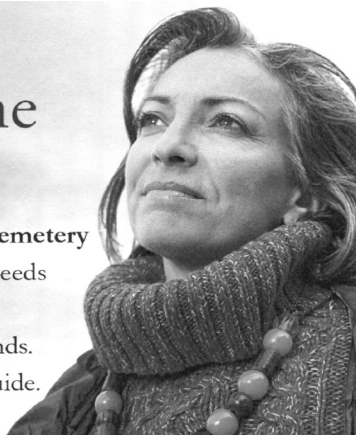
Ways to Keep Your Brain Young

Everyone's brain changes with age. Mental function changes along with it. Mental decline is common, as we all know, and is one of the most feared consequences of aging. However, cognitive impairment is not inevitable. Here are some ways you can help maintain brain function.

1. Brainy activities stimulate brain connections. Activities like reading, taking a course, word puzzles, math problems, drawing, painting and crafts.
2. Physical exercise helps your brain. Using your muscles makes your brain more efficient and adaptive, lowers blood pressure, improves cholesterol levels, and reduces stress.
3. Good nutrition like the Mediterranean style diet, emphasizing fruits, vegetables, fish, olive oil and plant sources decrease the possibility of dementia.
4. Avoid tobacco, reduce alcohol intake, and increase your rest and sleep making your brain more productive.

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Wheelchairs of the Future

Investment in technology for older Americans has almost tripled since 2017. Every company who makes wheelchairs wants to reinvent the wheel — or the wheelchair, with tech, including WHILL, which has a new Autonomous Drive System (ADS), which makes it self-driving. It was originally designed to be rented to travelers who want to cruise through huge crowds.

For those of us with mobility issues, better wheelchairs will be welcome so we can feel better about traveling. Traversing some of the international airports can be daunting when walking is no longer your best skill.

“As the boomer population is aging, everybody still wants to travel,” says WHILL’s marketing director Justin Gagnon, who notes that the company’s partnerships with airports will make that travel and airports easier and more fun.

“Demand for airport pushes, requests for mobility assistance, is going up by at least 15 percent per year. Each push costs the airlines \$45 to \$60 per person.” Airports could save money with WHILL. It’s the mobility-impaired version of Uber,” Gagnon adds. “When you get to the airport, you summon it on your cell phone, it drives to your location in the airport and picks you up. You ask it to take you to Gate 75, and off you go.”

Instead of getting pushed around, he says, “you explore the airport on your own, independently.”

Like Uber, YOU will be paying for the service, and NOT the airport.

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Travel Office

By Appointment



Book these trips through the Center's Travel Office so we can earn a commission



New tours coming, but not listed on this page are Italy, Maine, Washington DC, and Seattle's Christmas Ships, just to name a few!

COME IN AND CHECK OUT THE FLYERS

March 20-22: Oregon's own European Charm, Ashland. "Hairspray" at OSF, "Beehive" at Cabaret Theater. Enjoy fantastic music from 50s and 60s.

Deadline has past, but call for more information.

March 21-25: Fly Away Mystery Tour to largest city in nation not on a navigable waterway.

Deadline has past, but call for more information.

April 8-13: Sedona Moab & Monument Valley. Sedona, AZ, called "Red Rock Country," with parks, scenery, and the cool waters of the Colorado. **Deadline: Feb. 1**

April 23-26: Tri-Cities & the Snake River:

Learn about US's top secret Manhattan project (Hanford Site), and cruise the Columbia and Snake rivers thru North America's deepest gorge.

Deadline 3/12

May 19-22: Lake Ouinault & Ocean Shores. Unique landscape of rain forest, rugged mountains, lowland lakes, rivers and saltwater beaches. **Deadline: 2/14**

May 26-31: Philadelphia & Gettysburg. Philadelphia, brimming with history, home to America's most sacred historic sites: **Deadline: 2/21**

June 9-15: NE Oregon & Beyond. Breathtaking beauty and diversity. An Area steeped in history. Stops in Walla Walla, Clarkston, Joseph, Baker City, Baker, Bend, and Sisters.

June 22-24: Mount Rainer & Mount St. Helens. Washington's most famous icons. Views of old growth forests, stunning wild flower meadows, and an active volcano.

Deadline 4/21.

So. Salem Senior Center NEEDS a Travel Coordinator.

**Requires at least two office days a week.
Interested?**

Call 503-588-0748

July 8-14: Mackinac Island & The Great State of Michigan. Step back in time to a time where transportation is limited to buggy, bicycle or foot.

Deadline: 4/4.

July 15-21: Montreal & Quebec City, which is a French speaking city, and is considered a cultural capital of the world with a glimmer of Old Europe with cobblestoned 17th century streets. **Deadline: 4/11.**

Aug. 18-22: Redwoods. Journey to a place declared America's most scenic country and home to the world's tallest trees. **Deadline: 5/16.**

If you are interested in any of these trips, come by the Center's Travel Office and pick up a flyer with more information, OR Call our Center at 503-588-0748, or call Oregon West Excursions at 503-585-3979

Mention that you heard about trip through So. Salem Sr. Center.

Affordable Senior Travel Ideas

Some of the most affordable, and easiest travel destinations for people over 50, are almost in your own backyard.

Here's just a few:

- Astoria (OR)
- Greenville (NC)
- Las Vegas (NV)
- Lake Geneva (WI)
- Traverse City (MI)
- Lexington (VA)
- Albuquerque (NM)
- San Juan Islands
- Alaska Cruise
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So How Did a Furry Rodent become a Weather Guru?

February 2 is Candlemas Day. For centuries farmers in France, England, and Germany studied the habits of animals such as bears and badgers, to help them decide when to plant their crops.

Punxstawney Phil, and others like Wiar-ton Willie, before him, have become the American symbol of the midpoint between Winter Solstice and Spring Equinox.

When farmers from Germany began to settle in the Pennsylvania area of America in the early 1800s, they searched for a way to predict when Spring would arrive, so they could safely plant.

Some farmers tried using the direction of the wind



on Feb 2. Others tried using the clouds. There was an abundance of groundhogs in their new American homeland, so they began following his activities for clues. It was 1887 when groundhog day was born on Feb. 2, Candlemas Day.

Though few today believe this is the way to correctly predict Spring planting dates, the tradition continues, often with a wink and a smile.

A BIG THANK YOU

from South Salem Senior Center to



for sponsoring our
January Pancake Breakfast

South Salem Seniors Newsletter Monthly Publication

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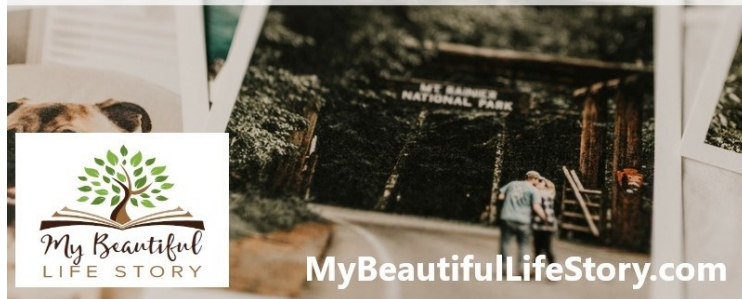
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If your membership expiration date is highlighted, please renew to support your organization.



The family of Joe Iliso wants to let his friends know that he died in Hawaii on 12/19/18, with his family by his side.

Word Search

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

ruby
 blocks
 heredocs
 classes
 iterator
 module
 objects
 flexible
 each
 happy
 mutable
 lambda
 hash
 array

Puzzle of the month

What's that in the fire, and not in the flame?
 What's that in the master, and not in the dame.
 What's that in the courtier, and not in the clown?
 What's that in the country, and not in the town?
 What am I?

(*Answer on bottom of page 5.)

South Salem Caregiver Connection

February 27 (4th Wed of each month) 2-3:30

Terrace Lake Park Clubhouse, 2120 Robins Lane SE, Salem

Presented by Northwest Senior & Disability Services

Open free to unpaid family caregivers and friends of older adults receiving care. Our monthly group explores ways to cope with the challenges & stresses of caring for a loved one and provides valuable information and resources. Drop-ins welcome! Group Facilitator: Amy Crevola, MSW 503-606-7620.