



Presidentially Speaking

Goodbye Winter, Hello Spring!

I think it is safe to say most of us enjoyed the snow flakes as they fell. It was exciting to try and second guess what they were going to do next. For myself it is so soothing to feel the sun on my face and to go without a jacket. My furry critters have a bounce in their step as they poke around in the front yard. I plan to balance out the good weather ahead. It isn't going to be all about yard work, washing windows and cars. I plan to sip coffee in my chaise in the back yard, and of course nap in it.

Much has been going on in the Center since last month. We've had several new members join who are always a plus. One stands out in my mind at this moment. His name is Gary VanHuffel: he is about 65 years young. Yep 65 is a youngster to me. Anyway he is retired and appears to be very fit. Come to find out he loves cycling. In fact he would like to start a men's cycling group and is volunteering in the computer room. Please welcome our new members when you see them!

Speaking of Pancake Breakfast, that reminds me, what a turn out! We filled 167 bellies. What a turn out! In case you might not know a sponsor donates funds to our monthly breakfast. Our Mr. Paul who is the head of our breakfast is always glad to see sponsors, as is the finance committee. Our sponsor for this month was [Marian Estates](#), located in Sublimity, Oregon. A shout out to Kate Bayne for rounding up those breakfast sponsors for us. Ms. Kate works the desk and is the Center Secretary.

Donna Avina has turned over the reins of the newsletter to [Zoe Morrison](#), another youngster, I might add. I was very nervous about the whole thing. Oh me of little faith! Zoe glided in like she has been doing this her whole life. Zoe is not fully retired so she burns the candle at both ends. She really has some excellent ideas for the growth of our center. She has yet to laugh at me when I screw up on the computer or in my attempts at texting. I

Camille Lockling

envision her to be part of bringing new energy into the center.

Did you see, the website has finally turned the corner. We have a young lady named Lisa Basalto in charge of it. It is a work in progress since none of us are sure what all we want in it. I would not blame her if she changed her phone number, as much as I call her asking questions regarding the website. Lisa is an author, also burning the candle at both ends. She is the granddaughter of Paula Hindman, a longtime volunteer in Nifty Thrifty. Paula is also 2nd Vice President. If you have any website ideas, please present them to me.

Then, peek your head in to greet Lela Cesena, the new face in the Travel Department. She is full of wonderful ideas and enthusiasm. Come to her with any travel ideas. I have often thought if one puts a desire out to the Universe it will often manifest itself. My desire is to see the Center receive a vehicle for day trips. How that is going to happen I do not know yet. But we as members of the Center should not be grounded because we have no wheels. There are so many wonderful places and things to experience. We deserve to experience this. So if you pray, then pray. If you meditate, then meditate. Whatever your thing is please envision this for our Center.

I would love it if you haven't been in for a while or if you are new **please drop by the office**. Let lunch be on me. In case I am not in please come again. I will be gone over the Easter Holiday. The Grand Weebies are waiting for Grandma in Seattle. I need a fresh shot of love, laughter and hugs. Better than any vitamin drink. I will just sit back in the train and read, eat and snooze in transit.

Oh, and if you are reading this ONLINE, underlined text will take you to websites to learn more!

Camille



Happening at the Center



Tai Chi Review

Tai Chi REVIEW class will be held on Thursdays, from 10-11 am. Classes begin on April 4th and end on April 25th. This class is open to students who have taken the Tai Chi form class. Cost is \$20 per person. Please contact instructor Jill Corcoran with any questions.

CPR and AED Training April 18, 1 pm



The [Salem Fire Foundation](#) will be training us in the use of our new AED unit. The Rotary Club donated the AED to the Center.

These electrical devices are crucial in improving the chance of survival of a person suffering from sudden cardiac arrest. "When you have a cardiac arrest, you have a number of minutes before you start going down the survivability scale."

It might take the fire department four minutes to get to a person experiencing sudden cardiac arrest. The chance of survival drops by 10 percent every minute. At six minutes, a person starts to experience brain death.

In 2015 the Salem Fire Department recorded an 80 percent save rate during sudden cardiac arrests through the use of AED's.

Our thanks to the Rotary Club for this life-saving donation! Please join us an up-to-the minute lesson on use of CPR and the new AED unit.

Bookstore and Library

The Library/ bookstore is Open to the public, 8 to 4 weekdays; the third Saturday of each month, 8 to 10 & the FIRST SATURDAY of each month, 9 to 1.

Stop in to peruse the paperbacks (25 and 50 cents each), and hardbacks (\$1), puzzles, games, CDs, DVDs, and VHS tapes. We get donations in every day. Come by and see what we have to offer. We also have collectible vintage books.

Louise Kuebker, Librarian

Rummage Room Sale

First Saturday of the Month **April 6**

TIME CHANGE due to Fashion Show
3-4:30 pm

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.

Hours: Monday-Friday 8 to 3
1st Saturday, 9 to 1 & 3rd Saturday 8-10.

Don't forget to check out the Rummage Room throughout the month for great bargains!

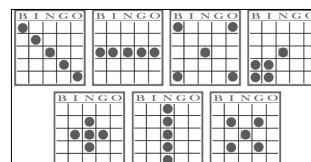
Your donations are gratefully accepted

Play BINGO here every Friday

Win prizes and cash awards!!!!
Join in on the Fun and Friendship
from 1 to 4 p.m.

(Card sales begin at 12:15 p.m.)

Minimum buy in is just \$3.75



Activities

April Showers



In April, the Garden Club will offer a presentation on Drip Irrigation. Many folks have pots for veggies, flowers & other growing things and drip irrigation will make our backs less stressed. The Garden Club will meet at the South Salem Senior Center at 1pm.

Our May meeting will be after the rummage & plant sale which is the first weekend in May. We appreciate your donations of plants (house & outdoor), pots or anything garden related. PLEASE think of helping at our sale.

HAPPY SPRING & we look forward to "seeing you in the garden " QUESTIONS? Call Barbara at 503.375.7723

Monday Afternoon Crafters

First of all, a great big Thank You to neighbors of our members, who take some of our leftovers and ends of rolls and create beautiful afghans/lap quilts, hats, scarves, and mittens. We appreciate your contributions and so do the recipients of those items. We distribute these items to Operation School Bell, Helping Hands, Serenity Hospice, and Warming Centers.

Recently Serenity Hospice requested Fidget quilts for Alzheimer & Dementia patients. They brought us examples which are smaller than lap quilts and have movable items so the patient can "fidget" with them.

One of our quilting members brought a small quilt with a toy teddy bear attached to a shoe string, tucked into a pocket. She attached a fuzzy pom-pom made of yarn with a button that could be moved along a cord. Stitched on were two squares 18" made of fuzzy yarn and various items. The 'fidgets' are attached with a zigzag stitch or hand sewn. Check your stash for fidget items!

We meet on Mondays from 1 to 3 if you'd like to join us or to help us with the Fidget Project.

South Salem Caregiver Connection

April 24 (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.



CHEC at Salem Hospital

Do you know about the Community Health Education Center is located inside Salem Hospital? The Community Health Education Center (CHEC) has lots of tools for staying healthy and active resources.

Aside from classes for everything health related, there is a library plus meeting rooms and a variety of support groups that provide friendship, compassion, care-giving tips, new ideas—and hope. They also bridge you to local support and resources.

The CHEC does offer programming throughout the region, providing presentations about classes and services available throughout the community. For more information visit the [CHEC Website](http://www.southsalemcaregiverconnection.org).

South Salem Senior Center

6450 Fairway Ave SE

Salem, OR 97306

503-588-0748

www: southsalem seniors.org

sssoffice@comcast.net

Officers:

Camille Lockling, President	503-269-1463
Randy Miles, 1st Vice President	503-585-3077
Paula Hindman, 2nd Vice President	
Alice Wells, Office Manager	503-362-5139
Kate Bayne, Secretary	

Travel News

Busy coordinating travel ideas

Listed below are possible day trips. Please notify me (*Lela*) if you are interested. I am new at this and need ideas of what you would like to go or do.

Possible Day Trips are:

- ✦ Spirit Mountain Casino
- ✦ Local Wine Tasting and Lunch
- ✦ Movies and Lunch
- ✦ BBQ/Picnic at a Local Lake

April 19th, April 26th or May 3rd – Friday nights - **Gallery Theatre in Mcminville** - The *Play Peter and the Star Catcher* – over 62 \$15.00, under 62 \$18.00. Need to car pool

May 10, 2019 at 7:30pm – **Williamette University** will be hosting a *Symphony*. Tickets are \$5.00 and need to carpool to this event.

June 6th, 2019 – **Linn Benton Community College** will be hosting *End of Year Lunch Buffet* prepared by the Senior Chefs of Linn Benton. Carpool to this event.

Price will be forthcoming.

June 9, 2019 – **Oregon West Excursions** – *NE Oregon and Beyond* – Deadline is April 21, 2019.



On The Go~ Arlene Williams

March 14th was a super day! Some of my friends joined Best Ore-

gon Tours to visit the Albany Historic Carousel and Museum. I had seen the carousel before, but this trip included docents/guides that briefed us on the history and took us downstairs to see the figures being carved and painted. The process is fascinating, taking years before the final figure is placed on the carousel. (Judy, who works at the SSS front desk, has sponsored a unicorn to honor her daughter, who died of cancer.) We saw the unicorn in its unpainted state.

Next, a visit to Brick and Mortar for a delicious lunch, with time to browse through antique stores, and wander the Amtrak station. There we met a waiting passenger, who travels the country house sitting or pet sitting. Go to housecarers.com to discover more about that occupation. I learned about the Bolt bus line for the first time.

Riding the bus through the areas of town containing Victorian houses built in the late 1800's and early 1900's was a special treat.

Next Stop! Albany Regional Museum. It's docents very knowledgeable about Albany's history. We learned about their monthly luncheons called History Bites. This past month was about Nutria. Did you know that there is a nutria farm in the Albany area that raises nutria for their fur? Or that nutria fur is ranked higher than a beaver's fur?

As it became time to head to Salem, Clem, owner/driver, decided to return via Independence. Such lovely landscapes out every window! Once in Independence, we headed to the Pink Café and dessert! This wasn't listed on the itinerary, but no one complained! Bread pudding, berry cobbler, flan, brownies, all served with ice cream was the perfect ending to our day!

Enjoy spring with a jaunt. Check the the travel desk at SSS to discover what trips you can be part of! A perfect way to spend time, see our area, and meet new friends.

Escorted Tours

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- * Quinault, Ocean Shores & More – May 19-22
- * Philly & Gettysburg – May 26-31
- * NE Oregon & Beyond – June 9-15
- * Mt Rainier & St Helens – June 22-24
- * Mackinac Island & Michigan – July 8-14
- * Montreal & Quebec City – July 15-21
- * Redwood Coast – August 18-22
- * Mt. Rushmore South Dakota – Aug. 31-Sep. 5
- * The Art of Italy – Sep. 20-Oct 4
- * Maine – Oct 12-17
- * Washington DC – Oct 18-24



Call for Details or See them on the Bulletin Board

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Meet Our Volunteers



Hi, my name is Renata and I manage the SSSC Gift Shop.

I came to the center six months ago and since then I have been volunteering in different areas such as the front desk, bingo, gift shop, rummage sale and events such as the holiday bazaar.

I have met some wonderful volunteers and members, and I enjoy talking to them.

I am a proud mom of a daughter who's a Major in the US Air Force and a Navigator.

I like crafts and for the last two years I have been making greeting cards. I also like to travel and visit my family in northern Italy near Venice. I was born and raised there, so I love pasta, cooked "al dente!"

After working forty years in accounting, I enjoy not having to deal with numbers and deadlines and that's why I like working in the Gift Shop the most. There, I can be creative by displaying and re-arranging items and also playing store as I did as a little girl by selling things.

The gift shop has many collectibles, glassware, jewelry and other interesting things that I'd be happy to show you.

So please come by the gift shop and say "ciao! " We can speak Italian or talk pasta and you may find a little treasure.

Volunteer Roger Corrado wants you to Go!



Is your Go-Bag ready in case of an Emergency?

Roger Corrado volunteers in the computer room and between his duties at the Center he also is involved with Emergency Preparedness Training.

In case of an emergency, Roger recommends preparing a Go-Bag you can grab at a moment's notice.

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins, a duffel bag or backpack. A basic emergency supply kit could include the following recommended

Water - one gallon of water per person per day for at least three days, for drinking and sanitation
Food - at least a three-day supply of non-perishable food
 Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
 Flashlight & extra batteries
 First aid kit & medication supplies
 Whistle to signal for help



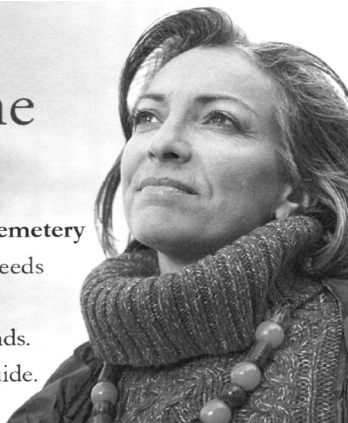
Dust mask to help filter contaminated air and plastic sheeting and duct tape to **shelter-in-place**
 Moist towelettes, garbage bags and plastic ties for personal sanitation
 Wrench or pliers to **turn off utilities**
 Manual can opener for food
 Local maps
 Cell phone with chargers and a backup battery.

Call the State of Oregon Emergency Preparedness division to order a Go-Passport. Fill it out with your personal information, family member contact info, medication lists, etc. Want a more complete list of how to prepare? Download the [Recommended Supplies List](#)

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Monthly Workshops: Sign up on clipboard
April 18, 1-2:30 pm

South Salem Seniors Newsletter

Monthly Publication

Articles and editorials printed in the SSSC Newsletter reflect individual opinions and are not necessarily the Center's opinion.

Advertisements in the SSSC Newsletter do not necessarily carry the endorsement or guarantee of this organization.

Board Meeting

Monday, April 8, 10 Meeting is open to any interested member.

Agenda is posted on the hallway bulletin board.

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Community Connections

Welcome New Members!

Gary Van Huffel
Lloyd Lamb
Todd York

A BIG THANK YOU to

**Marian Estates for Sponsoring our March
Pancake Breakfast!**



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Call 503-588-0748

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

Do you have your Go Bag ready?
Volunteer Roger Corrado recommends
being prepared.
See **page 5** for more details!



**\$5 Pancake
Breakfast**

April 20, 2019
8 to 10 a.m.

Join us for pancakes or homemade
biscuits and gravy. Served with eggs,
sausage or ham, orange juice,
coffee or tea