



## Presidentially Speaking

Camille Lockling

We are now going into May Madness my friends. Shuck off the sweaters and boots. Sit in the sun and run your toes through the grass. Lift your faces to the sky and bask in the warmth. Do not worry about age spots, we are allowed to have them. Now is the time to take a stroll through your neighborhood and meet or greet. Maybe you could be proactive and have a block barbecue. It could be the start of a friendship.

I find it troubling that most people do not know people in their own neighborhood. I was reading some posts that our newsletter lady, Miss Zoe put on FB. The percentage of seniors who are alone without interaction with others is huge.

One could have someone next door who is ill, hungry and scared. I would encourage you to reach out. We have some literature about a newly formed South Salem **Village to Village** program called [Weave](#) that you might be interested in. We have the literature here in the Center. Or shoot me an email and I will mail it to you if you cannot get here, [ssscifice@comcast.net](mailto:ssscofice@comcast.net). I have heard some say they do not want to become involved. They might reconsider if they were on the other end and needed help. It might sound like I am harping. Please believe me I am not. I will soon be 70 years of age. Truthfully the impact of this did not hit me until I joined the Center. I see it around me every day.

But I also feel all the emotions that come with 70. I did not save enough money, I told myself I had a lot of time. I worry who will take care of me, after all my children do not live here. My siblings are aging right along with me. I try to carry their load and my own.

Although one thing that keeps me going is service to others while I am capable of doing so. I

know volunteering can be a scary move. But no one can fire you, your presence and talents are needed and wanted.

Talk about a commitment: as President I stepped into this *green* and it has been quite an undertaking. Many people say it takes two years to get one's footing. But regardless of whether I am here another year or not it has been interesting. I have made irreplaceable friends.

The volunteers do so because they know caring it what it is about. Caring for themselves and the Center. Outsiders find it unreal that we are not paid. They think we must not be very capable because we work for free. I challenge them by telling them that it speaks volumes of the character of these volunteers. They are not ready to let go. They are needed and their service helps them remember it.

Our Fashion and Tea was a success. There were so many hours put into this event. Several of the ladies worked in the kitchen for several hours before the actual models appeared. We shared many stories from our youth, and shared many laughs. I made sure to damage a few desserts, I ate what would have not gone on the plate. Honor roll students came to assist us. They looked a bit perplexed with us crazy ladies in the kitchen. But they were absolutely wonderful. Our news lady Zoe washed all of the dishes. She is multitasking.

I am off to see the wee bees in Seattle. Blessings to you all.

Camille



## Happening at the Center



These volunteers are poised to help you find the perfect bargain during the May Rummage extravaganza!

### **SPRING RUMMAGE & BOOK SALE**

**MAY 3 & 4,**  
**9 a.m. to 4 p.m.**  
**MAY 5**  
**Noon to 4 p.m.**

#### **Bargains Galore!**

Lots of Furniture  
Household Goods, Tools,  
Appliances, Sporting Goods, Clothing for Men,  
Women & Children  
Books, Puzzles, CD's, DVD's, VHS  
Jewelry, Gift Items of all kinds!

**EVERYTHING HALF-OFF**  
**Sunday, May 5th**

**Bring your GREEN Thumb**  
**Plant Sale TOO!**

**Regular Hours for Nifty Thrifty**  
**& Rummage Room**

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!

### **Calling ALL bookworms! COLLECTIBLE VINTAGE BOOKS & MORE!**

We have an ever changing selection of Vintage Collectible books arriving daily. Make us a weekly stop for all your treasured finds and pick up books for your weekly reading pleasure.

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

***Louise Kuebker, Librarian***

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### **Garden Club 2019**

We will meet at South Salem Senior Center on May 20 to carpool to Godfrey's Nursery off Hwy. 22. During this trip we will also go to Wavra's which is very near. (People who live on the way there, feel free to travel on your own.) There is NO DISCOUNT for our group we discovered last year.

Our **Plant Sale** will be on May 3rd, 4th and 5th & coincide with the **Semi-Annual Rummage Sale!** We'll have a wide selection of items to choose from during the sale including houseplants, garden plants and landscaping plants. Planning your garden? Vegetables starts will also be available. PLEASE come see us inside the South Salem Senior Center in our "usual" Garden Room, sharp right inside the main doors.

Due to our recent cold & wet weather our tomato plants are dragging their roots (haha) but we are hopeful they will be bigger & ready to provide you with lush fruit by July/August/September.

Join us for our monthly meetings: We visit nurseries, have nursery visitors, invite Master Gardener speakers & visit gardens in the summer. We LOVE to talk about our gardens even if we cannot do the work!

Garden Club meets on the third Monday of the month at 1:00pm unless our reminder calls say otherwise. If you have questions about the Garden Club, contact Barbara at 503.375.7723

## Activities

### Monday Afternoon Crafters

by Arlene Williams

During the month of April, Serenity Hospice invited our group of knitters and crocheters to an Appreciation Breakfast on a Saturday morning. They wanted to show their appreciation to volunteers, quilters, knitters, and crocheters.

A volunteer told how she selects two quilts to give to a new Hospice patient to give them a choice.

Frequently, after the patient has passed on, she'll go back and contact the family. She'll notice that the quilt is displayed as a remembrance of the family member.

We make slippers, scarves, lap blankets, shawls, hats etc. Some times the slippers are small. Hospice will frequently give them to children in the home who are in need of slippers, hats, scarves, etc.

Thank you to Serenity Hospice for the breakfast and thanking the volunteers. It's great to receive recognition.

We have received a lot of questions about the fidget quilts requested by hospice for their Alzheimer's and dementia patients. Several ladies have dropped in to our work time on Mondays from 1:00 to 3:00 to inquire about them and receive ideas. We also have items to give to those wanting to make a Fidget Quilt.

### South Salem Senior Center

6450 Fairway Ave SE

Salem, OR 97306

503-588-0748

www: southsalemseniors.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	



PLEASE JOIN US IN DOING SOMETHING POSITIVE FOR YOURSELF, YOUR FAMILY AND OUR COMMUNITY

**FREE** CERT training available. The Community Emergency Response Team (CERT) program, under the auspices of the City of Salem Fire Department, trains community members in basic disaster preparedness and response skills such as:

- Personal/Family Preparedness
- Minor Fire Suppression
- Light Search and Rescue
- Injury Triage and First Aid
- Disaster Medical Operations
- Emergency Organization and
- Disaster Psychology

These classes provide hands on training designed to offer attendees decision-making and practical skills needed to prepare for disasters, and safely assist their own families, neighbors, and coworkers in the event of an emergency or natural disaster. This seven-week course will culminate in a disaster simulation that makes use of these new skills.

In an important step toward emergency preparedness, the City of Salem and the South Salem Senior Center are partnering to provide a CERT training program, **FREE OF CHARGE**, in June, 2019. This series of classes will be held at the South Salem Senior Center.

The schedule of classes:

- Monday June 3 6 to 9:30 p.m.
  - Thursday June 6 6 to 9:30 p.m.
  - Monday June 10 6 to 9:30 p.m.
  - Thursday June 13 6 to 9:30 p.m.
  - Monday June 17 6 to 9:30 p.m.
  - Thursday June 20 6 to 9:30 p.m.
  - Monday June 17\* 6 to 9:30 p.m.
- \*June 17 is the final exercise, which will be a disaster simulation.

Due to space limitations, registration is required in advance.

**The registration deadline is May 29, 2019.**

To register, contact Lola Hackett:

503.566.3697 or lolahackett@yahoo.com

# Announcements

Warmest thanks to  
**Hidden Lakes—Independent Retirement Living**

APRIL Pancake Breakfast Sponsor



[Hidden-Lakes.com](http://Hidden-Lakes.com)

## WELCOME to our Newest Members

◇ Lloyd Lamb	◇ Yiren Zhang
◇ Todd Yorke	◇ Roy Arce
◇ Danny & Linda	◇ Marilyn Moore
Rainwater	◇ Robert Hawley
◇ Karen Morin	◇ Jane Lambert
◇ Mark Derweduwen	◇ Jane Maute
◇ Pamela Hoskins	◇ Sanda Gallo
◇ Julie Patch	◇ Betty Fields
◇ Gary Foster	◇ Beth & Ray Frankel
	◇ Craig Schmidt

## We are glad you've joined us!

Transitions  
**Gone, but Not Forgotten**

Beverly Beakey  
Juanita Coker  
Roy Fox  
Carol Gatke  
Gordon Goheen  
Frank W. Martirano  
James Scott

## South Salem Caregiver Connection

May 22 (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

## Board Meeting Monday, May 6, 10 a.m.

Meeting is open to any  
interested member.

Agenda is posted on the hallway bulletin board.

## BINGO CALLER NEEDED ASAP

Our Current Caller Irv Hersha is retiring and and we need someone to fill his VERY LARGE shoes.

Please contact Camille Lockling or Alice Wells if you are interested in calling **BINGO!**

## Donations

◇ Richard & Lela	◇ Orville Hatfield
Bates	◇ Karen Paillette
◇ Terri Currin	◇ Marian MaCry
◇ Frances Theis	◇ Liala Baylie
◇ Tribute for Frank	◇ Lou V. Moore
Martirano by Kate	◇ Judith Ward
Bayne	◇ T. Nileeta
◇ Jessica Yue	◇ Bruce & Judith
◇ Beatrice Saito and	Peterson
Colleen Yoshihara	◇ Sharon Slater
(in Honor of George	◇ Al & Theresa Brown
Colleran)	◇ Marian O'Brien
◇ R. Wells	◇ Carolyn Smith
◇ James Larenece	◇ Margaret McNeal
◇ Roger and Jo	◇ Don Sievens
Vasend	◇ Betty Gordon
◇ Paula J. Smith	

## Thank you for your Generosity!

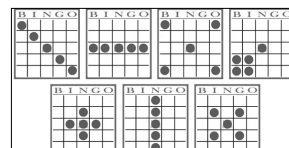
Member **Diana Wullert**  
donated a beautiful bouquet of tulips for the front  
desk  
from Alpha Delta Kappa

## 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**



## TRAVEL OFFICE

### Possible Day Trips are:

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

**May 3<sup>rd</sup>** – Friday nights -**Gallery Theatre in McMinnville** - The *Play Peter and the Star Catcher* – over 62 \$15.00, under 62 \$18.00. CARPOOL

**May 10, 2019 at 7:30pm – Willamette University** will be hosting a *Symphony*. Tickets are \$5.00. CARPOOL

**May 22nd, at 11:00 am**– Albany Historic Carousel and Museum– CARPOOL. Free admission. Carousel is \$2.00. Indoor Activity. Food, Gift Shop & Museum.

**June 6<sup>th</sup>, 2019 – Linn Benton Community College** Senior Chefs of Linn will be hosting *End of Year Lunch Buffet*. CARPOOL. Price will be forthcoming.

Lela Cesena, Travel Office

## West Coast Excursions



**August 18<sup>th</sup> – 22<sup>nd</sup> – Redwoods** – America's most scenic country and home to the world's tallest trees! **Deadline May 16, 2019**

**August 31<sup>st</sup> – Sept 5<sup>th</sup> – South Dakota, Mt. Rushmore, Crazy Horse Memorial** – **Deadline May 16<sup>th</sup>, 2019**

**The Art of Italy – Sept 20 – Oct 4<sup>th</sup>** – A two week celebration of the masters...Botticelli, Titian, Michelangelo and many others. **Deadline June 18<sup>th</sup>, 2019**

**Call Oregon West Excursions directly to reserve these Trips. 503-585-3979 or 800-333-0774**

## Volunteer Opportunities

### Receptionist Position



Would you like to meet new people, help answer questions and be a part of making the Center run smoothly?

Receptionists are **NEEDED** at the Front Desk. We have four hour shifts available, either 8 a.m. to 12 p.m. or 12 p.m. to 4 p.m.

This is an ideal job for a team player: you'll have a partner who works the desk with you since two volunteers are scheduled on each shift. Training is simple because it happens while you are on duty.

If you are interested, talk to one of our staff who will be glad to share their thoughts.

Alice Wells, Office Manager 503-362-5139.

### Seeking Carpool Drivers



Ready to buckle up behind the wheel to drive others and see the sights. Are you someone who enjoys meeting new people and relishes an adventure?

**Carpool Drivers** are needed for once a month trips to "mostly local" events, though we do occasionally schedule activities to Portland and surrounding areas.

This is a once monthly volunteer position with a gas reimbursement. Volunteering is tax deductible.

Once you've transported members to the event you are welcome to participate with the group! We are seeking 4-5 drivers per month, so please volunteer your time and car to join in the fun. We are looking for volunteers ASAP, so don't wait!

**To volunteer, please call Lela Cesena, Travel Office**

Would you like to write an article for the newsletter? Have something to share? Drop your article off at the front office or email it to [zoe@mybeautifulstory.com](mailto:zoe@mybeautifulstory.com) **Deadline for submissions is May 15th** for the June newsletter



## Community Connections



**My Beautiful Life Story** has captured the history of Arlene and Gary Williams' life in Alaska for generations to come. **Arlene is delighted and knows you will be too.**

Insure your images and stories are safe.

**Find out how!**  
Attend a workshop or give Zoe Morrison a call!



### **My Beautiful Life Story** Preserving your visual legacy

541-224-7715

Upcoming Workshop May 9, 1-2:30 pm

\$15 fee includes USB Drive, handouts and instruction

**Monthly Workshops:** Sign up to attend on clipboard

### Celebrating Older American's Month



Feeling Young At Heart  
at  
**Madrona Hills**

To arrange a tour or  
visit,  
call  
**503-362-9141**

**[www.madronahills.com](http://www.madronahills.com)**

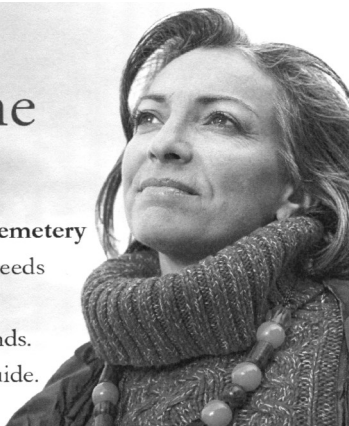
**David L. Carlson, Lawyer**  
**503-365-0373**

**Wills & Trusts/Probates**  
**Estate Planning/Elder Financial Abuse**  
**Conservatorships/Guardianships**

**Senior Center members will receive a**  
**25% Discount on all estate planning**

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*Overlooking  
Historic Pioneer  
Cemetery*

Follow our **Facebook Page**

**<https://www.facebook.com/southsaalemseniors/>**

We post helpful tips, plenty of photos, plus happenings in and around the South Salem Senior Center on our Facebook Page.

### **BROOKSTONE**

ALZHEIMER'S SPECIAL CARE CENTER

**Brandy Khlystov**  
Administrator

5881 Woodside Drive S.  
Salem, OR 97306

**503.316.0687**  
503.589.1753 fax

[brandy.khlystov@jeaseniorliving.com](mailto:brandy.khlystov@jeaseniorliving.com)

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## Community Connections



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and Yard  
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[www.tip-topyard.com](http://www.tip-topyard.com)

General Clean-up      Apartment Complex/Commercial Bldg  
Debris Clean-up      Landscape Maintenance  
Gutter Cleaning      Winter Clean-ups  
Pressure Washing Bark & Gravel Placements  
Monthly Maintenance      Tree/Shrub Trimming

*Must present coupon at time of estimate.*



**Seniors  
Receive!  
20%  
OFF**  
Call for details  
with this  
coupon.



**Mike Giertych**

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roof maintenance, fences,  
yard work, and more.

**(503) 315-8953**  
[mikegiertych@aol.com](mailto:mikegiertych@aol.com)  
CCB#203738

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A Seniors Real Estate Specialist  
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housing sales & purchases.

[chrisngerry@windermere.com](mailto:chrisngerry@windermere.com)

  
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Keep updated on the latest news by visiting our  
**Webpage** <https://www.southsalemseiors.org/>

If you are reading YOUR newsletter online,  
underlined text will be a LINK to webpages!  
Click to visit the site.

**South Salem Seniors Newsletter**  
**Monthly Publication**

Articles and editorials printed in the SSSC Newsletter reflect  
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the Center's opinion.

*Advertisements in the SSSC Newsletter do not  
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of this organization.*



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**Salem, OR 97306-1443**

**Non-Profit**  
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**Victorian Tea Models, April 2019**

You can receive your newsletter by mail, email or reading on the website: Call 503-588-0748

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

## **Mark Your Calendars!**

### **Gigantic SPRING RUMMAGE & BOOK SALE**

**MAY 3 & 4,**  
**9 a.m. to 4 p.m.**  
**MAY 5**  
**Noon to 4 p.m.**

Furniture, Household Goods, Tools,  
Appliances, Sporting Goods, Clothing  
for Men, Women & Children  
Books, Puzzles, CD's, DVD's, VHS  
Jewelry, Gift Items of all kinds!



**Pancake or  
Sausage & Gravy  
Breakfast  
JUST \$5**

**May 18, 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