



## Lions, Tigers and....Chickpeas? Oh My!



Entering Lorene Patrick's home is like stepping into a wonderland full of fantastic creatures. Everywhere you look are hideaways, cottages, circuses, workshops & houses made of shoes where tiny lives are lived. All of these intricate dioramas have one thing in common, their creator **Lorene Patrick**.

In the 1960s Lorene purchased her first carving tools and began creating. She was inspired by the tiny dolls and miniature toys she treasured as a child. And now, 89 1/2 years old, she shows no sign of slowing down. In fact, her creativity and passion is truly inspiring and her tiny creations are a wonder to behold.

Delighted by the work of hobby miniaturists, she joined a miniature group in the Portland area. Eventually she was consumed by her hobby & found herself a member of six miniaturist groups. Her hobby allowed her to travel to England and other faraway places to see the work being done by other craftsmen.

Slowly she left the miniature groups and set out on her own. Her imagination lead her to create unique dioramas on her own. At a craft show one artist displayed tiny dolls made from chickpeas. There, her creative mind took off as she assembled miniature scenes and tiny habitats.

Lorene carves each diorama by hand, assembling scenes that are the work of a master

puppeteer. Tiny clothes, shoes with buckles, fireplaces. Each exquisite detail is handcrafted.

Look, here. In one corner you'll see the interior of Geppetto's workshop, with several Pinocchios and minute wood shavings on the floor. Tiny brushes and paint pots sit readied on a miniature workbench at the puppeteer's elbow.

Turn your head again and you'll see a scene from *Wind in the Willows* where Toad sits in his easy chair by the fire underneath a pastoral image hung over the hearth.



Lorene has lovingly created each and every one of these scenes from wood, beans, bits and pieces of gathered fabric, leather, remnants of seed heads turned upside down to be a woodstove for a tiny mouse, and tidy garden rows fashioned from spices turn into cabbage heads and such.

Lions, giraffes, clowns, acrobats, trapeze artists, miniature bands, popcorn munching chickpea headed audiences are transfixed by the magic that is happening under the Big Top. Each and every one of these scenes are created from a single idea. Lorene starts with no plan and no pattern, simply a germ of imagination.

Take a few minutes to visit with Lorene while she is volunteering at Nifty Thrifty and strike up a conversation with her about her carving hobby. Watch as her eyes sparkle. Be regaled about her latest creation. We promise! you WILL be transported to a fantastic world filled with curiosity and a generous dose of magic during your visit with Lorene.

by Zoe Morrison

## At the Center

### Presidentially Speaking by Camille Lockling

Hello South Salem Senior Center.  
Nice to see the sky has opened  
up and given us some much  
needed rain.



Recently life took an unexpected twist so the  
last 3 weeks I have been on auto pilot, feeling  
tired and overwhelmed.

In May my older brother was brought into the  
emergency room in critical condition. He  
stayed in the hospital until 5/16/19. He is now  
in transitional care for about a month to receive  
physical therapy and medication fed through a  
pick line. After that I do not have a clue. This is  
a man who never thought about anything but  
today. No preparation for the future. Now I  
need to try and plan it for him. I will carry the  
weight for there is no one else and I love him.

This experience has strengthened my belief  
that no one should isolate themselves. It will  
drive you over the edge. I think this is  
especially true of seniors. With isolation you  
create loneliness. With loneliness you can  
create poor health. I believe we are here to  
serve one another. A hard task to accomplish  
when a person is a hermit. I saw the signs, I  
should have taken the difficult road and  
challenged his resistance to help. I just gave  
up because it was easier.

But my heart and conscience knew better. I  
now have to tell another human being how they  
need to function. One lesson I am learning is  
when the time comes I hope someone  
challenges me. I am a stubborn and  
independent soul. I hope I love myself and my  
family enough to let them help me. I hope I will  
listen. I hope we all will. I could use your  
positive prayers and thoughts right now. Thank  
you!

Many Blessings to you all.

*Camille*



### Monday Afternoon Crafters by Arlene Williams

Along with all of the items created by our own group,  
we had items donated from others. Joyce Wall  
brought hats for newborn babies and left them at the  
SSS desk. One of our own members, Charlyne  
DeMonnin, has a neighbor, Margaret Brown, who  
knits myriads of items for children. Charlyne delivers  
them to us. This month there were many baby  
items: hats, sweaters, and booties, along with many  
sweaters for pre-school children with unique buttons,  
as well as mittens, and hats of various styles.

Even with the warm weather and summer coming,  
we still continue to knit, crochet, and create.  
We had several inquiries about Fidget Quilts: what  
they are, how to make, what size, etc. Originally,  
the bases were made using small quilts. A good size  
is about 30 inches square. However, we have several  
ladies who don't quilt, but are very creative. They  
knit or crochet squares of about 30 inches and at-  
tach items to them, such as strings of large buttons,  
zippers, little pockets with things that fit into them,  
circles of lace, a piece of fluffy fabric. In other  
words, things that can be fidgeted with.

One lady used large knitting needles and a very  
fluffy yarn to make a square before attaching  
items. The yarn itself was fidget-able!  
We meet every Monday from 1:00 to 3:00.

If you need hooks, needles, yarn or ideas, we can  
help with that. Plus, we have a wonderful time visit-  
ing with each other. Hoping to see you.

Thank you so much for your donations.

# Activities



## Tai Chi

Introductory **Tai Chi class** one day a week, starting on Monday June 3rd and ending on July 22nd. People who need walkers, or to sit can also participate.

Time will be from 10:15 to 11:15 AM, cost is a total of \$40.00 for 8 classes.

If that is a hardship for someone they can pay \$20 each month, or talk to the instructor.

**Jill Corcoran (503) 385-3257**

## 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. Once you've transported members to the event you are welcome to participate with the group!

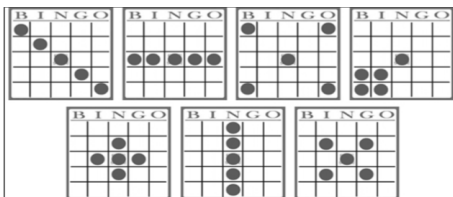
This is a once monthly volunteer position with a gas reimbursement. You will be using your own car. Volunteering is tax deductible.

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**

## 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*



## Garden Club News

June 2019

The weather is calling us to the GREAT outdoors! Plant sales are happening as I write this, all over town & at our own South Salem Seniors location.

We hope your yards & gardens SWELL with blooms during the next few months. Many of us are suffering from the high pollen count now, my hubby for one.

The public gardens are a 'riot of color' that we enjoy on our trips and errands in the BEAUTIFUL capitol city in which we happily reside.

Our field trip in May to **Godfrey's Garden/Nursery & Wavra's** will be a happy memory in June when we will meet at the lovely gardens of one of our members (To be announced). This will be our upcoming 'schedule' as we CELEBRATE the joy of garden/nursery visits.

You will be informed as to our meeting location when we call you the days before the 3rd Monday of each month. 1pm is our meet-up time, unless we go on a field trip, or to a 'TEA PARTY' & gather earlier OR later.

Until then, take time to 'smell the fragrance' of blooms everywhere & happy gardening to ALL.

If you have questions about the Garden Club, contact **Barbara at 503.375.7723**

## Announcements

### WELCOME to our Newest Members

Charles and Marilou Mead  
Judy Wall  
Joani Erickson  
Ludmilla Maceachran  
Bob Walther

**We are glad you've joined us!**

### 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.



CERT Training is happening throughout the month of June. Thank you to everyone who is taking part in this valuable opportunity!

### South Salem Senior Center

6450 Fairway Ave SE  
Salem, OR 97306  
503-588-0748

www: southsalemseiors.org  
sssoffice@comcast.net

#### Officers:

<b>Camille Lockling</b> , 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	

Warmest thanks to  
**Boone Ridge, Senior Living Community**

### May Pancake Breakfast Sponsor



### Board Meeting

**Monday, June 10 10 a.m.**

Meeting is open to any  
interested member.

Agenda is posted on the hallway bulletin board.

### Membership Meeting

**Wednesday June 12 @ 1 pm**

### BINGO Program Coordinator NEEDED ASAP

**Irv Hersha** has been running the bingo program at the Center **since 2002**. Deservedly, he is ready to retire and we need someone to fill his VERY LARGE shoes.

Please contact Camille Lockling or Alice Wells if you are interested in running the **BINGO** program.

### May Donations

- ◇ Richard & Lela Bates
- ◇ Alice Wells

**Thank you for your Generosity!**

### South Salem Caregiver Connection

June 26 (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





**Francis Fredrickson** has been a familiar face at the South Salem Senior Center for more than 20 years.

Francis was born on the Sterling Cattle Ranch where she was raised with her brother and sister. Her father, though crippled worked to acquire their ranch property as the land came available. His goal of building the ranch is an enduring legacy since Sterling Cattle Ranch is 99 years old, continuing to operate successfully to this day.

Francis went to boarding school in Thompson Falls until the second World War. At that point, all travel was stopped except for military travel. This meant change: she and her sister began attending boarding school in Great Falls returning to the ranch on weekends to help with work.

The sisters mainly focused on farming the 1/4 acre vegetable garden where any of the townspeople from the

small town of Craig could come to get fresh food.

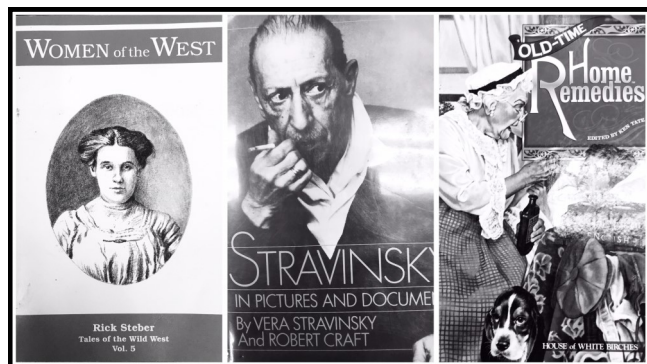
After graduating from Great Falls High School, Francis attended the University of Arizona in Tucson. While there, she met her future husband Chuck Fredrickson on a blind date. They were introduced to by a friend. And it was the **ONLY** blind date Francis ever went on!

Once Chuck's military stint ended, Francis and her husband moved to Helena, then to Salem. Chuck worked for the highway department where work promotions meant the family had to move often. They lived in several different parts of the state.

Because of the frequent moves, the family learned school's curriculum varied from district to district. That meant the Fredrickson children were schooled at home in several subjects. Despite so many relocations, the family was very active in scouting, sports and music.



As a high schooler, Francis played the clarinet



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- \* The Art of Italy – Sep. 20-Oct 4
- \* Maine – Oct 12-17
- \* Washington DC – Oct 18-24
- \* Ashland Culinary Tour – Nov 8-11
- \* Charleston & Myrtle Beach – Dec 4-10

Call for Details or See them  
on the Bulletin Board

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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 June 15th** for the July newsletter.

## Community Connections

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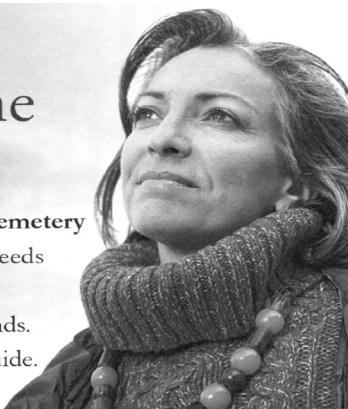
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**David L. Carlson, Lawyer**  
**503-365-0373**

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**Conservatorships/Guardianships**

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

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## Community Connections



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



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Enter the magical world of  
**Lorene Patrick**



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



**June 15, 2019**  
**8 to 10 a.m.**

Join us for pancakes or homemade  
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sausage or ham, orange juice,  
coffee or tea