



Jean Peterson: Koi or Not?

One might never know what day of the week to find **Jean Peterson** at the Center or what time, she has volunteered in many areas over the years. She came to the Center in 2010 after retirement. She said she was bored and missed her passion for people. Jean has worked in the rummage room, gift shop and the front desk. She has been the **Potluck Coordinator** and organized our **Tea and Fashion** shows. She has also modelled in some of the fashion shows, donning some of her wonderful hats. She was our President in 2014 and 2015.

Throughout all of her volunteering the thing one will notice the most is her huge smile and infectious laugh.

She was born and raised in the small farming community of Perrydale, Oregon. She was the 2nd from the youngest of 5 children. Jean had 2 brothers and 2 sisters. They were a large and lively farming family. They had a menagerie of farm animals and pets. One of them was her albino horse named Champ. She is still a pet lover and owner, just no farm animals. Living in a large family explains why she fits into all the activity at the Center. Some of her childhood memories consist of growing a big garden and preserving the wealth of fresh fruit and vegetables. Jean relishes the memories of 4-H and entering their sewing and produce at the county and state fairs. One time she won first prize for a proper table arrangement. This would explain her skill at organizing Potlucks and Teas.



Jean attended all 12 years at Perrydale. She graduated from a class of 11. After high school, she attended tech school in San Francisco. She became certified as a dental assistant. She returned to Oregon to work in dentistry. She went on to receive a certification in xray for Oregon.



Over the years she has worked in banking and at Evergreen Helicopters. But her favorite career was working in law enforcement. She laughingly jokes and says she had no prior experience in crime. She worked there for 21 years. She left a job she truly loved.

During her working years she married her first husband and they had two boys together. Her sons enriched her life with 7 grandchildren and 2 great-grandchildren. After her first marriage ended, Jean was blessed to meet the love of her life. She met and married her second husband Bob. They were together for 27 years before he died.

Camping and riding quads with her family is one of her favorite enjoyments that she shares with her family. They truly are the foundation of her life. This connection to her family and circumstances have brought her to share a home with her son. They both share the love of creating with their hands. One of Jean's hobbies is to make shadow boxes from family heirlooms. She loves scrapbooking, that she works on at home, and the Center. Jean is forever surfing **Pinterest** for a new challenge to create. One of Jean's mottos is if she had her life to live over she would pick more daisies and burn the good candles. She would choose to be less serious.

Article by **Camille Locking**

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Presidentially Speaking

Fall will soon be upon us, I am so glad that it is. I have been told life is short and I should enjoy the moment. It has nothing to do with the moment. I am tired of looking at a yellow lawn and atrophied shrubs. At least I cannot see this so clearly from inside. My windows are too dirty to see out with much clarity. Everything I was waiting to do all year long has not happened. .

Over the last few months, I shared with you my journey with my older brother. I now have him in Memory Care. I still am wrestling with what feels like endless paperwork. But at least he is now safe. I would like to share a little about the people who have cared for my brother since May 1, 2019. He was in Salem hospital for 4 weeks. My brother's income is low but this did not keep him from receiving the care he needed. His next stop along the way was **Avamere Salem Transitional Care** for 4 weeks. Again he was treated well. He never went without anything he needed. He was then accepted into Memory Care at **Boone Ridge** here in Salem.

Being familiar with the resources available at our Center helped smooth the process of his placement. I met with the facilitator from **North West Senior Disabilities** who uses our Center every month to hold meetings for **CareGivers**. These meetings aid in supporting caregivers.

The facilitator who conducts these meetings opened doors for me I might have found difficult to open. I was led to **Boone Ridge** by Avamere. When I stepped through the doors I recognized people who have been *Sponsors for our Pancake Breakfast*. I was welcomed and pointed in the right direction. My brother has been living there with Medicaid assistance. But he has been treated with the same care as individuals who are private pay.

It is a modern facility, tastefully decorated. They have a beautiful dining room and good food. I have been impressed with their staff within Memory Care and outside of it. They have a room called the Calming room. It has a plush vibrating chair. The lights are



adjustable with a soothing fountain in the background. My brother has osteoarthritis and has benefited from their walk-in tub with water jets.

The facility has been inquisitive about my brother's interests. This is to keep him here in the moment and not so much in the past. I believe that many facilities are trying to look at dementia through different eyes. Yes, it is definitely not what any of us want for ourselves or our loved ones. I wish this had not happened to my father, my sister and now my brother. I often worry about this

happening to me. But what I see today does not frighten me as much now. My sister tells me that if I ever end up in memory care I might get to be president.

Maybe I could start a newsletter.

Honestly, I have tried to be a good person in my life. I threw my fears aside and became involved in the Center. In this time I have been exposed to much that was a huge factor in helping me care for my brother. I am grateful for all the people who have stood by me in my absence.

I believe there is a long road ahead for Charles and myself. He has teased me about my involvement with the Center. But he told me the other day he was proud of me. I have noticed that as his way of living and relating to the world changes he is less guarded. He has always loved others but now he shows it. I have been gifted to have this time with him. It has not always been so.

I thank you for letting me share this with you. It has been a catharsis for me.

My brother has access to the news and was saddened by the violence in our world. I believe many of us are. As for myself, I wish all of you love, prosperity, health and of course safety.

Namaste

Camille

Activities

Monday Afternoon Crafters

Well, about a month ago on a Monday afternoon I wandered out of the large meeting room, (you know, the one next to the kitchen and facing the entry road into the Center) where the needlecraft gang meets on Monday afternoons. I came back to be told that I was unanimously elected to write the September article for the SSSC newsletter. So here we go! (Thank you, Red Skelton)

Sometimes it seems that our needlecraft group has about the loudest group in the center. It is a really great get together time, and the door is always open to anybody new who drops by.

However, no matter how much fun we are having our real goal is to make things for those people who need them. We make hats and scarves for children and adults. We make lap robes for those who can use them. NAME IT. Someone will make it. One of our

members works at home to make lap or table top sized fidget quilts for people in hospice, people in memory care, and for children who need something quiet to play with.

We have members we have never met, but have heard of our activities and send us yarn, patterns, and finished projects that we can share. We work on projects for our own families and friends, but mostly for others who have needs especially when we use the yarn donated by others for that purpose.

The theory is that we meet every Monday from 1 PM until 3 PM, but if you look in at noon you may find some of us already hard at work. Oh, and if Monday is a holiday, and the large meeting room is available, we meet on Wednesday. We don't want to miss out on our fun. Hey, come join us. You don't know how to knit? Someone will teach you. You don't know how to crochet? Someone will teach you. We are a fun bunch.
 – **Velma Hampson**



GET YOUR ARTISTIC MUSE ON

Join Us for ART
 Acrylics, colored pencil, watercolor and drawing are all welcome.

Our group meets every Friday morning from 9-11 at the Center.

(No oil painting please)



HAVE YOU FINISHED THAT REFRESHING DRINK?

South Salem Senior Center accepts cans and plastic bottle CONTRIBUTIONS.

We invite you to drop your **Refundable bottles** and cans here!

The Garden Club will be meeting on **September 16 (the 3rd Monday, 1:00pm)**. We hope to have a Master Gardener speaker.

Check the GARDEN CLIPBOARD for INFO/details on what's happening. If the front desk volunteers are available perhaps they could check for postings

on upcoming events. If you have a special place or garden related idea you'd like to share, **PLEASE call Barbara (503.375.7723) or Sandy (503.851.8250)** to discuss your suggestion.

Until next gathering, **KEEP COOL**

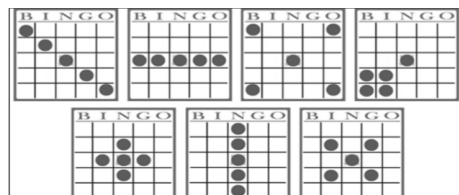
- ◆ Looking for help with your laptop, tablet or phone?
- ◆ Need to learn Windows, or how to surf the internet?
- ◆ Want an email account or a Facebook?

Make an appointment OR just drop in to work with the knowledgeable volunteers in the Center's Computer Room.

Center has computers for members to use Monday thru Friday, 9 to 4.

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



Announcements



**Volunteer
Dinner**
Saturday,
September 14,
2019

**Mark your
calendars &
RSVP by
September 4,
2019**

Warmest thanks to
Bredimus Insurance
our
August Pancake Breakfast Sponsor



WELCOME to our Newest Members

Virginia Bailey
Ruth Antich
Sharon Latshow
Sherry Patterson
Sheryl Burnham

We are glad you've joined us!

Thank you for your Generosity!

- ◇ Richard & Lela Bates
- ◇ Alice Wells

We appreciate your Donations

Board Meeting Monday, September 16th at 10 a.m.

Meeting is open to any
interested member.

Agenda is posted on the hallway bulletin board.

Membership Meeting Wednesday, September 11 @ 1 pm

FLU SHOTS 9/25/19

1- 2:30 pm. Please register to reserve your spot. They will only bill Oregon Medical Insurances. They will also bill **Medicaid**. Or one can pay \$30.00 up front. You must sign up by 9/18/19.



Corrections to our August Newsletter feature article:
"I didn't attend OSU prior to marriage and then took only a few classes, ergo no major in art and history. While I have always loved Silverton and it's robust art scene, I've not been a member of the Art Association. I began work at PacBell in '64 and held many positions before becoming a project manager for the last 8 years of my career. Finally, for any horse lovers out there (perhaps even someone who might remember Simba) she was a performance (not a 'trick') horse and all her savvy was confined to the arena. She would want everyone to know that."
Kate Bayne

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Linda Peytoon, Office Manager	503-363-4290
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South Salem Caregiver Connection

Terrace Lake Park Clubhouse, 2120 Robins Lane SE, Salem
September 25, 2019 (4th Wed of each month) 2-3:30
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

MEET OUR MEMBER VOLUNTEERS



DID YOU KNOW?

Every month an entire crew of volunteers prepares your newsletter for mailing. These folks spend the majority of a day folding and affixing address labels to more than 600 South Salem Senior Center newsletters for mailing. **Maureen, Cindy, Velma, Linda, Bonnie and Jackie.** Not pictured: **Karen Goss**, folding crew leader extraordinaire. Thank you ONE and ALL for your dedication to this monthly task!

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- * Shore Acres Christmas – Dec 16-18
- * Snow Coach in Yellowstone – Jan 16-20
- * Tucson AZ – Feb 25-29
- * Music & More in Tennessee – April 6-11



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@mybeautifullylifestory.com **Deadline for submissions is September 15** for the October newsletter.

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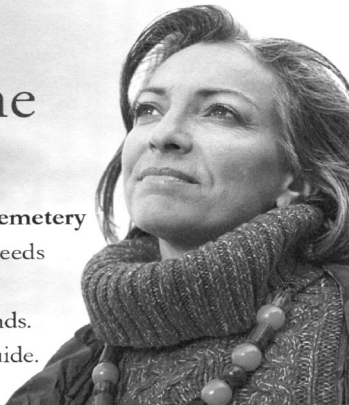
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