



Cindy Pedersen: Keeping Busy Makes Her Happy!



We are fast approaching the time of the year that Cindy Pedersen relishes having amassed a collection of holiday decor, which she uses to appoint her home this time of year. Stop by and you will notice a collection of tea pots.

Next month her home will be filled with snowpeople, greeting you for the winter season. While there,

ask her, and she may even give you a recipe for her special swedish Christmas bread.

An avid reader of Nora Roberts and Fern Michaels, Cindy likes to keep busy. She enjoys latch hook, cooking & gardening or jaunts to the coast with her sister for the beach and antiquing. She frequents art festivals and our local Wednesday and Saturday Farmers markets.

Cindy became interested in cooking during high school years. At Sprague she had Home Economics class where she learned to cook. The school also had a daycare center which students staffed. Throughout high school, she babysat local families and juggled work at a senior care facility besides class studies.

In 1985 she married her high school sweetheart. The newlyweds moved to Milton Freewater Oregon, where she took a job at a nursing home and helped her grandmother-in-law whose health had deteriorated. The next four years were busy with caregiving, work and the birth of two children, a son in 1986 and a daughter in 1988.

In 1989 the family moved back to Salem. Her husband worked at Fred Meyer in the Home Electronics department. Maybe it was the busyness of their lives or simply growing apart, but then she & her husband divorced in 1991 though they reconciled and remarried in 1992, moving back to Newport. They were together until 1999 when the marriage finally ended.

In 2002, she returned to Salem, and began

working at a retirement community. Diagnosed in 2006 with Crohn's disease she has found herself navigating the ups and downs of the illness and subsequent hospitalizations. Coming out of this scare healthy has made her very appreciative of her health.

Cindy has spent all of her adult life working. Aside from raising her children, she has worked at retirement communities, mostly in the kitchen, Walmart & NORPAC. In 2006 she began working at the Senior Center and has worked for the Marion Polk Food Share Program since then. She also works in the gift shop, helps out with bingo, assists with the Rummage Sales and folding the newsletters. Wow! This grandmother of two granddaughters sure keeps busy, just as she likes!



Cindy is thankful for her friends at the Senior Center, and that she lives near to her parents. This Thanksgiving Eve will find her sharing a table with her parents and the neighbor. She'll be whipping up a Thanksgiving dinner, and serving it alongside a display of her holiday decor.

Check in with Cindy to hear about her latest latch hook project, her recipe of the month or find out about her latest antiquing find discovered during a recent trip to the coast.

By Zoe Morrison

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Presidentially Speaking

Pancake Breakfast Update

My balancing act is wobbly this week. I was the pancake mixer at the last breakfast. Some people thought I did a fine job, others seem to think I should not make it a source of income. Only one time did I forget to lower the beater before I turned the mixer on or lock the bowl in place.

Speaking of breakfast, I think we did really well considering it was our first attempt without Paul. Let alone that half the crew were new on the breakfast crew. I frankly was very proud of them all. Arturo Guillen flipped those pancakes like it had been a source of income at some time in his life.

We still need volunteers for this breakfast event which is a good source of revenue for the center. Come in next month and have breakfast with us. There are so many dedicated people that do their best to make breakfast a pleasure. Or bring in your favorite Veteran to honor them with a delicious pancake breakfast with all the fixin's.

Speaking of revenue leads me to brag about our last Rummage Sale. We made almost \$1,000 more this year than in 2018. Not to mention it was a two-day sale compared to last year's 3-day sale. We rented an electronic billboard on Commercial and Kuebler a week prior to the sale. I think it made a difference. Plus we did not offer the usual all you can get in a bag for \$5.00. There were so many variables to put on this sale and it made us successful. Thanks to the workers and the shoppers.

And our heartfelt thanks to St. Vincent DePaul for picking up the excess Rummage Sale items. It has been a struggle finding a company to pick up the leftover items until they stepped up this year.

If you have read one of my previous letters then you know I am my brother's guardian. He has been residing in memory care for several months. He is generally well except he needs kidney stone surgery.

At the same time, I am caring for his little dog. Scamp is 14 years old and truly is a little

Scamp. Right now Scamp is wearing a cone on his head to keep him from chewing. I can tell he thinks the cone and the gland are both a pain in the derriere. He is a pretty good sport about the pills and the cone.

My Darrel and I lost our Liza dog 3 weeks ago. She was also 14 years old. She was in so much pain and had advanced diabetes. We had her since she was 8 weeks old. I keep looking for her to come around the corner. A week before her death we also found out our 15 year old Lily dog has congestive heart failure. We are trying to control her cough with an opiate drug and heart meds. Our vet informed us the cough can eventually prove to be fatal.

Lily is a super spy when it comes to finding the hidden pills she desperately needs. I find them around the house where she spits them out. I have to take chicken hot dog pieces and hide the pills. I top them off with the fake cheese in the can. This I have to prepare in the garage, if she sees me hiding them she also hides. Someone asked me if I worried about the junkie hot dogs and fake cheese being bad for her. Or if I am worried about her addiction to opiate drugs.

I really think we all have too much access to the internet and what might be lurking out there to kill us. Neither situation is ideal but I do not think it is time for Lily to meet her sister in the afterlife at this time.

Thank you for allowing me to share my journey with my brother and furry babies. It is important that you know I am not ignoring you if I pass by you without speaking, just a lot to think about. Bless you all. I hope you are enjoying our falling leaves and as the skies open upon us.

Enjoy November and have a lovely Thanksgiving!

Warmly,

Camille



Activities

Monday Afternoon Crafters

Just look at all of the items that were created in the last two weeks! A few weeks ago, Meg brought in a multitude of fleece scarves cut from bright orange fabric. We didn't feel that we could donate all of them as scarves. Nancy took several and sewed them together to create the blanket that is being held up.

Betty, our fidget quilt maker, took several of the scarves and returned them as fidget quilts. They are at the front left-hand side of the picture. She sews large buttons, strips of lace, and other items for a person to fidget with. (If anyone has such items that are fidget-worthy, please donate them.)



Another item that is pictured, but does not show up, is what is called a Marble Maze. This is a piece of fabric about the size of a large pot holder.

Several pieces of fabric are sewn together with one or two marbles sewn into a track so that they can be moved around that track. These are fascinating and the patterns can be found on the internet.

Along with all of these special items, we received lap quilts, slippers, hats and matching scarves, a lovely hand-knit lace shawl and fingerless gloves.

We deliver these items to several hospice facilities and memory care homes. They are so appreciative of these items made with love and care.

Garden Club

The Garden Club will meet at 1pm, November 18 at the South Salem Seniors Center. Our guest presenter will be a master gardener discussing fall planting, winter preparations for roses, camellias & other tender plants.

We want to thank plant donors who kindly brought houseplants & outside plants to our recent SALE at the Senior Center, October 4 & 5. Sales from those donations contributed to a total of approximately \$175 for the Center.

Volunteers to assist with the sales were sparse. 2 members worked a week to prepare the tables, manage the sales & clean-up afterwards. Where are our PLANT PEOPLE with their green thumbs (brown

OK, too) when needed?

As always, I appreciate suggestions, notes, calls regarding interests for our meetings & upcoming speakers.

"A garden is a lovesome thing, that needs lots of involvement from many"

Barbara Castle.
leave messages on the garden clipboard or call Barbara (503.375.7723) or Sandy (503.851.8250).

Our December meeting will be a social before the Holidays.

Tai Chi

Introductory **Tai Chi class** one day a week, starting on Tuesday October 8, ending November 26th. People who need walkers, or to sit can also participate.

Time will be from 10-11 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



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)

Announcements

VOLUNTEER DINNER by Alice Wells

We just had a delightful dinner to celebrate our volunteers. We do a tremendous job, I must say. Did you know that the South Salem Senior Center is run entirely by volunteers? Irv, Rose, Donnie and Francis have been volunteering since before this building was built (**that's over 17 years**) - wow!

How many are volunteering now? Let me see - well, starting from the top:

- 12 Board of directors
- 4 Finance committee
- 16 Office
- 12 Nifty Thrifty (rummage)
- 10 Gift shop
- 6 Computer room
- 1 Library
- 5 Bingo
- 10 Newsletter
- 6 Maintenance
- 12 Breakfast
- 26 Needlecraft (their work is donated)
- 11 Garden Club (they sell plants for us)
- 3 Room rental
- 1 Shopping coffee, cookies and other small items
- 1 Solicits donations for breakfast

That's **114 volunteers** - wow! Actually many volunteers double up on jobs - still, that's a lot of volunteering- and still we need more. Our current needs are in the office - and we need a BINGO CALLER!

Why do we do it? For a myriad of reasons - but the most common is "to do something for others..." So come volunteer and join us at next fall's Volunteer Dinner.

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

www: southsalemseniors.org
 ssscoffice@comcast.net

Officers:

Camille Lockling , President	503-269-1463
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Paula Hindman, 2nd Vice President	503-362-9038
Linda Peyton, Office Manager	503-363-4290
Kate Bayne, Secretary	503-399-7779
Nancy Grabow, Treasurer	503-884-5521

South Salem Caregiver Connection

South Salem Senior Center

November 27, 2019 (4th Wed of each month) 1:45 pm

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, November 11 at 10 a.m.

Meeting is open to any interested member.

Agenda is posted on the hallway bulletin board.

Membership Meeting

Wednesday, November 13 @ 1 pm

WELCOME to our Newest Members

We are glad you've joined us!

Warmest thanks to

October Pancake Breakfast Sponsor

- ◇ See Franklin in honor of his sister Carolyn Stanley

We appreciate your Donations

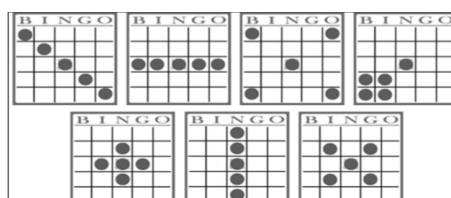
Play BINGO here every Friday

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



VETERANS DAY



HONORING ALL WHO SERVED

As Veterans Day approaches, we want to spread the word to those Americans who may have access to a well-earned long-term care benefit.

The Veterans Aid & Attendance Pension Benefit, or "A&A benefit," provides up to \$1,794 per month to a veteran, \$1,153 to a surviving spouse or \$2,127 to a couple. The money, which is tax-free, can be used for in-home care, board and care, an assisted living community or a private-pay nursing home.

This is helpful for many vets and their families because neither Medicare nor Medicaid pays for assisted living care. It's kind of like a private nursing home insurance policy you haven't had to pay into.

But like private insurance, there are certain qualifications you'll have to meet before you can apply. (One of the best resources explaining the A&A benefit is VeteranAid.org)

My Nifty Thrifty Find



I walked into the Senior Center the week before the **October 4-5 Rummage Sale** to volunteer and ended up in Nifty Thrifty. I spotted a Lenox vase that looked like the one I had received as a wedding gift in 1968 and sold at a garage sale 18 years ago. I picked it up and realized it WAS mine!! I could tell because it had been glued back together from when my son accidentally broke it around 1973 when he was 3 years old. I considered buying it but put it down on the shelf. When I went back to the sale on Friday and it was still there, I felt it was meant to come home with me and bought it back. I should give it to one of my son's daughters as a wedding gift when the time comes and keep it in the family.

Betsy Brammer

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- * Tucson AZ – Feb 25-29
- * Music & More in Tennessee – April 6-11



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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. **Deadline for submissions is November 12** for the December newsletter.

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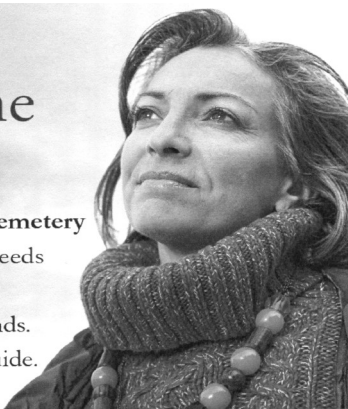
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November 16, 2019
8 to 10 a.m.

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