



Camille Lockling

Normally I would have a volunteer subject to write about, but circumstances have had me up against a wall in order to find someone, interview them and then get it

into the newsletter in time. This volunteer letter will be about myself, not out of ego but time. I have been at the Center about 4 years. I have worked the desk, worked in Nifty Thrifty, and been secretary. I have also helped to pick up recycling and pickup donations for Nifty Thrifty. You will also find me mixing pancakes at the monthly breakfast. The last year and a half as your President I can be found in the office or spinning around the Center like a Tasmanian Devil

I was born in Denver, Colorado to Mary and Chester Lamb. My family consisted of 4 girls and 1 boy. I was next to the youngest. Three of my siblings were born in Texas. This is also where my parents met and were married. My father was a butcher and my mother a homemaker for many years. Eventually she worked with my father as a meat wrapper. My parents raised us all as Catholics. All 5 of us went to Catholic schools throughout our educational years. I often wanted to be a nun or a priest. I thought I would prefer being a priest because I could be the boss and give people wine and bread. I decided being a nun meant I had to be married to God. I just did not want to marry anyone.

I attended the Catholic Church until my first marriage ended in divorce. That was frowned upon in the Church, so the church and I parted ways. I drifted to different churches after that and eventually settled in the Unity Church. I still consider them my spiritual home. I thought more than once I would like to have become a Unity minister. I think my father had wanderer's Lust. My family moved from Texas to Colorado, from there to California and then we moved to McMinnville, Oregon. We attended many schools and it was difficult to make friends, always

knowing we were going to leave them behind. My mother had the gift of making a home out of very little, I know it must have been hard on her. When we reached Oregon, we stayed. My parents bought a home in 1966. It was an old and enormous home, eight bedrooms and 4 baths. By that time I inherited my mother's gift, I had an orange and black bedroom, I put my shoes in glow in the dark paint and I left their mark on my walls. My own form of Tole painting. What a bizarre child I was. I married right out of high school to someone much older than me. We had our first daughter Angela Marie 10 months later. Four years later our second daughter Heather Rene was born. They were and still are the world to me. My marriage lasted 12 years, I initiated the divorce and it was one of the biggest and most painful mistakes of my life. Although 40 years later we are still friends.

Over the years I worked as a clerk, bartender, and a Teacher's aide to challenged children. I even drove semi for one year. I eventually went to Beauty College in McMinnville, Oregon. I ended up moving to Salem for a job. I also had my own shop for 8 years. I was a self-employed stylist for almost 37 years. In my career I mainly worked with Senior's. One could surmise that is why I ended up at the Center.

26 years ago, I met my husband Darrel Lockling. I had been single for many years and had kissed my share of frogs. I did not really think I was ever going to marry again. I am a stepmother to his 4 children. All together Darrel and I share 14 grandchildren. I will not say we are a well-blended family, In fact we spend most holidays apart with our own children.

During that time of trying to blend families I lost both my parents. As a newly married person I spent all my nights alone because of working hours. I was diagnosed with MS, after months it turned out it was fibromyalgia. I had to sell my shop. Sleep was a stranger to me, some nights there was none. I just broke down and contemplated dying. I was wise enough to know that I was in trouble. I checked myself into a psych unit and asked for help. It was a dark night of the soul. To this day when someone suggests ending their life my radar kicks into high gear. Many years later, Darrel and I are still together. We love each other, we are both grateful for our home and pets. We have food and politics in common. We accept life as it comes.

Presidentially Speaking

Heather Rivas Vice-president

Hello I am Heather Rivas. I am one of your Vice Presidents here at South Salem Senior Center. Many of you might have met me while I'm working at the Front Desk. I have really enjoyed working here and I realize how important it is for all of us to have a place of community. The fact that we run entirely on sales, generous donations, and Volunteers to survive is awe inspiring. It takes a lot of money, time and work by our Volunteers to keep the Center going. We thank you for your generosity.

We have been very lucky to have had a group of Volunteers, many of whom have been members for years and years, they have filled in as needed, as well as working their regular shifts, all so we can continue to run smoothly. Some of them have had to cut back or even discontinue their volunteer hours due to family obligations or health issues, as well as whatever life puts in their path.. Some of them are just plain exhausted by how much they've been doing to help us. Our concern is, when someone gets tired, they often retreat from the Senior Center, almost completely, and nobody wants that. These are the Volunteers who take care of all the things that go into organizing, putting on, and cleaning up after the events we all enjoy. One would be surprised how much goes on behind the scenes to make it all happen. We have a lot of very gifted Members and Volunteers regardless of whatever they are working on. We are very grateful for your gracious gifts. Speaking of our Volunteers, have you considered donating a little of your time to help us to not only survive, but thrive? We have openings at the Front Desk, Gift Shop, Monthly Breakfast, Bingo Fridays, and occasional special events (Big Rummage Sale, Craft Show, Spring Tea and Fashion Show, Facebook page or Website, etc.). We also need Volunteers to cover the building when we have rentals on the weekends or evenings. There is a lot going on here and opportunities abound!

We need to expand our Membership and number of active Volunteers. I invite you all to bring in a neighbor or friend and take them on a tour (or stop by the Front Desk and we'll take them), tell them a little bit about your experiences here and what it is that you like. Invite them to join, or even just meet for lunch periodically, spread the word. If they're interested in joining, we can sign them up and if they're interested in volunteering, we can talk to them about that too, they can tell us their interests.

We are so happy you are Our Members. We would like to offer even more, but to do that we need more help from you. So ask yourself how can you help us, and how can we help you?



Activities

December proved to be very productive for the Monday Afternoon Crafters. We made 200 hats and scarves for a local church to give as gifts to the children in their congregation. We also made 30 hats to give to deployed servicemen. While doing that we still made lots of afghans, lap robes, fidget quilts, shawls, socks, slippers and items to keep the elderly warm.

We frequently come on Monday afternoons and find unfinished items in our cupboards. Sometimes the patterns, needles, hooks, and yarn are included in the bag, but this past week we received a partially finished granny square afghan. Patrice volunteered to finish that. Then there were crocheted squares of different sizes. What to do with them? Debby, the one who makes most of the fidget quilts, decided that she could use them to make arm fidget quilts. This was an idea seen on the internet to make for people who scratch their arms. Betty makes a 1/2 sleeve and adds buttons, lace, etc. for the wearer to fidget with instead of scratching.

In the accompanying picture, we tried to show something that was entirely new to all of us. The maker took a large piece of open work lace and wove large yarn through the holes. As we looked at it and tried to decide what was the best use for it, Alice suggested

that we cut it in two and trim off the extra lace. She was given a scissors and went to work! Two lovely scarves were the end result. Everyone's creativity is appreciated.

We meet every Monday from 1:00 to 3:00. We have patterns, needles, hooks, yarn and will give instruction if needed. Come and join us.



Garden Club

Garden Club will meet on February 18...TUESDAY.....1:00pm.....at South Salem Seniors.

Under discussion will be planning for Spring. PLEASE join us to share ideas.

Our regular scheduled meetings will be the

3rd Monday of the months following.

Your presence is always appreciated.



AARP Driver Safety Classes

February 10 and 11 from 9 AM—12 PM

When you take the AARP Driver Safety, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.



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

Know How to Detect Someone Having a Stroke

As we age the chances of having a stroke are much higher so we need to be able to recognize the problem and get help right away. When you have a stroke, your brain isn't getting the blood it needs. You need treatment right away to lower your chances of brain damage, disability, or even death. Minutes matter in treating stroke. Calling a doctor or driving to the hospital yourself wastes time. Ambulance workers can judge your situation sooner, and that boosts your chance of getting the treatment you need as soon as possible.

Depending on the type of stroke, doctors may give you aspirin or powerful clot-busting drugs. The treatment works best when you get this medication within 3 hours of when your symptoms started. If your stroke was caused by a burst blood vessel, doctors will try to stop the bleeding as soon as possible.

Warning Signs

Sometimes a stroke happens gradually, but you're likely to have one or more sudden symptoms like these:

- Numbness or weakness in your face, arm, or leg, especially on one side
- Confusion or trouble understanding other people
- Difficulty speaking
- Trouble seeing with one or both eyes
- Problems walking or staying balanced or coordinated
- Dizziness

Severe headache that comes on for no reason

If you have these symptoms, **call 911** even if you're not sure you're having a stroke.

Use the **FAST** test to check for the most common symptoms of a stroke for yourself or someone else.

Face: Smile and see if one side of the face droops.

Arms: Raise both arms. Does one arm drop down?

Speech: Say a short phrase and check for slurred or strange speech.

Time: If the answer to any of these is yes, call 911 right away and write down the time when symptoms started.

If you have any of these symptoms, call 911 even if you're not sure you're having a stroke.

Board Meeting

Monday, February 10 at 10 a.m.

Meeting is open to any interested member.

Membership Meeting

Wednesday, February 12 @ 1 pm

See back page for more details.

South Salem Senior Center

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Officers:

Camille Lockling , President	503-269-1463
Heather Rivas, 1st Vice President	818-618-2180
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

WELCOME to our Newest Members

We are glad you've joined us!

Nancy Humphy	Danny Linsey
Shirley Atkinson	Patty Linsey
Laurie Fuller	Lyndel Fuller
Claire Kemmereer	Mio Crist

We appreciate your Donations

Dianne Winsor
Michelle McKenzie
Roy Fox
Randolph M Frazer
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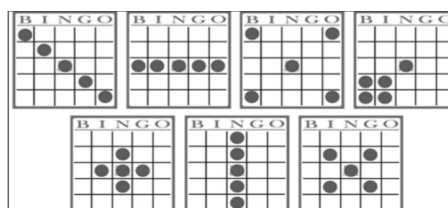
Play BINGO here every Friday

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



Tai Chi Classes

Jill Corcoran will teach beginning **Tai Chi classes** at the Senior Center starting Tuesday, January 28th thru to March 17th. Classes start at 1:30 PM and end at 2:30 PM. These classes are individual exercises that can be done seated, holding onto the back of a chair, or standing. They are very good for learning how to breath properly, good posture, strengthening your body, balance, pain management, heart disease, Parkinson's disease and many other health issues. The cost is \$40 for the 8 classes. Please contact me at (503) 385-3257 if you have questions.

Reaching Out

We recently received a referral from a local church regarding a member of the Center. He and his roommate were burned out of their apartment and lost virtually everything. We were asked if we could help them putt their lives back together by offering them merchandise at no cost from our Nifty Thrifty store. The answer was "yes" and they recently joined Center member Irene Johnson to tour the store with them as they selected several household items and purchased a desk. They were most appreciative and hope to return after they've settled into their new digs in early February, when they will better be able to determine what other of life's basics they are in need of.

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Louise Kuebker, Librarian

Salem Hospital Speaker

Please come to the Member's Meeting on February 12, 2020. The Center has invited Robert Oakes from the Salem Hospital to speak to us. Robert is a Community Relations Liaison for the hospital. He will be speaking about the construction of a new addition to the hospital. The hospital is already receiving a huge volume of patients and particularly over 65. We will be offering refreshment to celebrate an early Valentines Day.

Warmest thanks to

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If your membership expiration date is highlighted, please renew to support your Senior Center.

Happy
Valentine's
Day



February 15, 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