



Camille Lockling

I am standing outside and watching the pups run amuck in the grass. The sun is wonderful as it shines down on me and clears the fear-laden thoughts in my head. I smell a barbecue and hear children giggling in the middle of the day. Unusual occurrences on a workday, but pleasant ones. I have a vase of daffodils that I keep turning to gaze at. Just normal things, but right now a balm for my soul.

As some of you know my brother is in Memory Care at Boone Ridge. I am not able to see him, but we talk daily. I try to calm his fears, he wants to see me, but I cannot go in. I went to his window and tapped upon it so he could see me. I know they are taking good care of him and keeping him safe.

Our Center was officially closed on March 13th. We do not know when we will be able to reopen. AARP informed us they were ordered to cease preparing taxes. Linda Peyton and Nancy Grabow graciously started calling people to inform them they could not get their taxes done. We Americans are so afraid of the IRS that this created another fear for some of us. We can only hope the government takes care of this.

We are due to have a Rummage Sale on May 1st and 2nd. The advertising has been paid for. But to be truthful I am not sure if this will happen. I would encourage you to check our website regarding this. We have had ladies in the Rummage room preparing for the sale. Renata Pilotto has been getting the gift shop ready and Louise our librarian has been trying to put some order into all the donations. Arturo Guillen has been busy getting the newsletter put together, and Rick Saul has been updating the website. I have been trying to keep up with email, data entry, and bills. I only tell you this because even if the doors are locked there are volunteers inside.

There is no shortage of information thrown at us on an hour to hour basis. Some of it frightens me,

some anger me and some delights me. It never ceases to surprise me that when I am trying to sort out my feelings that I can do so in a book. I can randomly open up a book and find help. Today I opened up a book called 'THE ART OF HAPPINESS', written by the Dalai Lama. He wrote of a practice called Tong-Len, it is about Giving and Receiving. It is a form of meditation or prayer. It is a practice to help us train the mind, to strengthen the natural power and force of compassion. It helps us counteract our own selfishness, which by the way we all possess. It increases the power and strength of our mind by enhancing our courage to open ourselves to others suffering. One needs to first visualize on one side a person or group of people who are suffering. On the other side of your mind visualize yourself as an embodiment of pure selfishness. One hates to think of themselves in this way, but we all can be. And lastly, think of yourself in the middle as a neutral observer. Which side are you inclined towards? If you look objectively, you can see that the well-being of a group of individuals is more important than one person. Direct your positive energy on the needy. Share your resources, you're caring. Pay it forward if you will. This empathy does not have to be directed solely toward a relative, or a friend. Yes, we are all individuals. But collectively we are a part of the human race. We can infect one another, that is a certainty. But we are also an unstoppable force when we connect our souls and reach out to others.

Read a book, work a puzzle, start journaling your feelings. But I would suggest you reach out to someone on a daily basis and just chat. Don't run into a litany of fear. Just laugh, share your day.

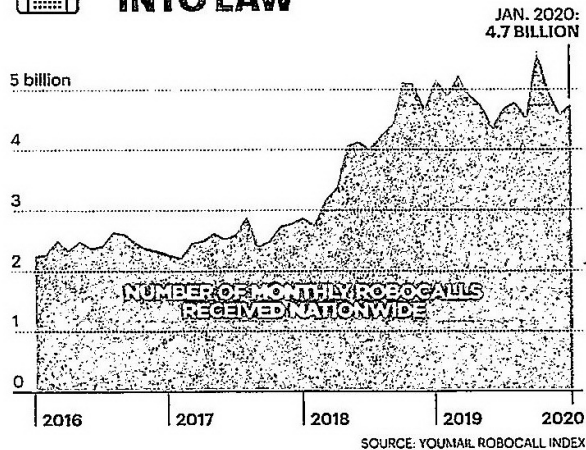
I know we will be seeing each other soon. I miss you all and care about you.

Blessings to you all.

In the News



ANTI-ROBOCALL MEASURE SIGNED INTO LAW



A new federal law designed to help protect Americans from an avalanche of nuisance and illegal automatic calls is now on the books.

The measure imposes fines of as much as \$10,000 per call on robocallers who intentionally violate Federal Communications Commission rules against the abusive calls,

Certain robocalls are legal, such as those from legitimate charities and, for example, updates about school closures.

Rules on calls related to political campaigns vary depending on how they are delivered. For example, they may not be directed to mobile phones without a recipient's prior consent, the FCC says.

and it empowers the FCC to develop even more stringent regulations to limit the calls. It also encourages the telecommunications industry to develop better technologies to block unwanted calls.

According to an industry estimate, in January alone there were almost 5 billion robocalls in the U.S., or more than 153 million a day.

AARP lobbied for the new law. "Con artists frequently use illegal robocalls to deceive victims into paying money under false pretenses," explains Nancy LeaMond, executive vice president and chief advocacy and engagement officer.

BILL TO FIGHT AGE DISCRIMINATION PASSES IN HOUSE

A bill that would help older adults combat age discrimination on the job has passed the House of Representatives with bipartisan support.

The Protecting Older Workers Against Discrimination Act (POWADA) would restore protections against age bias lost in a 2009 U.S. Supreme Court decision that held older workers needed to prove that their age was the decisive factor in an employer's decision to discipline or fire them. Before that decision, workers could win an age discrimination case in court by proving that their age was just one factor. POWADA would amend the Age Discrimination in Employment Act of 1967 to restore that standard.

"The House has sent a clear message that age discrimination must be treated as seriously as other forms of workplace discrimination," says Nancy LeaMond, AARP executive vice president and chief advocacy and engagement officer. "AARP urges the Senate to take up and pass these important protections."

According to a 2018 AARP survey, 61 percent of older workers said they had either faced or seen age bias in the workplace. In the Senate, a bipartisan companion bill is sponsored by Sens. Bob Casey (D-Pa.), Chuck Grassley (R-Iowa), Susan Collins (R-Maine) and Patrick Leahy (D-Vt.).

To read AARP's extensive coverage on age bias in the workplace, go to aarp.org/discrimination.

NICOLAS BARR

COVID-19 (Coronavirus Disease 2019)



The California Department of Public Health recommends the following steps to prevent the spread of all respiratory viruses:

WASH. YOUR. HANDS.

Wash your hands with soap and water regularly.



Cover a cough or sneeze

Cover your cough or sneeze with your sleeve or disposable tissue.



Don't touch

Avoid touching eyes, nose or mouth with unwashed hands.



Keep your distance

Avoid close contact with people who are sick.



Stay home

If you experience respiratory symptoms like a fever or cough, stay home.



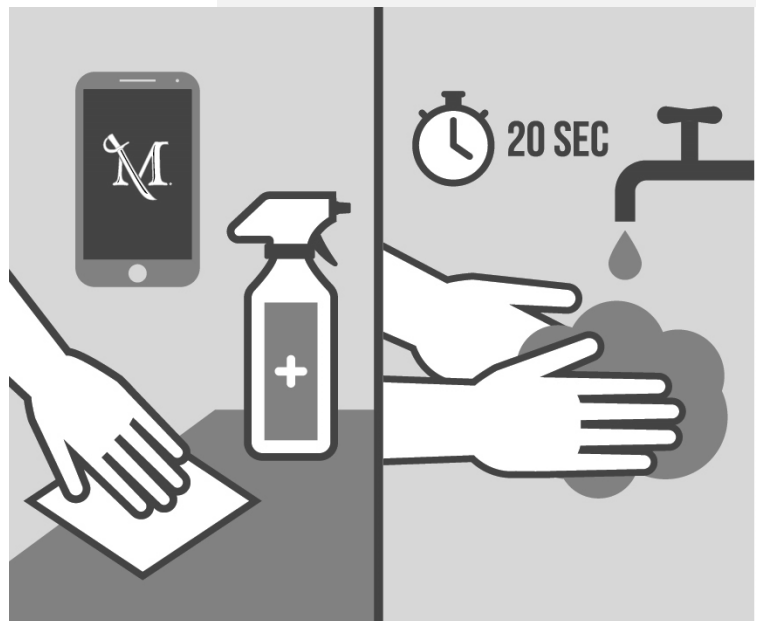
Get help

If you experience symptoms of COVID-19, CALL your health care provider.



More information

Follow the California Department of Public Health: @capublichealth and www.cdph.ca.gov.



Activities

Crafters News !

One of the many places that the Monday Afternoon Craft Group donates items to is Liberty House. In one of their thank you letters to us, they mentioned that every child who uses their services receives a stuffed animal and a quilt/blanket. As we read the letter, we looked around and Meg showed us the animals that she was working on and Audrey just happened to have a quilt with her to donate. There was no doubt as to whom would receive these items.

If you are a knitter or a crocheter, we invite you to join our group. We have yarn, patterns, needles, and hooks along with help if you need it. We meet Monday afternoons from 1 to 3. Come join us.

ATTENTION: Please do not bring items to donate for us to donate to our groups. Many of the groups are concerned

about the items containing germs that could infect their clients. We do not have storage. We will notify when we are accepting donations.

Thank you for your cooperation



Garden Club

In April the Garden Club will return to our usual meeting day.....the third Monday....1pm...at the Senior Center. The SPRING SALE is May 1 & 2.....we'll have many plants, both outdoor perennials, vegetables, TOMATOES, Houseplants, annuals.....you never know what will be brought in. We appreciate that so many folks bring in surprises, garden art, tools, houseplants who are in need of new homes.....on & on.

VOLUNTEERS will be needed to help with this May sale.....come to our April meeting so we can discuss what will be happening in early MAY.

Stay well, Gardeners & ALL.

Barbara.....chairwoman.....503.375.7723



AARP Driver Safety Classes

April 20 and 21 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 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

SALEM – OREGON'S CAPITAL CITY

So, Salem has always been Oregon's capital city, right? Actually no; Salem became the capital city in 1855 – after some contention with Marysville (now Corvallis) for the honor. Prior to that, Oregon City was the state's capital.

The Kalapuya Native Americans were the first residents of what is now Salem. The Kalapuya traveled the Willamette River in dug-out canoes. Game, fish, fruits, and berries were plentiful in the Willamette River basin. It was a good place to gather.

The first European-Americans arrived in the Salem area in 1812. Working as trappers and food gatherers for the fur trading companies at Astoria, these early residents built a log dwelling and trapping house near the Willamette River.

The City of Salem was established in 1840. The platting of the new town, originally called Chemeketa and later Salem, both meaning "place of peace," was completed in 1847.

In 1845, the Oregon Country provisional government, through proclamation of Governor Joseph Lane, selected Oregon City as the capital. In 1850, the legislature passed an act designating Salem the capital. However, Governor John P. Gaines refused to relocate and remained in Oregon City along with the Oregon Supreme Court (except justice Orville C. Pratt) until an act of Congress on May 14, 1852 settled the matter in Salem's favor; however, it wasn't until 1855 that it became officially Oregon's State Capital.

Given all that, it seems that Salem was a natural choice. It was fairly central in the Willamette Valley, but not so far upstream as to make it difficult to reach by boat. Railroad lines were making it more accessible, and the flat land of the Willamette Valley made it pretty easy to reach by regular roads.

Immigrants and pioneers from the Eastern United States also found a gathering place in the Willamette Valley, arriving by riverboat and wagon. They chose Salem as the territorial and state capitals and built industries and agricultural enterprises.

A special thanks to the members who helped spread bark dust around the center:

Joseph Youren	Arturo Guillen
Art James	Roger Brousseau
Charlie Musgrave	
Dan Allen	
Dan Schie	

WELCOME to our Newest Members We are glad you've joined us!

John Beandeberry
Margot Bravo
Jerry Neuenschwander
Christine Stensig

Board Meeting Monday, April 6 at 10 a.m.

Meeting is open to any
interested member.

Agenda is posted on the hallway bulletin board.

Membership Meeting Wednesday, April 8 @ 1 pm *See back page for more details.*

South Salem Senior Center
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Salem, OR 97306
503-588-0748

www: southsalemseiors.org
sssoffice@comcast.net

Officers:

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We appreciate your Donations

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Chicago Bridge Players
Janice Blayer

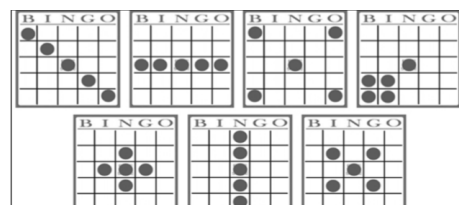
Play BINGO here every Friday

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



Game-o-Rama at the Center!

Welcoming all interested persons. This new group will meet in the Card Room the Second and Fourth Wednesdays of the month from two to four p.m. to play a variety of games. We will officially begin Wed. April 8th offering Hand and Foot, Mexican Train and Spite and Malice. Don't know the rules? No worries, we'll teach you. The gathering will be of a social nature (snacks, visiting and much laughter encouraged).

Bring your friends, other games you enjoy playing (rummy cube, scrabble, canasta, etc), and playing cards and shufflers to share during the afternoon. We will expand our game knowledge and look forward to meeting new friends.

For additional information call 503-399-7779 or email delkatbayne@msn.com.

GIFT SHOP

Come and check our Gift Shop for collectables, jewelry, oddities and 25 cents greeting cards! We always accept donations for similar items.

We would like to Thank You for your Patronage!!!

We would like to remind you to bring your own reusable bags for purchases within the center. Thank you!



Everyday things that makes you dumb.. Doors.

Ever walk into a room with some purpose in mind, only to completely forget what that purpose was? Turns out, doors themselves are to blame for these strange memory lapses. Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an event boundary in the mind. Separating one set of thoughts and memories from the next. Your brain files away the thoughts you had in the previous room and prepares a blank state for the new locale.

There now, don't you feel better—it has nothing to do with old age !

A SPECIAL THANKS TO

**Madrona Hills Holiday Senior Living,
Sponsor of our March Pancake
Breakfast.**

Your continued support is much appreciated!

Check Out Our Yearly Spring Sale !!

Stop by the Center's Rummage Room and check out all the great items for sale. There's a whole table of delightful Easter decorations, a table of toys, stuffed animals, lots of clothing and household goods, plus indoor and outdoor furniture.

May 1—2

Donations accepted.

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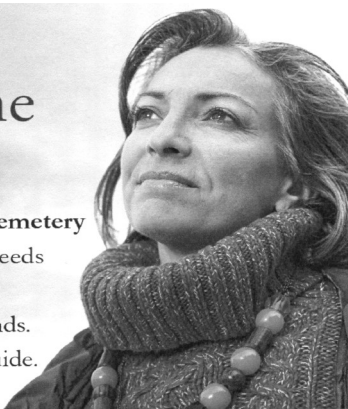
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- * Lake Chelan & Leavenworth – Aug 9-13
- * Great Montana & Glacier - Aug. 20-16
- * Secrets of Ireland – Sep. 19-Oct 1
- * Albuquerque Balloon Fiesta – Oct 4-8

Call for Details or See them
On the Bulletin Board



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Meals available for purchase during the center closure



April 21, 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