



♥ Happy Valentines Day ♥

**South Salem Seniors Inc.**

Dear Members,

The AARP Tax Program will soon be underway. All available appointments have been filled. If you need to cancel your appointment, please contact the Business Office at 503-588-0748. As this program is offered as a free public service, we do not charge AARP for the use of the room/electric power etc. and the AARP staffing is all volunteer. You may want to consider making a donation to either AARP or South Salem Seniors in support of this program.

We have filed all required documents for fiscal year ending 08/31/2022. Anyone interested in viewing the filing, may schedule with the Business Office or may view online with the Department of Justice by searching South Salem Seniors at <https://justice.oregon.gov/charities>.

Folks are asking about programs including bingo, pancake breakfast, exercise classes and travel. We hope to soon make many of these available, but do need member volunteers to help manage and staff to support these activities. Please inquire at Business Office if you can lend a hand or are interested in participating. You may also refer to the sign-up sheets on the lobby table.

Some of our new activities have had terrific response. Terry Winkler has nearly a full class of new artists exploring their talents, with one seat still available. The Business Office continues to sign on new staff for reception area. We still need volunteers to help with cleaning and organizing the Kitchen. We welcome new activities. Please call the Business Office to let us know how you can participate.

The series Promoting Health and Aging has also enjoyed good participation and we plan to schedule additional sessions. Please refer to page 2 for additional information.

As I need to spend more time in my care-giver role attending to Rog, we need several volunteers to help with accounting and QuickBooks. We are seeking volunteers with some basic accounting and can provide training in the following: QuickBooks, Excel and Word. This will be could be great opportunity for a future SSS Treasurer. Please contact me at the Business Office.

The Board appreciates all the volunteers currently supporting the Center and, as more members join us, please come forward with your ideas for additional activities.

The [Member Meeting Speaker for February 15 at 1 pm is Karen Smith](#) from the Oregon Wellness network, who will be discussing issues regarding [Diabetes](#). Did you know that according to the CDC, 51.8 percent of US adults have a least 1 chronic condition, one in three people are pre-diabetic and 8 out of 10 people don't even know they have it! The Network has several programs that can help manage chronic disease. Karen is the Regional Health Promotion Coordinator and will be sharing information regarding programs available through Northwest Senior and Disability Services (NWSDS). Topics include: the National Diabetes Prevention Program, Living Well with Diabetes, Living Well with Chronic Conditions, the Otago Falls Prevention program and Tai Chi Moving for Better Balance. Don't miss this opportunity to learn more about these worthwhile classes. We will have a gift basket to award and refreshments. Please attend.

At the January Board of Directors meeting, they voted to hold Membership Meetings on a quarterly basis. After February 15th meetings, the next meetings will be held Wednesdays, May 17 and August 16, 2023. Board of Director meetings are open to membership and we welcome your participation.

Happy Valentine's Day, Laurene Brousseau, President

**Congratulations Are In Order!**

Pictured below are (from left) Renata Pilotto and Betty Lacey hamming it up in preparation for the drawing of the winning ticket for the Holiday raffle basket. Betty is promising not to peek while Renata is hoping it will be her ticket that is drawn. Thanks to all who participated and congratulations to the winner, Rose Brown.

**And Best Wishes to Betty Lacey**

While speaking of congratulations, we want to wish Betty all the best as she retires this January after “at least **twenty-four years** of volunteer service”, according to fellow Nifty Thrifty pal Alta Gardner. When Betty announced she was retiring she was asked for an interview but we were unable to schedule it in time to make the newsletter deadline. So we deferred to Alta to fill in a few blanks and who explained that the two of them “go back to the time when the Center was housed in two trailers on the Scottish Rite Temple grounds” where they worked together along with other volunteers. When shopping in Nifty Thrifty one will notice the incredible color-coordinated displays of glassware and it is certain Betty had a hand in it. She is a master at grouping items for best presentation and shoppers often comment on how eye-catching they are. Included among the innumerable (perhaps thousands of ) hours she dedicated to working in the Nifty Thrifty over the years, Betty made many additional contributions including the beautiful gift baskets she routinely created for raffle drawings at Membership meetings, working at the Center rummage sales and numerous other Center events. Betty will be remembered for her outstanding volunteerism and remains a treasured member of South Salem Seniors in the years to come.



**Promoting Health and Aging Roundtable**

A great Success  
Additional Series is in the Works

The first five-part series was held at the Center, once a week for five weeks and ending February 1<sup>st</sup>, addresses a variety of strategies for healthy aging. It has been well attended and attendees indicated it was extremely helpful. Conducted in a casual round-table discussion format, topics discussed included: health expectancy, prevention strategies, medical screenings, exercise, sleep, nutrition, mental health, mind-body alternatives, dietary supplements, loneliness, and methods to change health behaviors. The series is provided through the cooperative effort of Center 50-Plus, Marion County Older Adult Behavioral Health Initiative, Western Oregon University’s Gerontology Department and Salem Health’s Community and Health Education Center (CHEC).

The presenters Patrick Brogan and Karen Sunderland have indicated they will be pleased to schedule another series, if enough people are interested. Session is limited to 12 participants, dates and time will be arranged by SSS with the presenters.

**To indicate your interest please call the Business Office at 504-588-0748.**

**An Invitation to Participate in Salem’s B-17 Project**

David Turner from the B-17 Alliance recently dropped by the Center to put up a poster on the main entry-hall bulletin board informing folks of an interesting project currently being conducted at historic McNary Field Salem Airport, and to invite folks interested in volunteering to join the fun. He described the project as the restoration of a WWII B-17G Bomber and the creation of a WWII Education Center. A Veteran’s Coffee Club meets the 3<sup>rd</sup> Thursday of every month at Hangar C located at 3278 25<sup>th</sup> St. SE. Parking is designated in yellow near the Civil Air Patrol building. For additional information call 971-803-2428.

**Current Weekly Activities**

Mon	Needle Crafts	12:00 pm - 2:pm
Tue	Bridge	11:00 am - 3:00 pm
“	China Painting/Arts	10:00 am - 12:00 pm
Wed	Life Story/Writers' Group	10:00 am - 12:00 pm
	Rummikub	12:30 pm - 2:30 pm
Thurs	Hand & Foot Card Game	10:00 am - 3:00 pm
“	Scrabble	11:00 am - 3:00 pm
	Painting	1:00 pm - 2:30 pm
“	Singing Group	2:00 pm - 3:30 pm
Fri	Mexican Train	10:00 am - 3:00 pm
“	Double Deck Pinochle	12:00 am - 3:30 pm
Mon-Fri	Pool playing	10:00 am - 2:00 pm
3rd Tues	Garden Club	12:00 noon

**Happy Valentine's Day from the Gift Shop!**

Just a quick note to tell you we have always new things on display and currently we are running great discounts. Greeting cards are still 25 cents each, 5 for \$1, 10 for \$1.50. Earrings, bracelets and necklaces start at \$2. Come by and say "Hi",  
Renata

**Crafters News!**

One of the best things about joining a group at the Senior Center is meeting new people and making new friends. Many years ago when I first moved here to Salem, I found out that the SSS Center was just down the street from where I lived. I loved to knit and I knew no one so I went to one of their meetings. I was welcomed to the group and they told me about donating the things that were made. I wasn't interested in knitting things to give away at that time. I had 11 grandchildren and I was knitting sweaters, hats, and such for them. Now they are grown and I'm knitting items to be donated. Today, I go every week to visit with the friends that I've made. Usually, we don't have anything earths shaking to share, but it's informative occasionally. Last week, one of our members shared that she wears hearing aids, that can't be seen, and she controls them with her phone. She can determine if she wants the lower or higher sounds, those sounds that are very close, those that are more distant, etc.

We also propose solutions to the problems of the world, suggest ways to curtail crime and make other momentous decisions. All in all we have a grand time. Come and join us!!

We usually meet on Mondays from noon to 2:00 pm, but if there's a holiday on Monday, we meet on Wednesdays. Come join us.

Arlene Williams

**Garden News!**

We will meet at the Senior Center on February 21, 2023.

Please wear RED, we want to have a festive time; some red edibles would be delish, too.

We can talk about SPRING, are your primroses up yet? Ours always surprise us, by peeking up through the bark dust and overgrowth of shrubbery, like azaleas, it is such a happy time to see they have survived. Now 30+ years at our house, amazing isn't it, they are real TROOPERS, for sure. Then tulips will be poking up amongst everything else, reds, pinks, yellows, striped reds. Our deer ONLY eat the Yellows, I think because they can see them in the dark. Not the REDS, or pinks. OUR backyard diners, a nibble here, a nibble there, nothing much entices them to our front yard, maybe some new growth ends on the yellow rose from Mom, but not much else.

Have you ever seen a HEBBE, with a Heather twining up through it? One of the lovely tricks of Mother Nature. It is quite a spectacle to behold! Both similar colors, pinky/purple Hebbes, same as the heather, lavender to purple and pink. Please share some of your garden surprises with us.

Our 13<sup>th</sup> St. Nursery meeting was not well attended, it was such nasty weather, the beginning of that ice storm, I was amazed that so many of us came. Thank you, all, so very much. I think we'll try it again in spring, or summer.

Scott, the person on duty was very nice, he did have the wrong day, so no coffee or donuts, but, oh well. We'll give him another chance this year. If it is raining, we'll need to take our umbrellas, as the ceiling plastic leaks.

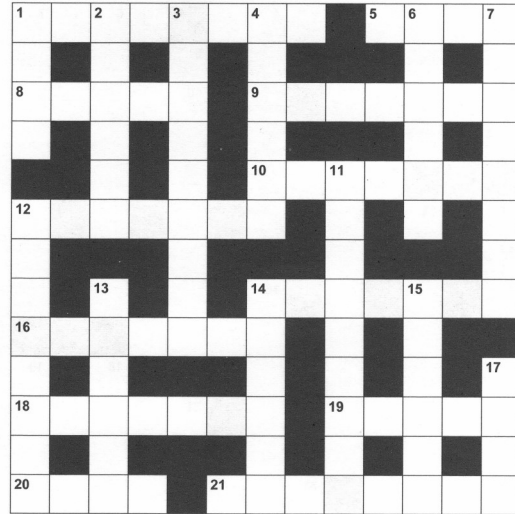
Hoping all are having a good start to the New Year, I'm not, but won't get into that, contact me at my cell phone 503-983-6767.

Barbara Castle, Garden Chairwoman

<p style="text-align: center;"><b>Please welcome new members December 28, 2022 to January 23, 2023</b></p> <table border="0"> <tr> <td>Gina Genovese</td> <td>Mike and Judy Poston</td> </tr> <tr> <td>Polly Moore</td> <td>Jan Haller</td> </tr> <tr> <td>Katherine Moore</td> <td>Dennis Allshouse</td> </tr> <tr> <td>Karen Sunderland</td> <td>Anadelia Cantu</td> </tr> <tr> <td>Maureen Mould</td> <td>Michelle Scott</td> </tr> <tr> <td>Ron and Judy Hoke</td> <td>Glenda Fullmer</td> </tr> <tr> <td>Jessie Martin</td> <td>Pamela Dixon</td> </tr> <tr> <td>Susan Hennesey</td> <td>Orlene Marie Perkins</td> </tr> <tr> <td>Pamela Panther</td> <td>Ricky Lynn Skinner</td> </tr> <tr> <td>Shirley Robertson</td> <td>Joyce Carson</td> </tr> </table> <p style="text-align: center;"><b>Thank you for supporting South Salem Seniors!</b></p>	Gina Genovese	Mike and Judy Poston	Polly Moore	Jan Haller	Katherine Moore	Dennis Allshouse	Karen Sunderland	Anadelia Cantu	Maureen Mould	Michelle Scott	Ron and Judy Hoke	Glenda Fullmer	Jessie Martin	Pamela Dixon	Susan Hennesey	Orlene Marie Perkins	Pamela Panther	Ricky Lynn Skinner	Shirley Robertson	Joyce Carson	<p style="text-align: center;"><b>AARP Drivers Education for 2023:</b></p> <p>Class sessions on Tuesdays &amp; Wednesdays:</p> <table border="0"> <tr> <td>Feb</td> <td>14 &amp; 15</td> <td>Bingo Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Mar</td> <td>14 &amp; 15</td> <td>Bingo Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Apr</td> <td>11 &amp; 12</td> <td>Bingo Room</td> <td>8:45—12:15</td> </tr> <tr> <td>May</td> <td>9 &amp; 10</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Jun</td> <td>13 &amp; 14</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Jul</td> <td>11 &amp; 12</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Aug</td> <td>8 &amp; 9</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Sep</td> <td>12 &amp; 13</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Oct</td> <td>10 &amp; 11</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Nov</td> <td>14 &amp; 15</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Dec</td> <td>12 &amp; 13</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> </table> <p>Please call the Business Office 503-588-0748 for scheduling your class time and additional information.</p>	Feb	14 & 15	Bingo Room	8:45—12:15	Mar	14 & 15	Bingo Room	8:45—12:15	Apr	11 & 12	Bingo Room	8:45—12:15	May	9 & 10	Meeting Room	8:45—12:15	Jun	13 & 14	Meeting Room	8:45—12:15	Jul	11 & 12	Meeting Room	8:45—12:15	Aug	8 & 9	Meeting Room	8:45—12:15	Sep	12 & 13	Meeting Room	8:45—12:15	Oct	10 & 11	Meeting Room	8:45—12:15	Nov	14 & 15	Meeting Room	8:45—12:15	Dec	12 & 13	Meeting Room	8:45—12:15
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<p style="text-align: center;"><b>Belated Happy New Year from Nifty Thrifty!</b></p> <p>Sorry we missed January but we'll wish you "Happy Hearts Day" instead. As everyone knows by now, we will no longer be accepting your generous donations of furniture to support operating expenses.</p> <p>To the many new members that have joined since last year, we hope you'll take advantage activities we can offer. Please support Committees and activities that will help with new venues of financial support. We need a great deal of help in getting Bingo and our monthly Saturday Breakfast restarted. Maybe one of our new members is a retired Chef or a "Connoisseur of Bingo" and lend their expertise. We always have sign-up sheets in the lobby or confer with any of our existing staff or Board Members.</p> <p>As always, we thank everyone for your continued support to the Nifty Thrifty room.</p> <p>Nifty Thrifty Staff</p>	<p style="text-align: center;"><b>Medicare Walk-in Information &amp; Enrollment</b></p> <p style="text-align: center;"><b>Regence BCBS of Oregon February 28, 2023 10 am—11 am</b></p> <hr/> <p style="text-align: center;"><b>Marion Polk Food Share Lunch Pick Up 12:00 to 12:30 pm</b></p> <p style="text-align: center;"><b>Friday's pick up inside center</b></p> <p>Marion-Polk Food Share provides lunch service Monday through Friday from 12:00 – 12:30 PM daily. Lunches will be <b>"Handed Out"</b> in the parking lot Monday through Thursday. <b>"Drivers are asked to remain in their cars"</b>. Stacy will greet you and take your orders. For the present no donations or fees apply.</p> <p>SSSC is not a Meals on Wheels distribution center.</p> <p>If you would like home delivery call 503-364-2856.</p> <p>Please stay tuned for lunch room changes in 2023.</p>																																																																

### Interested in Learning How to Create “Scratch Art” Pictures?

Member Polly Moore is offering teach a free class in this fun art form which involves working with an art board to which two layers of paint have been applied. The base layer which is white is painted over with a layer of black. The artist then “scratches”/ draws a picture using a hand tool to reveal the image. She will supply the art boards and tools and welcomes anyone interested to this one-day class which she says often turns into a regularly scheduled event due to interest in continuing to meet to paint and enjoy each other’s company. She jokingly referred to students in a prior class referring to it as a “scratch board support group”. Contact her at [Poly@inspiredsrstudio.com](mailto:Poly@inspiredsrstudio.com) for further information and to register. Date and time to be announced based upon interest.



**Across**

- 1 - Assumed (8)
- 5 - Remove water from a boat (4)
- 8 - Not heavy (5)
- 9 - Terse (7)
- 10 - Restrain (7)
- 12 - Learns (7)
- 14 - Eccentricity (7)
- 16 - Supposed (7)
- 18 - Hot fire (7)
- 19 - Mix up (5)
- 20 - Facial feature (4)
- 21 - Judges (8)

**Down**

- 1 - Tablet (4)
- 2 - Hosiery (6)
- 3 - Doddering (9)
- 4 - Principles (6)
- 6 - Yearly (6)
- 7 - Permits (8)
- 11 - Person who seeks an office (9)
- 12 - German Shepherd dog (8)
- 13 - Steep faces of rock (6)
- 14 - Detestable (6)
- 15 - Escapes (6)
- 17 - Chief god of ancient Greece (4)

### Wanted Recycling

Did you know you may recycle your expired ink and laser cartridges? We return to Office Depot and get \$2 reward credit for each turned in. If you make personal purchases at Office Depot, provide them with our phone number 503-588-0748 and the value of the purchase will go on our reward account. For every \$10 purchase in the month, we can return the expired cartridges for the reward credit.

We also accept bottles and cans with Oregon returnable deposit—we take to the Bottle Drop. We also will take metals for recycling and will even come and pick up.

It helps us stay green, save the environment and every little bit helps to cover our operating expenses. Thanks, L.Brousseau

### We appreciate your Donations

**Board Meeting 2/14/23 1:00 PM**  
**Membership Meeting 2/15/23 1:00 PM**

**South Salem Seniors, Inc.**  
**6450 Fairway Avenue SE**  
**Salem, OR 97306**  
**503-588-0748**  
[www.southsalemseiors.org](http://www.southsalemseiors.org)

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**Staff Assist.** Kate Bayne

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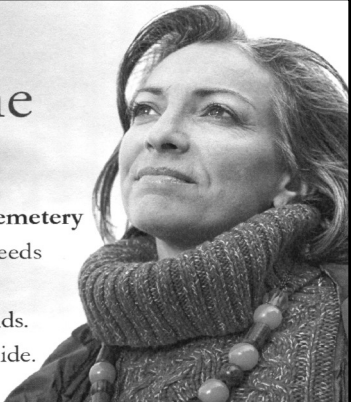
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Keep updated on the latest news by visiting our **Webpage** <https://www.southsalemseiors.org/>

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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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Monthly Publication**

Articles and editorials printed in the SSS Newsletter reflect individual opinions and are not necessarily the Center's opinion.

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You can receive your newsletter by mail, email or reading on the website: Call **503-588-0748**

If your membership expiration date is highlighted, please renew to support your Senior Center.  
**Renewal membership \$20.00 a year**



**Breakfast on hold until we get a  
Kitchen Supervisor.**

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