



**South Salem
Seniors Inc.**



Dear Members,

Last month I spoke of what critical mass meant in reference to an organization's management.

While I realize that the COVID epidemic has made a major impact on operations and functions of the South Salem Seniors, we are not alone in dealing with its aftermath. We are solvent financially and we do have a growing membership, currently at 730 plus members, newsletter contributors and senior facility community partners. See inside for a summary of our latest financial activity for April 2023 on the next page.

The biggest challenge we currently face is getting members to engage coming to the facility to enjoy participating in its programs and activities. We need your support in aspects of volunteering to assist in managing its operations. We will be holding an election of officers and directors, whom are instrumental in guiding and managing the programs and activities for your benefit. We are at a crossroads in some of the key officer positions. Most important is the position of President. As a corporation, we require a person in charge serving as the registered agent to provide the main signature authority over contracts and banking transactions as well as leadership of the operations and meetings. As Rog will need my full attention during his recovery, I simply do not have the spare time to continue to serve in the coming year in that capacity. I can remain in a supporting role and provide training. We also need a Treasurer who supports the financial record keeping and reporting. Additional accounting and business office support is always appreciated to share the load in keeping the records accurate. In addition we have two Director positions to fill for two year terms, being vacated by Roger Corrado and Dick McCullen. We will soon be preparing an election ballot. Please consider offering your talents and support the organization in volunteering at South Salem Seniors - we do need you.

We have many other volunteer opportunities to fill to manage some of the past key activities: Bingo – needs a manager to oversee not only the game presentation, but to carry out the weekly and annual reporting requirements with Department of Justice (DOJ) which provides the regulatory oversight of gaming activities that allows non-profits such as us to run Bingo as a fund raiser. We are not allowed to operate gaming even as a social activity (no money on the table), but are required to adhere to DOJ's gaming rules and regulations under annual license.

Another much desired activity, is to get our Pancake Breakfast operational. Here we must follow Marion County Environmental Health guidelines in food preparation when serving to the public, so we do need a qualified Kitchen Manager to oversee and enforce food handling requirements for patron safety.

There are many other areas where we have had past successes: our retail sales of used products in Nifty Thrifty, Gift Shop and Books; Travel; Potlucks; activities for different seasonal events such as Craft Fairs, Rummage Sales, Spring Tea & Fashion Show; in house lunch program sponsored by Marion Polk Food Share; Computer Lab; supporting our Newsletter; exercise classes; maintenance of the building and grounds and all of the program activities, as well as new events of your choosing. These all require member participants with a passion for helping your fellow seniors increase their skills and knowledge and derive mutual benefit for sharing your talents.

We have the building and resources at your disposal – please make good use of them. Maintaining our functions and governance of the organization is what gives us continuity into the future. We also honor all of the prior volunteers from the inception of South Salem Seniors in 1989 who have worked and contributed to leave us with the legacy of what we have today. Please do not let that legacy go by the wayside.

Thank you for coming on board.

Each of you are instrumental in the future success of South Salem Seniors.

Cordially, Laurene Brousseau, President

The following financial information is a condensed summary of year to date financial activity as requested from several members. We do present the financial results at each BOD which is open for member attendance, as well as posting on the hallway bulletin board.

South Salem Seniors, Inc. Statement of Financial Position As of April 30, 2023 (Cash Basis)	South Salem Seniors, Inc. Statement of Activity Year to Date September 2022 - April 2023 (Cash Basis)
Cash in Bank and On Hand	Program Activities & Contributions
\$ 505,171	\$ 57,829
Fixed Assets	Administrative Expenses:
\$ 1,526,738	Building, Equipment, Supplies
Accumulated Depreciation	\$ 29,017
\$ (680,533)	Insurance
Assets Net of Depreciation	\$ 11,572
\$ 846,205	Licenses, Fees & Professional Expenses
Total Assets	\$ 3,459
\$ 1,351,376	Utilities
	\$ 18,879
Liabilities - Visa Credit Card	Depreciation
\$ 281	\$ 27,008
Beginning Retained Earnings	Total Administrative Expenses
\$ 1,379,881	\$ 89,935
Net Loss to Date	Interest Income
\$ (28,786)	\$ 3,320
Ending Retained Earnings	Net Loss Year to Date
\$ 1,351,095	\$ (28,786)
Total Liabilities and Equity	Add back non-cash Depreciation
\$ 1,351,376	\$ 27,008
	Net Decrease in Cash Year to Date
	\$ (1,778)

Detailed financial information is posted on SSS bulletin board. Fiscal Year end reporting for Aug 2023 will be available at later date.

New Exercise Program Jazzercise with Linnea - Thursdays @ 10

My name is Linnea and I am a certified Jazzercise instructor. I am here to offer Jazzercise and give seniors an opportunity to move with music doing low-impact cardio in a safe environment. Come have some fun with us!

I have been teaching Jazzercise for over 13 years and before that I was a student since I was 10. I love this program because it's sustainable and anyone can do this. The routines and the moves are easy. It's fun and it's effective *and you will instantly feel the positive mood boosting effects.* With Jazzercise you can expect to have a good time while increasing muscle strength, muscle memory, and muscle coordination. It's great for the heart, brain, and lungs.

When I am not Jazzercising at the Salem Jazzercise Studio, I help seniors with their Medicare enrollments and assess coverage options and risk analysis as a licensed Medicare Broker with NW Medicare Advisors. I can help you with your Medicare benefits, questions, and or enrollments.

Please come see us on Thursday mornings at 10:00 am. Bring water and you will leave with a big smile and feeling great. Cheers.

Linnea Saris
 Medicare Broker
 971-433-2122 - Direct
[Linnea Saris - NW Medicare Advisors](#)

JAZZERCISE WITH LINNEA
 LOW IMPACT/CHAIR WORKOUTS
 WITH STRENGTH BUILDING

**THURSDAYS
 10-11 A.M.**



Current Weekly Activities

Mon	Needle Crafts	12:00 pm - 2:00 pm
"	Tai Chi/Yoga	10:00 am - 11:00 am
"	Mahjong	1:00 pm - 3:30 pm
Tue	Bridge	11:00 am - 3:00 pm
"	China Painting/Arts	10:00 am - 2:00 pm
"	Garden Club Meets 3rd Tuesday	1:00 pm - 3:00 pm
Wed	Life Story/Writers' Group	10:00 am - 12:00 pm
	Rummikub	12:30 pm - 2:30 pm
Thu	Hand & Foot Card Game	10:00 am - 3:00 pm
"	Scrabble	11:00 am - 3:00 pm
"	Jazzercise	10:00 am - 11:00 am
"	Painting class	1:00 pm - 2:30 pm
"	Jam Session 4th Thursday's	10:30 am - 12:00 pm
Fri	Mexican Train	10:00 am - 3:00 pm
"	Double Deck Pinochle	12:00 pm - 3:30 pm
"	Quilting Group	11:00 pm - 1:00 pm
Mon-Fri	Pool playing	10:00 am - 2:00 pm

Hello from the Gift Shop and Happy Month of June!
Thank you members for your donations and shopping with us during our Spring Sale!

We still have a collection of 27 original Hummel figurines from Germany. All are in great condition and we are selling them as a lot, not individually. If you know someone who would be interested please send them our way.

As always love to see you at the Gift Shop!

Renata

Knitting Group News

Me, oh my! What do I write about this month?

First of all, I was grateful that our meeting room was cleared out of books set up for the Rummage and Book Sale the previous Friday and Saturday. Someone or several someone's worked really hard to have the room set up for the Needlework group. We thank them for that! On the first Monday of the month, everyone turns in the items that they have made for donating to the charities that we contribute to. This month there was 191 items! Incredible! Keep up the good work ladies and gentleman! We thank them for that!

Speaking of gentleman, one of our crafters made an adorable black and white dog with one floppy ear to give to John, our only gentleman. He named it Max, just like his own little dog. John was very touched by this gift and gave each one of us a hug of appreciation!

Why did I have trouble trying to find something to write about?

Oh, yes, if you would like to join this group, we meet on Mondays from noon to two. We have yarn, needles, hooks, and instruction.

Also, we'd like to thank those who donate yarn and unfinished projects.

We appreciate receiving donations, especially if they are clean.

Arlene Williams



Hello Gardeners

Mother nature has made gardening very challenging these past several months; it seemed that spring felt more like winter, for much too long; then suddenly warm weather descended upon us, with temperatures in the 90's, no gentle warm-up as we have enjoyed in years past. Our recent plant sales did surprisingly well, thanks to Rose Lowery and her garden helpers. Everything was sold. Sadly, I was unable to attend, due to a memorial for my younger brother, whose loss has left me bereft, and in the shadow of losing our elder brother last October. For me it was an extra horrible winter, compounded by family losses. I'm not as jovial recently, so please understand, I'm grieving deeply, if you ask me how I am, my response may be I'm OK, not great, but hanging in as best as I can right now.

Our meetings are on the third Tuesday of each month, gathering at 12:30 pm; if you want to get a lunch to eat during the meeting; that is fine. Just leave the table clean for the next folks who may be using the room. The lunch wagon comes at noon; the food needs warming and inside we have a microwave for that purpose.

Our June meeting on the 20th, may have a master gardener speaker, who is a specialist on soils or we may have that in the fall, when we hopefully have cooler, damper weather. We have done field trips in the past to nurseries such as God-freys on Hwy 22. We are open to suggestions. For the trips to nurseries; we'd like to have 2 drivers, our van can hold just 2 other riders, due to my wheelchair using up much space, so another driver may be necessary to accommodate additional. Trunk room for plants is a must.

Until June 20th, keep your gardens watered, try to stay out of the heat, we'll see all your smiling faces then.

Barbara Castle Chairwoman 503.375.7723

<p align="center">New Members—April 24 to May 23</p> <table border="0"> <tr> <td>Joan Claggett</td> <td>Karen Busby</td> </tr> <tr> <td>Maurice Wilson</td> <td>Donalee Nelson</td> </tr> <tr> <td>Denice Showalter</td> <td>Gina Reinhardt</td> </tr> <tr> <td>Gerald Spellmeyer</td> <td>Janet Sturn</td> </tr> <tr> <td>Ginny Hitchcock</td> <td>Inger Merrick</td> </tr> <tr> <td>Mary Carpenter</td> <td>Gloria Dittman</td> </tr> <tr> <td>Stephen & Cheryl Yant</td> <td>Timothy Irwin</td> </tr> </table> <p align="center">Thank you for supporting South Salem Seniors!</p>	Joan Claggett	Karen Busby	Maurice Wilson	Donalee Nelson	Denice Showalter	Gina Reinhardt	Gerald Spellmeyer	Janet Sturn	Ginny Hitchcock	Inger Merrick	Mary Carpenter	Gloria Dittman	Stephen & Cheryl Yant	Timothy Irwin	<p align="center">AARP Drivers Education for 2023:</p> <p>Class sessions on Tuesdays & Wednesdays:</p> <table border="0"> <tr> <td>Jun</td> <td>13 & 14</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Jul</td> <td>11 & 12</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Aug</td> <td>8 & 9</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Sep</td> <td>12 & 13</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Oct</td> <td>10 & 11</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Nov</td> <td>14 & 15</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Dec</td> <td>12 & 13</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> </table> <p>Please call the Business Office 503-588-0748 to schedule your class time and additional information.</p>	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 align="center">Donation Acknowledgements, Thank You!</p> <table border="0"> <tr> <td>Rita Kaltenbach</td> <td>Stanley Zhang</td> </tr> <tr> <td>William LaVallee</td> <td>Betty Lacey</td> </tr> <tr> <td>J & L Fowler-Ameriprise</td> <td></td> </tr> </table>	Rita Kaltenbach	Stanley Zhang	William LaVallee	Betty Lacey	J & L Fowler-Ameriprise		<p align="center">Medicare Walk-In</p> <p align="center">Informational & Enrollment Opportunity (Meeting Room)</p> <p align="center">Regence BCBS of Oregon June 27, 2023 10:00 am - 11:00 am</p>																																				
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<p align="center">SSSC Wellness/Fitness Update from Michi</p> <p>Exercise Update - Monday 10 am - Yoga Flow</p> <p>We're continuing our search for the best mix of mind/body exercises for our members. Please join us on Mondays at 10 for tai chi and yoga flow modified for seniors, a chance to decompress and leave our crazy world behind.</p> <p>Balance and slow strength are the main objectives, with a chair option as needed.</p>	<p align="center">Marion Polk Food Share Lunch Pick Up 12:00 to 12:30 pm</p> <p align="center">Friday's pick up inside center</p> <p>Marion-Polk Food Share provides lunch service Monday through Friday from 12:00 – 12:30 PM daily. Lunches will be “Handed Out” in the parking lot Monday through Thursday. “Drivers are asked to remain in their cars”. Stacy will greet you and take your orders. For the present no donations or fees apply.</p> <p>SSS is not a Meals on Wheels distribution center.</p> <p>Call 503-364-2856 for home delivery</p>																																										
<p align="center">JAM SESSION MOVES TO Thursday's</p> <p>This month's JAM is June 22th from 10:30 to noon. According to Maurene “Mo” Moulid, coordinator of the Jam Session, due to the interest of additional musicians who couldn't make a Tuesday event, it was decided to move the Jam to Thursday's beginning this month, allowing two more guitarists and a banjo player to participate. Also joining the JAM will be several SSS Center members who have been active in the singing group. Whether you bring your own instrument, join in the singing, try out one of Mo's many acoustic instruments collected from around the world, or just kick back and enjoy the music. All Are Welcome!</p>																																											

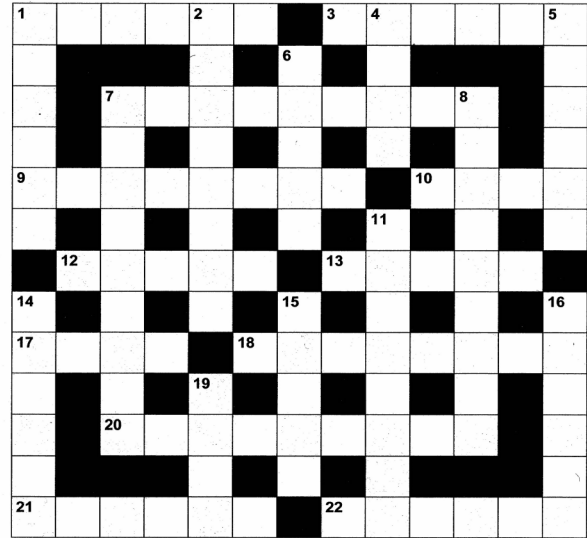
Fridays Quilters

Fridays Quilters is a great group of ladies having fun! We laugh a lot; of course sew a lot; enjoying our time. Together we made 30 pot holders for the Spring Sale.

The ladies help each other learn new tasks or whatever is needed; some of them are just learning to quilt and some have quilted for years. If you would like to visit our group, please drop in and see if Fridays Quilters is a good fit for you.

The group took a vote to change our meeting time; we now meet on Fridays 11 am - 1 pm.

Mary Adams



Across

- 1 - Change gradually (6)
- 3 - Interfere (6)
- 7 - Stylishness (9)
- 9 - Mechanize (8)
- 10 - Spaces (4)
- 12 - Environment (5)
- 13 - Be (5)
- 17 - Soothing remedy (4)
- 18 - Cookies (8)
- 20 - Criterion (9)
- 21 - Most secure (6)
- 22 - Self-centered person (6)

Down

- 1 - Make beloved (6)
- 2 - Essential nutrients (8)
- 4 - Saw; observed (4)
- 5 - Create raised lettering (6)
- 6 - Long narrow estuary (5)
- 7 - Inherently (9)
- 8 - Boisterous comedy (9)
- 11 - Ask (8)
- 14 - Church buildings (6)
- 15 - In the middle of (5)
- 16 - Characteristic (6)
- 19 - Makes mistakes (4)

Belated Mom's Day Greetings!

Thanks to all the many volunteers that worked hard to make the Rummage Sale a success!

Thanks to the members and public for their patronage and support.

When you bring your donations in, remember we do not accept:

- Wallpaper
- Crutches
- Wedding or cocktail dresses
- Men's Suits
- Golf Clubs/Skis/Bowling Balls
- Incontinent supplies
- Furniture
- Vinyl Records

Our hard working men accept and welcome any scrap metal you may want to get rid of, just call the center at 503-588-0748 for instructions.

Have a great beginning to summer!

Alta Gardner & All the Nifty Thrifty Group

Board Meeting June 13, 2023 1:00 PM

**Annual Election Member Meeting
And Installation New Officers & Board Members
August 15, 2023 1:00 PM
Members may attend any BOD Meeting**

**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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Advertising Renata Pilotto
Staff Assist. Kate Bayne

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Treasurer's Email: sssoffice@comcast.net

President:	Laurene Brousseau	Director 2 YR	Alta Gardner
Vice President:	Renata Pilotto	Director 2 YR	Rick Saul
Treasurer:	To be appointed		
Secretary:	Kate Bayne	Director 1 YR	Roger Corrado
Office Manager	Irene Johnson	Director 1 YR	Dick McCullen

Community Connections

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mikegiertych@aol.com

Solution for May 2023

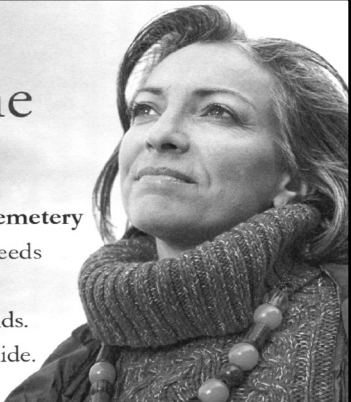
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503-365-0373

Wills & Trusts/Probates
Estate Planning/Elder Financial Abuse
Conservatorships/Guardianships

**Senior Center members will receive a
25% Discount on all estate planning**

**Mahjong Group Grows By Leaps and Bounds and
Announces**

New Play Hours 1:00 to 3:30 PM Mondays .
This recently established group attracted more interest
than initially expected and is now setting up three ta-
bles “and more might be expected” according to
organizer Sherry Cornet. For additional information
contact her at 503-587-8715 or sign up on the Activity
List Board in the Center Hallway.

If you are reading YOUR newsletter online,
underlined text will be a LINK to webpages!

Click to visit the site.

Keep updated on the latest news by visiting our
Webpage


<https://www.southsalemseniors.org/>

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CALL (971) 283-5345 to reserve a time.

**South Salem Seniors Newsletter
Monthly Publication**

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

Advertisements in the SSS Newsletter do not necessarily carry the endorsement or guarantee of this organization.

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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 in yellow, please renew to support your Senior Center.
Renewal membership \$20.00 a year



HELP NEEDED !

We have an incredible list of volunteers waiting to help restart the pancake breakfast.

All we need are one or two good people to coordinate and manage the program.