



South Salem Seniors Inc. Newsletter



Spring Rummage Sale Fri May 3 and Sat May 4

Hello Dear Members and Friends,

March Karaoke event was lots of fun! Thanks to Mr. Bill and his talented followers we had a nice attendance, great singers and the choice of songs was awesome! The weather was kind of iffy, but Mr. Bill came all the way from Lincoln City right on schedule. A big Thank You to Elaine Luth for helping us organize the karaoke and for the treats.



♪ **Volare, Oh, Oh... Cantare, Oh, Oh, Oh, Oh!** ♪

If you did not come, you missed the chance to hear me sing "Volare" original version of course. I had a ball! I graduated from singing in the shower to singing in front of seasoned karaoke singers and they approved. Yeah!

Here is another chance for Karaoke: April 6 at 1:30 pm. Everyone is welcome. Hope to see you there!

In March we stripped, deeply cleaned and waxed the floors in the Bingo Room, Dining Room and the Kitchen for \$4,000. The work involved in emptying a room and shifting furniture back and forth from one room to another can only be done once in a while. We are asking everyone's help in keeping the floor clean and not to drag chairs and tables across the floor. Thank you for your cooperation.

The **Spring Craft Fair** will be held on Friday April 19 and Saturday April 20, from 10 am to 4 pm.

The **Spring Rummage Sale** will be held on Friday May 3 and Saturday May 4, from 9 am to 4 pm. Please sign-up in the lobby to volunteer for this busy event.

The election for the new Board will be held in a couple of months. Nominations will be accepted for all officer positions: President, Vice President, Treasurer, Secretary, Office Manager and two Directors. If you can fill any of these positions according to our bylaws please come forward.

In the last few weeks our member Gary Mattson has been bringing leftover Panera breads and pastries to the Center. Thank you Gary for taking the initiative and making us part of their Day-End Dough-Nation program. Your help is greatly appreciated! Thank you Panera Bread! Your donation is well received and appreciated by our members.

Mark your Calendar:

April 6 - Karaoke 1:30 pm

April 10 - Board Meeting 10:30 am

April 13 - Volunteer Luncheon 12:00 pm – Door opens at 11:30 am

April 17 - April Birthdays Celebration - Cake at 10:30 am

April 17 - Presentation on Scams 11 am-12 pm (see article in this newsletter for details)

April 19 & 20 - Spring Craft Fair 10 am - 4:00pm

May 1, 8, 15, 22, 29 -Health & Aging 10 am - Noon (see article in this newsletter for details)

May 3 & 4 - Spring Rummage Sale 9:00 am - 4:00 pm

Until next time, Keep Smiling and Take Care! Ciao, Renata Pilotto



Please Read

Amendment to the South Salem Seniors, Inc. Bylaws

Based on the recommendations of the Budget & Finance Committee meeting on March 11, 2024, the Board of Directors approved the following recommendations to amend the Bylaws:

Article VII, Section 4, Treasurer, Paragraph f. and in Article VIII, Section 2, Title and Paragraph a.

Change the name of the Budget & Finance Committee to "Finance Committee."

To remove *Article VIII, Section 2., Paragraph c.*

"The Committee shall prepare an annual Budget for the fiscal year September 1 to August 31, to be approved by the Board at the August Board Meeting prior to the start of the new fiscal year."

Justification: The Budget & Finance Committee determined that, as our operations are on a cash-flow basis, it is difficult to make accurate annual projections; thus, a fiscal-year budget is not useful.

The Board approved the adoption of these amendments at the March 13, 2024 meeting. This notice will be posted in the Library at the Center, the April Newsletter and on the website for review by members.

The changes will also be voted on at the May 15 Membership meeting.

Please plan to attend this important meeting.

Where friends come to meet and greet!
That could easily be the motto for the South Salem Senior Center!

One of the newer crafters is

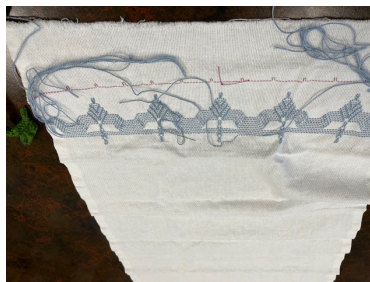
Cheri White. She and her husband recently moved to Salem from the Olympic Peninsula in Washington. Both of them were having health challenges and there was only one hospital that was always filled and no doctors! They decided to move to Salem to rectify the problem. One of the first things that Cheri did was to come to the Senior Center to meet people and form new friendships.

After a week or two I noticed that she was not knitting or crocheting, but was doing some type of embroidery. The first picture shows the detail that she uses. She wanted new towels for her kitchen, so she is making them. This is called Swedish embroidery using Huck toweling.

The second picture shows the finished product. The picture also shows Russian needle punch, which was brought by Russians to Woodburn, Or in the 1970's. This is a more expensive craft. She also does tapestry weaving, which is less expensive.

Cheri is very willing to teach any of these crafts, so come and meet Cheri and the rest of the Crafters' Group on Mondays from noon to 3:00. If there's a holiday on Monday, then we'll meet on the next Wednesday.

Arlene Williams



Current Weekly Activities

Mon	Needle Crafts	1:00 pm - 3:00 pm	Card Rm
"	Energize with Linnea	10:00 am - 11:00 am	Bingo Rm
"	Jewelry Class	10:00 am - 12:00 pm	Craft Rm
Tue	Bridge	11:00 am - 3:00 pm	Card Rm
"	Cribbage	1:00 am - 3:00 pm	Dining Rm
"	China Painting/Arts	10:00 am - 2:00 pm	Craft Rm
"	Garden Club	1:00 pm - 3:00 pm	3rd Tuesday Mtg Rm
Wed	Life Story/Writers' Group	10:00 am - 12:00 pm	Card Rm
"	Rummikub	12:30 pm - 2:30 pm	Card Rm
"	Quilting Group	1:00 pm - 3:00 pm	Craft Rm
Thu	Hand & Foot Card Game	10:00 am - 3:00 pm	Card Rm
"	Single Deck Pinochle	10:30 am - 1:00 pm	Card Rm
"	Scrabble	11:00 am - 3:00 pm	Card Rm
"	Tai Chi/Yoga	10:00 am - 11:00 am	Bingo Rm
"	Painting class	1:00 pm - 2:30 pm	Craft Rm
Fri	Mexican Train	10:00 am - 3:00 pm	Card Rm
"	Double Deck Pinochle	12:00 pm - 3:30 pm	Card Rm
"	Quilting Group	11:00 am - 3:00 pm	Craft Rm
"	Mahjong	12:30 pm - 3:00 pm	Card Rm
Mon-Fri	Pool playing	10:00 am - 2:00 pm	Library

Seminar on Health and Aging

A **Seminar on Health and Aging**, made available to the Center several years ago through Marion County, was so well-received that it was immediately scheduled for a second session. Presenters Karen Sunderland and Patrick Brodigan return to facilitate this popular five-week class to be held **Wednesdays May 1st 8th, 15th, 22nd and 29th** from **10 am to noon**. Class size is limited to 12-15 persons. See the registration form on the Sign-up Table in the Lobby or call the Center office at 503-588-0748 to enroll.

Hello from the Gift Shop!

Here are some interesting items for sale:

- ◇ Vintage Wall Clock Howard Miller Dual Chime;
- ◇ Collection of 43 thimbles;
- ◇ 54 pieces Antique Chinese Republic Period (1890-1920) Porcelain Rice Eye Grain pattern Tea cups, Rice cups, Soup Cups etc.;
- ◇ Vintage Columbia Sewing Machine;
- ◇ Deruta Italian Pottery Rooster Pitcher

Come check them out. Renata

Concerned about Scam and Escalating Fraud Reports?

It's hard to believe that it could happen to us, but it does. Scheduled for **Wednesday April 17th at 11 am**, an hour-long presentation will teach us how to recognize a scam and how to protect ourselves from what initially might seem a perfectly legitimate request for information or from a frightening demand. This virtual presentation will be made by Ellen Klem from Marion County Health and her associate, Patrick Brodigan, will be on hand to facilitate the subsequent Q&A session. No limit on attendance size. Bring a friend. All are Welcome.

You are invited!

Our Business Manager Irene Johnson is celebrating her 90th Birthday on Saturday May 18 1:00 pm - 4:00 pm At South Salem Seniors

Marion Polk Food Share Lunch

Marion-Polk Food Share provides lunch service **Monday thru Friday from 12:00 – 12:30 pm**

Lunches are available in our kitchen accessible thru the Dining Room. For the present no donations or fees apply.

SSS is not a Meals on Wheels distribution center. Call 503-364-2856 for home delivery

New Members - February 23 to March 21, 2024

**Thank you for supporting
South Salem Seniors, Inc!**

**Larry Bender
Janet Fry
Warren & Margie Wolski
Chris Straughan
Marsha Eiding
Sandra McCallister
Gail Smith**

**Pattie Lamb
Mary Ann Plemmons
James Enemark
Pat Jones
Shirley Walle
Sharon Elroy
Ellen Eagan**

Aging Smart

Our free exercise community is almost a year old! This is all thanks to Renata, our President and the Center's chief cheerleader, whose contagious enthusiasm has made it all happen. Many thanks from all of us, Renata!

That being said, we invite you to start your week with the very popular Monday "Energize with Linnea" and slow down on Thursdays with taichi/qigong and the new yoga/energy class taught by Gina Reinhardt.

Gina's practice explores the use of breath in movement, emphasizing 'play' and the use of simple props that you might find around the house.

Her goal is to find safe places for your continued practice at home, and she shows us the baby steps that lead to big rewards.

Join us and have some fun! We are a "no judgment" group - with the wisdom of age, we have learned that we do what we can, and adapt when we can't - all with a little humor mixed in.

Happy Spring and hope to see you soon!

Writing Group

The Life Story/Writers' Group meets every Wednesday, 10:00AM to 11:30AM in the game room. This casual group encourages participants to write down their life stories, one page at a time, or just share anything that you have written in the past. We have welcomed several newcomers to our group this past month. Maybe you, too, will join us soon. Here's a sample of what we enjoy sharing: one stanza of Alaska Dawn by Garnet Granger, former Alaska resident.

The dark mountains were etched against the morning sky
The sun arose and splashed them with multi colored dyes.
The stars twinkle dimmed as it faded out of view
The Moon became a slight ring that silhouetted a vibrant hue.

Submitted by Amy Richarme

March Birthdays Celebration

**From left: Barbara Berry (belated BD from January);
Mary Reitan, Beth Cook, Virginia Ferguson
Happy Birthday!**

**JEWELRY MAKING CLASS**

It's not too late to join us. We get together in the Craft Room on Mondays from 10:00 AM to 12:00 PM. We will continue until April 29th. Basic tools and supplies are available.

You can learn to make earrings, bracelets, or necklaces or you can also bring your own craft project to work on. We have a great time creating and sharing ideas together.

From Nifty Thrifty

Everyone seems to be doing their "Spring House Cleaning" and "Nifty Thrifty" is reaping the benefit! So many lovely things coming in; we wish we had room to keep everything.

The crew is working hard to clean, sort, price and put on display the new items.

We are open to the public as well as members:
Monday-Friday 10 am to 2:00 pm.

Alta & Staff

Donations received in March:

**Mary Rein
Joann & Craig Noffsinger
John Sheldon
Sharon Latshaw**

**Hiroko Newman
Paul Hildebrand
Orville Hatfield**

Thank you for your support!

Quilters Group

It's spring and everything is so beautiful. Makes me think of the old saying "Spring has Sprung". I have saved bits and pieces of thread all through the winter. Now I will put them out for the birds to make their nests. We quilters have found many uses for small scraps.

Speaking of scraps we made many things for Dogs, Cats, even Rats. We donated all of it to the Oregon Humane Society.

As a group we have decided to change our name from Friday Quilters to "Quilters Group", because we now meet on Wednesdays 1:00-3:00, & Fridays 11:00-3:00pm. Note our hours have also changed.

On Wednesdays will be giving instruction on the use of the Pfaff sewing machine one person at a time, while the other ladies will continue working on their individual projects.

We are all excited that on April 5th and 6th we are planning an outing to the quilting "Shop and Hop". Till next time,

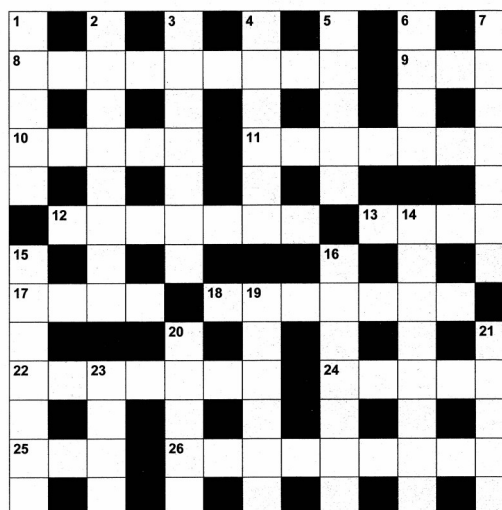
Mary Adams

Garden Club

March came in like a lion, according to weather forecasts out like a lamb, we hope this is correct. Hoping all of our intrepid gardeners are safe, warm; ready to participate with our usual May activities; the rummage sale, craft event; plant sale too, oh what fun we'll have.

Happily, several people want to donate plants. they can bring to our senior center the week before the sale begins. Please call the center for accurate information.

Barbara Castle



Across

- 8 - Less well behaved (9)
- 9 - Scarf of feathers or fur (3)
- 10 - Many times (5)
- 11 - Combined (7)
- 12 - Elevate (7)
- 13 - Long poem (4)
- 17 - Singles (4)
- 18 - Licentious (7)
- 22 - Motor home (7)
- 24 - Rides horseback (5)
- 25 - Vitality (3)
- 26 - Memory (9)

Down

- 1 - Negative ion (5)
- 2 - Several (8)
- 3 - Gossip (7)
- 4 - Sofas (6)
- 5 - Adornment (5)
- 6 - Skillfully (4)
- 7 - Fish (7)
- 14 - Free from sensual desire (8)
- 15 - Make up (7)
- 16 - Foreshadow (7)
- 19 - Memorandum (6)
- 20 - Forestall (5)
- 21 - Utilizing (5)
- 23 - Fresh water (4)

In Memory Of

Nancy Grabow March 2024

Our sincere condolence to her family.

Board Meeting April 10 10:30 am

South Salem Seniors, Inc.
6450 Fairway Avenue SE
Salem, OR 97306
503-588-0748

www.southsalemseniors.org

President's Email: ssscoffice@comcast.net

Treasurer's Email: sssoffice@comcast.net

Editor
Advertising
Staff Assist.

Arturo Guillen
Renata Pilotto
Kate Bayne

President:
Vice President:
Treasurer:
Secretary:
Office Manager

Renata Pilotto
Paula Hindman
Karen Sloan
Kate Bayne
Irene Johnson

Director 1 YR
Director 1 YR

Alta Gardner
Rick Saul

Director 2 YR
Director 2 YR

Dolly Allen
Julie Amen

Community Connections

Mike Giertych

Pressure washing: Decks,
Driveways, Houses etc.

Gutter Cleaning.

(503) 315-8953
mikegiertych@aol.com

Solution for March 2024



Virgil T. Golden Funeral Service

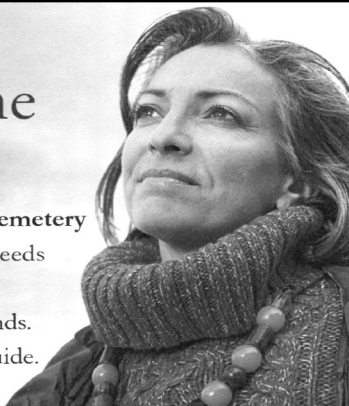
605 Commercial St. SE
Salem, Oregon 97301
503-364-2257
www.vtgolden.com



*Your answer in time of need
for a life remembered,
celebrated and cherished.*

*When you
need someone
to turn to*

City View Funeral Home & Cemetery
is committed to fulfilling your needs
regardless of religious beliefs,
ethnicities or cultural backgrounds.
Call today for a free planning guide.



City View

Funeral Home & Cemetery
Mausoleum & Crematorium

390 Hoyt St. S. • Salem, OR 97302
cityviewfh.com • info@cityviewfh.com

*Family Owned
and Operated
Since 1893*

503-363-8652

*Overlooking
Historic Pioneer
Cemetery*

David L. Carlson, *Lawyer*
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***



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.southsalemseiors.org/>

**Moser Roofing
Licensed Bonded Insured
CCB # 55274**

Don Moser

503-378-1107 Office 503-378-0229 Fax
www.moserroof.com info@moserroof.com

Community Connections



PremiumNW
landscape

LCB - 9119

Lawn And Yard Maintenance


Salem, Oregon
(503)930-9922
www.premiumNW.com

General Clean-up
Debris Clean-up
Repair irrigation
Pressure Washing, Bark & Gravel Placements
Monthly Maintenance

Apartment Complex/Commercial Building
Landscape Maintenance
Retaining Walls
Fencing

Must present coupon at time of estimate.

Seniors Receive!
20% OFF
Call for details with this coupon.



Bark Dust Special



HOLIDAY
RETIREMENT

Madrona Hills
Independent Retirement Living

All-Inclusive Studio Suites NOW AVAILABLE

3 Chef Prepared Meals • Housekeeping • Shuttle Service & More

CALL (503) 362-9141
WALK-INS WELCOME 7 DAYS A WEEK

www.madronahills.com






MELISSA BEEKS
971-600-5949
WWW.AGOLDENHANDHOMECARE.COM
admin@agoldenhandhome.com

BONDED • INSURED • LICENSED

- ♥ Companion Care
- ♥ Personal Care
- ♥ Wellness Check Ins
- ♥ House Keeping & Daily Living Assist
- ♥ Transportation 
- ♥ Meal Preparation & Medication Management

- ♥ Alzheimer & Dementia support
- ♥ Respite/Emergency Care
- ♥ Hourly/24 Hours On-Call
- ♥ RN On-Call 24/7
- ♥ Chronic End of Life Care



Hidden Lakes
Independent Retirement Living



Hidden Lakes has received a "Best of Senior Living Award" for the 3rd year in a row.

Join us for lunch, a special event, or for a great cup of coffee.

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.

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 arturojg@comcast.net Deadline for submissions is **April 13** for the **May 2024** newsletter.

**South Salem Seniors, Inc.
6450 Fairway Av. SE
Salem, OR 97306-1443**

**Non-Profit
U S Postage
PAID
Salem Oregon
Permit No 41**



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 SSS Center.
Please advise the Business Office for any changes in address or status. Thank You.

2024 AARP Driver Safety Classes at South Salem Seniors, Inc.

Call 503-588-0748 between 9 am and 3:30 pm
to make reservation.

Apr 9 & 10 Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
May 7 & 8 Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Jun 11 & 12 Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Jul 9 & 10 Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Aug 13 & 14 Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Sep 10 & 11 Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Oct 8 & 9 Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Nov 12 & 13 Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Dec 10 & 11 Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm

MEDICARE INFORMATION & ENROLLMENT MEETING / WALK-IN

NW MEDICARE ADVISORS with Linnea

April 1, 2024 11:30 am - 12:30 pm

**South Salem Seniors Business Hours
Monday – Friday 9:00 am to 3:30 pm**

**Nifty Thrifty and Gift Shop Hours
Monday – Friday 10:00 am to 2:00 pm**