



Hello Fellow Members and Friends,

Happy Valentine's Day!

Hope you are all doing well with the cold sunny weather. Winter has just begun and I am sure we may see some icy conditions going forward.

February is Heart Month. There are lots of advice on line to keep your heart healthy: stay active, get good sleep, eat healthy, manage stress, quit smoking, monitor blood pressure and so on. There are lots of physical activities available at the Center for members to stay physically active. I encourage you to check them out.

As I stated in last month's newsletter you will find a new feature in this newsletter, Meet Our Member! We are spot lightening a member each month. It's a chance to celebrate the stories, talents, and journeys of our members that enrich the Center.

On another less genial topic, the first day of tax preparation at the Center is February 2nd. AARP tax preparers are providing this service at the Center three days a week.

The appointments filled up really fast and I know that a number of you may be unhappy with how difficult it was to get an appointment and some of you may not have been able to obtain an appointment. I am sorry if you found the process cumbersome and I take full responsibility for that. The Board of Directors along with our AARP Tax Representative will review the process and come up with an easier implementation plan for taking appointments next year. Again, I am sorry for any stress the process may have caused you.

Wednesday February 18th we will have our Membership meeting followed by the February Birthday Cake. A representative from the Salem Humane Society will be our guest speaker at the meeting.

Finally, I want to inform you that effective March 1st I will no longer be the Board President. I have had to resign due to health issues. Sylvia Machado, our current Vice President will be stepping up into the President's position completing the last 6 months of my term. I have appreciated the support that I have received from members and the Board and I hope to be able to volunteer in some capacity as I am able going forward.

President Jessie Martin.



Meet Our Member: Brad Barker

Brad Barker has been a valued member of the South Salem Senior Center for about two years and brings with him a lifetime shaped by curiosity, service, and respect for people everywhere. At the Center, he especially enjoys the Writers' Group and the Book Group, where thoughtful discussion and learning are always part of the experience.

Born and raised in Eugene, Oregon, Brad is the third of three boys. By ninth grade, he already knew he wanted to work internationally and help improve lives around the world. That early calling guided his education in international studies, international health and epidemiology, and management and organizational development—fields that became the foundation for a 39-year career in global health.

Brad worked long term in five countries: Zaire/Democratic Republic of Congo, Haiti, Mali, Senegal, and Uganda, as well as short-term in a dozen other countries. His career began as a Peace Corps volunteer, where his fluency in French led to his first assignment in Zaire, an experience that left a lasting impression. Senegal also held special meaning, as he helped improve HIV/AIDS management and child health programs. Brad is especially grateful for the opportunity to work alongside people who shared a common desire to improve human health worldwide.

Through his experiences in other cultures, Brad says he learned an essential lesson: humility. He also discovered a powerful similarity among people everywhere—the deep importance of family—something that transcends borders and languages.

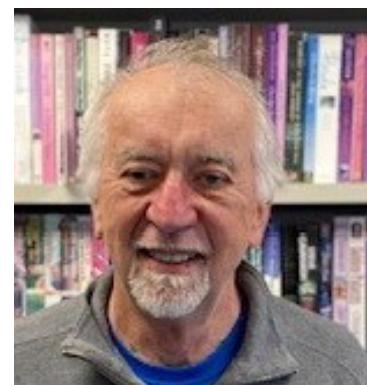
Today, Brad enjoys golf, walking, reading, learning, and spending time with friends. What keeps him coming back to the Center is the friendliness of the staff, the sense of belonging, and the fun, welcoming social activities that make each visit enjoyable.

Brad shares this life wisdom:

"Trust your intuition and have the courage to walk through the door that opens."

And for those curious about the wider world, his advice is simple:

"Jump in and do it."



Quilting and Sewing for Fun

We welcome any interested member to come participate with our Quilting and Sewing group. We meet Fridays with **new hours 9 am to 3 pm** in the Craft Room. We work on a variety of articles and sew for ourselves or for charitable giving. Thanks to those who have kindly made donations and contributions – they are very much appreciated.

We have a new selection of two beautiful wall hanging articles we received from donation for the February Raffle.

Proceeds to the benefit of the Quilt & Sewing for fun group at SSS. Drawing at the February membership meeting.

Also coming in the new year will be an offering of Sewing Classes for interested members. Sign up sheet in the lobby. Please list your name, contact phone, and an idea or two of your sewing interest. We can give you intro to sewing, machine function and maintenance and then graduate to other details of sewing whether it is sewing garments, stuffed toys, quilting and or machine embroidery. We can do sessions for up to 5 or 6 people (limited to the number of sewing machines we have. We will get started with classes in February with the morning session depending on where people need assistance with sewing.

Questions call the SSS Business Office 503-588-0748, Come in and see what we are sew happy to share with you!

Coordinators-Laurene Brousseau or Jayne Jergentz.



Current Weekly Activities

Mon	Needle Crafts	12:00 pm - 3:00 pm	Card Rm
"	Energize with Linnea	10:00 am - 11:00 am	South hall
"	Single Deck Pinochle	10:00 am - 2:00 pm	Meeting Rm
"	Jewelry Class	10:00 am - 1:00 pm	Craft Rm
"	Reserved	9:30 am - 3:00 pm	Craft Rm
Tue	Bridge	11:00 am - 3:00 pm	Card Rm
"	Cribbage	1:00 pm - 3:00 pm	North Hall
"	China Painting/Arts	10:00 am - 1:00 pm	Craft Rm
"	Line Dancing	1:00 pm - 2:00 pm	South Hall
"	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
"	Chinese Dance	2:00 pm - 3:00 pm	South Hall
"	Rummikub	12:30 pm - 2:30 pm	Card Rm
"	Chess	10:00 am - 12:00 pm	North Hall
"	Book Group	1:00 pm - 3:00 pm	3rd Wednesday Craft Rm
"	Chair Exercise	1:00 pm - 2:00 pm	1st Wed South Hall
"	Creative Card Making	1:00 pm - 3:00 pm	2nd Wednesday Craft Rm
Thu	Hand & Foot Card Game	10:00 am - 3:00 pm	Card Rm
"	Scrabble	11:00 am - 3:00 pm	Card Rm
"	Tai Chi/Yoga	10:00 am - 11:00 am	South Hall
"	Osteo Dance	11:00 am - 12:00 pm	South Hall
"	Drop in Studio	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 - 3:00 pm	Card Rm
"	Quilting Group	11:00 am - 3:00 pm	Craft Rm
"	Mahjong	12:30 pm - 3:00 pm	Card Rm
"	Chinese Dance	1:00 pm - 3:00 pm	South hall
"	Life's Journey Woman's Group	1:00 pm - 2:30 pm	1st Friday of the month Mtg. Rm

February 18th Member Meeting Welcomes the Oregon Humane Society

Kate Weinstein, OHS Humane Education Manager, will present a talk and slide show about the Salem facility. She promised to "bring along a safe education dog if one is available." Following her presentation members will hear reports from the Board with an opportunity for Q and A. Membership meetings are scheduled quarterly at 10 a.m. on the third Wednesday of the month and offer members the opportunity to be an interactive participant within the Center community.

Life Story/ Writers Group

Sometimes writing runs in the family.
This is a poem written circa 1959
by Alvin Damm's mother Dorothy Williams

Mr. Robin Bird may thrill some hearts,
His dreams like gladness voicing.
God gives us all some small sweet way,
That sets us all rejoicing.

Writers Group meets Wednesdays from 10:00-12 noon.
Please join us.



January Birthdays



HAPPY BIRTHDAY !

Nifty Thrifty



Thank You for your Donations
and Patronage!

**Marion-Polk Food Share Lunch
Pick-up time is
9:30 am - 10:15 am**

Lunches are available in our kitchen
accessible thru the Dining Room.

New Members

Thank you for supporting South Salem Seniors, Inc!

Jeanette Brandt
Janet Kavanagh
Jennelle Barton
Kathy Pressler
Pattie Rakoczy
Ai-Lan Whitson
Carol Archibald

Sally Crawford
Betty Crumpler
Lorri Lacey
Beverly Blank
June Hadlock
Deana Chamberlain
Cheryl Lekkerkerker

Jeff Brudnok
Cynthia Donald
Jacqueline Butler
Sharen Lambert
Alicia Huntley

Needlework Group News

We are getting a lot of positive feedback from the memory care facilities, nursing homes and the Veteran home that we partner with about the stuffed animals and chickens that some members are making. Liberty house that serves unhoused families is also a big fan.

This month we have been busy with making gifts donated to six or seven nonprofit organizations every month. Right now we are focusing on hats, scarves and gloves for those organizations who serve the homeless population in Salem. They are always in need of items that can keep someone warm in the winter months. When I woke up this morning, it was 28 degrees outside so hopefully we were helping folks keep warm.

We meet on Mondays, noon to 3pm, in the card room at the center. You are welcome to check us out any time. If any of you have "stashes" of yarn that you don't know what to do with, you can drop them off at the center. Just tell the people at the front desk that it is a donation to the Needlework Group and they will get it to us. We also take donations of knitting needles, embroidery hoops, floss and any other accessories for needlecrafts.

Blessings,

Claudia Roberts



Garden News

Hi Everyone! What do you think of this comparatively mild winter? Some of my annuals like gazania daisies and osteospermum are still blooming and one daylily is putting up scapes with buds! Other spring plants are starting to bloom, too. As for the meeting, I hope we will have enjoyed a guest speaker in January and we may get him again for this meeting. The topic will be a surprise. The speaker is an elderly gentleman who spent 30 years with the botany department at Willamette University. We will be meeting February 17 at 1:00. We may have to meet in the cafeteria if tax groups have begun, but we'll be together somewhere.

Questions or suggestions, call us
Sandy 503-851-8250
Rose 503-581-4632



Join Our Marketing Committee!

Do you enjoy sharing ideas, writing, designing, or spreading the word about great programs? The **Marketing Committee** is looking for volunteers to help promote our events, activities, and community spirit! Whether you have experience or just enthusiasm, your voice and talents can help us grow. Stop by the office or call 503-588-0748 to learn more — your ideas can make a real difference!



Happy Heart Month from the Gift Shop!

Hello everybody! Here are some interesting and beautiful things we have for sale:

*Antique Baldwin Brockett Ship's Engine Room Telegraph Lamp;

*Native American Tall Suede Moccasins Boots with Fringes and Beading;

*Beautifully Handmade Throws;

*Vintage CorningWare,

*Lots of Gift Ideas: Crystal, Glassware, Figurines, Greeting Cards etc.

*Need a Terracotta Tagine? We have it!

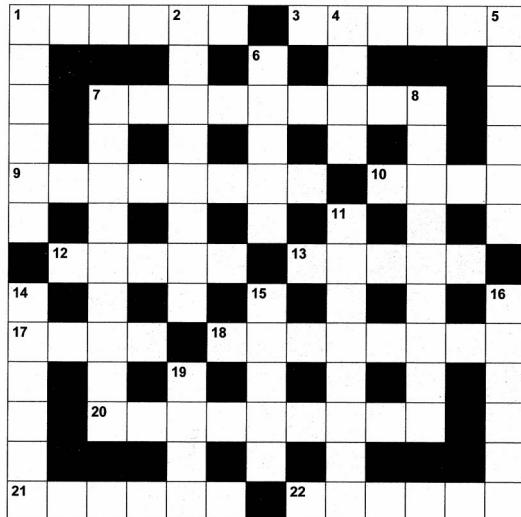
Come Browse and Say Hello! Ciao, Renata

Support Group Begins Meeting

Center members with a friend, partner or spouse diagnosed with Alzheimer or another form of dementia have recently started a support group under the leadership of member Matt Russell. Persons interested in participating were polled and voted to begin meeting once a month on the first Monday from 1 p.m. to 3 p.m. in the Craft Room. Find the signup sheet located either on the Lobby table or posted on the hallway Activity board. Members may register in person or by calling the Center office. **The initial meeting is scheduled for Monday, February 2nd.**

Aging Smart

The Chinese Dance group performed at the recent Member Meeting, bringing a truly cross-cultural contribution to the Center's expanding talent base. These hardworking members not only perform at the annual "World Beat" event in Salem but also extend their welcome to anyone who would like to learn to exercise gracefully - no judgment, just movement - on our most regular schedule in the South Hall - Monday, Wednesday, and Friday in the afternoon.



Across

- 1 - Characteristic of a young male (6)
- 3 - Place of education (6)
- 7 - Bird frightener (9)
- 9 - Separating the notes (8)
- 10 - Piece of land (4)
- 12 - Links together (5)
- 13 - Valleys (5)
- 17 - Fourth Gospel (4)
- 18 - Messily (8)
- 20 - Young racehorses (9)
- 21 - Foul-smelling (6)
- 22 - Confirm (6)

Down

- 1 - Look through casually (6)
- 2 - Deficiency (8)
- 4 - Suppress (4)
- 5 - Women (6)
- 6 - Openings (5)
- 7 - Loyally (9)
- 8 - Trivial deceptions (5,4)
- 11 - Cheerful brightness (8)
- 14 - Expels (6)
- 15 - Hill (5)
- 16 - Exemplify (6)
- 19 - Prepare for holiday (4)



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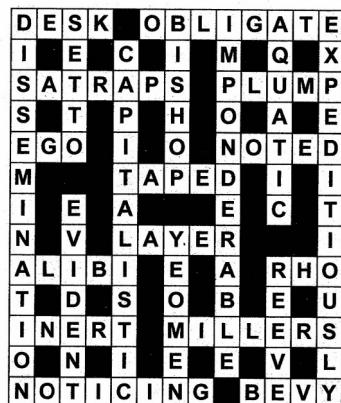
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Community Connections

Crossword Solution for January 2026

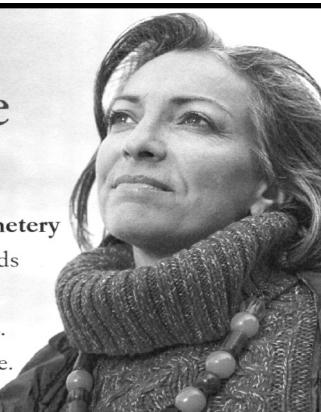


Call for Volunteers!

We're looking for enthusiastic seniors to join our Expansion Committee and help shape the future growth of the South Salem Senior Center. If you enjoy working with others, sharing ideas, and making a difference in our community, we'd love to have your energy and insight! Together we can expand programs, welcome new members, and strengthen the spirit of connection that makes our Center special. Stop by the front desk or call 503-588-0748 to learn more and get involved!

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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**

Volunteers needed to help keep the center open

For many years we have raised thousands of dollars by recycling the different metals that people donate. When we fill the shed outside with metals we have to load them in to the van to take them to the recycle center. The guys that have been doing this for years are getting older.

Every 3 or 4 weeks we need a volunteer or 2 to help load and unload the metals. Your help would be highly appreciated and is necessary. Inquire with the guys back in the shop.

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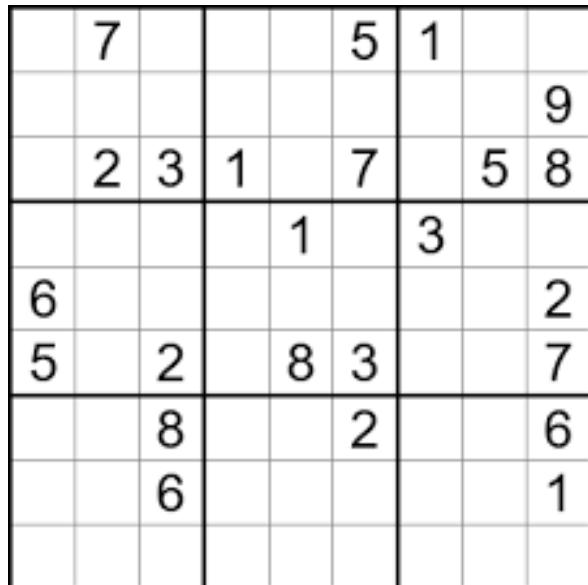
Don Moser

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

Community Connections

AARP Tax Sign up 2026 at SSSC Inc.

Pictured below are early bird arrivals on Tuesday, January first in line for the Center doors to open at 9 a.m., the opening day to pick up packets and schedule appointments to meet with AARP volunteer tax filing preparers.



MELISSA BEEKS
971-600-5949

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admin@agoldenhandhome.com



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

A Gentle Health Reminder !

As we move through cold and flu season, we kindly ask everyone to help protect one another. If you are experiencing symptoms such as coughing, fever, sore throat, congestion, or feeling unwell, please stay home and rest until you are fully recovered. This simple act of care helps prevent the spread of illness and keeps our Senior Center a healthy, welcoming place for all. Thank you for looking out for one another.



2026 AARP Driver Safety Classes

Call 503-588-0748 between 9:00 am - 3:00 pm
To make reservation.

February 10 & 11
March 10 & 11
April 14 & 15
May 12 & 13
June 9 & 10
July 14 & 15
August 11 & 12



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

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