



South Salem Seniors Inc.
Newsletter



Stepping Forward: The Heart of Strong Leadership

At South Salem Seniors, Inc., we often talk about community—and at the center of any strong community is thoughtful, caring leadership. Our Board of Directors plays a vital role in guiding the direction, stability, and future of our organization. As we approach our upcoming elections, this is a meaningful time to reflect on the importance of both *running for the Board* and *voting for qualified members*.

Serving on the Board is more than holding a title—it is an opportunity to give back in a deeply impactful way. Board members help shape policies, support programs, ensure financial responsibility, and protect the long-term health of our center. They are stewards of everything we value: connection, activity, service, and belonging. Without strong leadership, even the most vibrant organization can lose its direction.

We are fortunate to be a volunteer-driven organization. Every officer and director you see serving today stepped forward simply because they care. They saw a need and answered the call. Now, we invite others to consider doing the same. If you have experience in areas such as organization, planning, finance, communication, or simply a heart for service, your voice and perspective could be invaluable.

Equally important is the responsibility we all share as members—to vote thoughtfully and intentionally. Choosing Board members is not just a formality; it is one of the most important ways we shape the future of our center. When voting, we encourage you to consider individuals who demonstrate reliability, sound judgment, a collaborative spirit, and a genuine commitment to the well-being of our members.

A strong Board ensures that our center continues to thrive—offering programs, maintaining our facility, supporting our volunteers, and creating a welcoming place for all. Each election is an opportunity to strengthen that foundation, for all of us.

We encourage you to reflect: Could you serve? Could you step forward? Do you know someone who would make a wonderful addition to the Board? We welcome you.

Together, through both service and thoughtful voting, we ensure that South Salem Seniors, Inc. remains a place of vitality, connection, and purpose for years to come.

With warm regards,

Sylvia Machado
President

IMPORTANT: Please mark your calendar and plan to attend our Members Meeting on May 20th at 10:30 AM at the Center. This is a very important meeting that will help shape the future direction of South Salem Seniors, Inc. We will be discussing key decisions that directly impact our programs, services, and overall growth. Your voice matters, and strong member participation is essential as we move forward together—so we strongly encourage all members to attend and be part of these important conversations.

Estate Planning Seminar at South Salem Senior Center

Planning ahead can bring peace of mind—not only for ourselves, but for the people we care about. On **Wednesday, June 24, 2026**, South Salem Senior's, Inc. will host an **Estate Planning Seminar** designed to help members better understand the basics of planning for the future.

The seminar will take place **from 1:30 to 2:30 in the afternoon** at the center. This presentation will offer a **plain-language overview of essential estate planning concepts and documents**, making a sometimes complicated subject easier to understand.

During the seminar, attendees will learn about the **purpose of wills and trusts**, and how these important tools differ. The presentation will also address **how assets are distributed after death** and clear up some of the common misconceptions people often have about the process.

In addition, the discussion will explain the important roles played by **Trustees, Personal Representatives, and Agents**, and how these individuals help carry out a person's wishes.

Another important part of the presentation will focus on **Advance Directives (Living Wills) and Powers of Attorney (POA)**—documents that allow individuals to make their healthcare and financial wishes known in advance.

Proper estate planning can greatly **reduce confusion, prevent family conflict, and limit unnecessary court involvement**. Even simple planning steps can make a significant difference for loved ones during difficult times.

This seminar is an excellent opportunity for members to **learn the fundamentals of estate planning, ask questions, and gain a clearer understanding of how to prepare for the future**.

All presentations offered at the South Salem Senior Center are **informational and educational only** and are provided **at no charge to our members**. No individual legal advice will be given, and no attorney-client relationship is formed. Attendees who wish to pursue personalized guidance are encouraged to seek professional advice separately.

The presentation will last approximately **30–45 minutes** and is designed to be **clear, accessible, and easy to follow**. There will also be time at the end of the presentation for **general questions from attendees**.

Members are encouraged to attend and take advantage of this opportunity to learn more about planning for the future. **Sign up in the office.**

May 2026 Needlework Group

We are all happy to have some sunny spring days where we can gather and work on our projects and not complain about our weather. The photo this time shows several of our group who are sorting items to go to the non-profit service groups that we partner with. We certainly would not want our baby layettes going to the veterans home or our 5-6 foot long scarves going to the children's program.

We welcome everyone who knits, crochets, weaves, embroiders or any other needle craft to join us on Wednesdays between Noon and 3 pm. You don't have to come at noon if a later time works better for you. And you can stay one, two or all three hours. If you are going to your own project, bring your own yarn. If you are going to knit, etc. for charity, we have yarn and needles or hooks you can use.

Claudia Roberts



Koffee Klatch

Beginning June! Meet on Thursday and Friday at 9:00 AM around the dinning table In the north hall. Talk about your favorite TV shows, Sports team, current events, whatever. Make a new friend. And our coffee is only 50 cents a cup!



South Salem Seniors MAY Weekly Activities 9:00 AM - 2:50 PM					
DAY	TIME	ACTIVITY	INSTRUCTOR	ROOM	
MON	10:00-2:00	Single Deck Pinochle		Meeting Room	
	10:00-11:00	Energize with Linnea	Linnea Saris	South Hall	
	10:00-12:00	Jewelry Making		Card Room	
	12:00-1:00	English for Chinese Speaking Members	Rick Saul	South Hall	
	12:00-2:00	Jam Session		North Hall	
	12:00-2:50	Needle Crafts	Claudia Roberts	Card Room	
TUE 5/12	9:00-1:00	AARP Driving -Sign up at Front Desk		Meeting Room	
	10:00-1:00	China Painting/Arts	Muriel Sweringen	Craft Room	
	11:00-12:00	Osteo Dance		South Hall	
	11:00-2:50	Bridge		Card Room	
	12:00-2:50	Cribbage		North Hall	
	1:00-2:00	Line Dance		South Hall	
	5/19	1:00-2:50	Garden Club	Sandy Santyoyo	North Hall
WED 05/13	9:00-1:00	AARP Driving -Sign up at Front Desk		Meeting Room	
	5/27	10:00-12:00	Card Making Class	Craft Room	
	5/27	1:00 - 2:50	Card Making Class	Craft Room	
		10:00-12:00	Life Story/Writers' Group	Velma Hampson	Card Room
	5/13	10:30-12:00	Board Meeting		Craft Room
	5/20	10:30-11:30	Membership Meet: Speaker Adult Services Librarian		South Hall
	5/20	11:30	Birthday Celebration Social		Lobby
		12:30-2:50	Rummikub		Card Room
		1:00-2:00	Chair Yoga Exercise		South Hall
	5/6	1:00-2:50	Dementia Caregiver Support Group		Craft Room
	5/13	1:00-2:50	Card Making Group		Craft Room
	5/20	1:00-2:50	Book Group		Craft Room
	THUR	10:00-11:00	Tai Chi/Yoga Flow		South Hall
10:00-2:50		Hand & Foot Canasta		Card Room	
11:00-2:50		Scrabble		Card Room	
1:00-2:30		Drop-In Art Studio		Craft Room	
1:00-2:50		Chinese Dance		South Hall	
FRI	9:00-2:50	Quilting Group	Laurene Brousseau	Craft Room	
	10:00-11:30	Stretching Exercise	Amy Dalton	South Hall	
	5/22	10:00-2:00	Paper Crafting Social	North Hall	
		10:00-2:50	Mexican Train	Card Room	
		11:00-2:50	Mahjong	Card Room	
		11:30-2:50	Double Deck Pinochle	Card Room	
		1:30-2:50	Chinese Dance	South Hall	
	5/8	1:00-2:30	Life's Journey Women's Group	Sylvia Machado	Meeting Rm
M-F	10:00-2:00	Billards / Pool Table		Book Room	
Unless otherwise noted, activities are offered each weekday on the above schedule					

New Members

Thank you for supporting South Salem Seniors, Inc.

Darlene Spalding	Janet Kucharik	Sandy Hawes
Sally Litchfield	Bonnie Blaleck	Janie Raymer
Ronda Atwood	Leslie Hale	Andrew Miller
David John Beranek	Vicki Snook	Susan Martin
Sheryl Walz	Becky Prickett	Eve Gray
Betty Kareff	Andrew White	Dona Bolt
Mary Buzzell	Marlyn Monzo	Ron Parker
Dan Wagner	Ruth Cook	Angela Maier
Patrick O'Hara	Noel & Amy Magee	

Quilting and Sewing for Fun

We welcome any interested member to come participate with our Quilting and Sewing group. We meet Fridays with **hours 9 am to 2:50 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.

Jayne has made a terrific start with our next charity project making pillow cases. She has set up several examples with pre-cut kits and has made great progress with getting more than a dozen sewn. Kits may be sewn by anyone interested — directions are available. The finished pillow cases will be donated to Salem Health or sold at next Fall Craft event.

Come in and see what we are sew happy to share with you! Coordinators: Laurene Brousseau or Jayne Jergentz.

Questions call the SSS Business Office 503-588-0748.

Garden News

Hello Everyone! By the time you read this we should have successfully completed our portion of the Spring Rummage, Book, and Plant Sale. This time around we had some challenges with Rose not able to cashier and my not being as engaged in the whole process as I have been in the past. For that I apologize and I look forward to getting back into the gardening scene. For the May meeting I'd like to spend a little time on what we might need to do better in the fall, talk about filling possible gaps in the group's leadership going forward, and discuss the outlook for spring into summer gardening. I hope to see you at our meeting May 21 at 1:00 in the meeting room!

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

Happy Mother's Day from the Gift Shop!

Hello everybody! Here are some interesting and beautiful items for sale:

Vintage **Seth Thomas General Time Redding Pendulum Wall Clock** with Key in Working condition.

LP UOMO Black Leather Jacket
Men's Size **3X** Excellent Condition.

Worthington Genuine Lambskin Leather Black Jacket
Women's Size **L – ¾ Length – Very Soft Leather – Like New!**

Ragim Wildcat Plus Takedown Recurve Bow with 8 Arrows;
The **Ragim Wildcat Plus** is a versatile three-piece takedown recurve bow manufactured in Italy. Designed for beginners and intermediate archers.

Two (2) Matching Mid-Century Style Lamps with Marble Column New Condition.

Vintage **School Desk** made of Wood and Cast Iron. Great condition.

Come In and Say Hello! Ciao, Renata



Dementia Caregiver Support Group

Find comfort, understanding, and strength.
Caring for a loved one with dementia is challenging, but you don't have to do it alone. Join us for a monthly meeting to share your experiences, gain practical tips, and connect with others who understand your journey.

1st Wednesday of the Month, 1:00 – 2:45 PM
Craft Room
Contact: Matt Russell 503.949.7419
This is a free, confidential group for family caregivers.



Happy Birthday!

Roger Brousseau

Get Energized on Mondays!

Join us for **Energize** at the South Salem Senior Center every **Monday, 10–11 a.m.** This fun-energy class is for all fitness level, seated or standing; and focuses on **balance, strength, coordination, and brain-body connection.** Led by a certified Jazzercise instructor with **30+ years of experience teaching and leading group exercises, SSSC member Linnea Saris.** We move and dance to **current hit songs,** learn new routines, and repeat favorites to keep your mind and body active. Enjoy **weekly raffle prizes, new friends, and monthly birthday celebrations.** Class is about **35-plus minutes of movement,** with clear instructions so you can go at your own pace. Come in, say hi, and feel energized!

WE NEED YOU!

Want to make a difference at South Salem Seniors, Inc.?
Join our wonderful team of volunteers!
Help at the front desk, in the thrift store, or with activities.
Even a few hours makes a big impact. Stop by the office or call to learn more!

Volunteers Make the Difference

Our center thrives because of caring members like you. If you've been thinking about getting involved, now is the perfect time.
Come share your time, your talents, and your heart.

A Wonderful Resource for Our Members: Adult Programs at Salem Public Library

As we continue to look for meaningful, enriching activities for our members, we'd like to highlight a valuable community resource right here in Salem—the Adult Services program at the Salem Public Library.

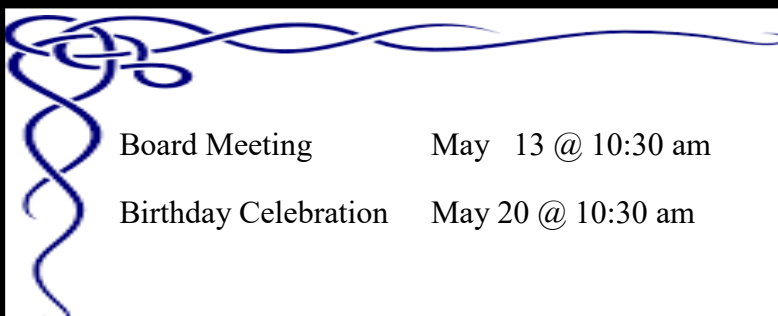
We are especially pleased to share that Adult Services Librarian Shandra Ruby will be giving a presentation at our **Senior Center Members Meeting on May 20th.** This will be a great opportunity to learn firsthand about the many programs and services available, and to ask questions about how you can take advantage of all the library has to offer.

The library offers a variety of programs that align beautifully with the interests of our members, including book clubs, educational talks, and hands-on workshops. These programs provide a wonderful opportunity to continue learning, stay mentally active, and connect with others in the community.

For those interested in technology, the library also offers assistance with computers, smartphones, and digital resources—something many of us can benefit from in today's world. In addition, members can access eBooks and audiobooks from home, making reading more convenient than ever.

Many of these offerings complement the activities we enjoy at **South Salem Seniors, Inc.**—such as our Life Story writing group, educational seminars, and social gatherings. The library can be a perfect extension of what we already love to do.

Best of all, these programs are free and open to the public. We encourage our members to attend the May 20th presentation and explore what the library has to offer—you may discover a new interest, meet new friends, or simply enjoy a fresh experience.



Board Meeting	May 13 @ 10:30 am
Birthday Celebration	May 20 @ 10:30 am

South Salem Seniors, Inc.

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Community Connections

May is a special time of recognition across our nation, as we celebrate **Older Americans Month**—a time to honor the strength, wisdom, and life experience that each of you brings to our community. At South Salem Seniors, Inc., we are reminded every day that growing older is not about slowing down—it is about continuing to live with purpose, connection, and heart.

This month also shines a light on something equally important: **Mental Health Awareness**. While we often focus on physical well-being, our emotional and mental health are just as vital to living a full and joyful life. Life’s journey brings many changes—retirement, loss, new beginnings—and each of these can affect how we feel inside.

One of the greatest gifts we can give ourselves is connection. A friendly conversation over coffee, a shared laugh during a game, or simply being present with one another can lift the spirit more than we sometimes realize. Here at the center, we are more than a place to gather—we are a community that cares.

As we celebrate this meaningful month, we are also reminded that our center thrives because of those who step forward to help. If you have ever felt the quiet nudge to get involved, now is a wonderful time. We are always in need of volunteers who want to make a difference—whether it’s welcoming members at the front desk, helping in our thrift store, assisting with activities, or sharing a special skill. Volunteering not only supports the center, it brings a deep sense of purpose and connection that enriches our own well-being.

Let us use this month as a gentle reminder to check in—with ourselves and with each other. A kind word, a listening ear, or an invitation to join an activity can make a world of difference. No one here is alone—we walk this path together. As we celebrate Older Americans Month, let us also celebrate the resilience, courage, and beauty of the human spirit at every age.

IF YOU ARE UNHAPPY

Once upon a time, there was a non-conforming Sparrow, who decided not to fly south for the Winter. However, soon the weather turned so cold that he reluctantly started to fly South. In a short time, ice began to form on his wings and he fell to earth in a barnyard, almost frozen. A cow passed by and pooped on the little sparrow, hoping to warm him up. The sparrow thought it was the end, but this manure warmed him and defrosted his wings. Warm and happy, able to breathe, the sparrow started to sing loudly. Just then, a large cat came by, and hearing the chirping, investigated the sounds. The cat cleared away the poop, found the chirping bird, and promptly ate him.

(The moral of this story)

1. Everyone who poops on you is not necessarily your enemy.
2. Everyone who gets you out of the poop is not necessarily your friend.
3. And, if you’re warm and happy in a pile of poop, keep your mouth shut.

Writers Group

Book Group Reads

Book selection for May is “State of Wonder” by Ann Patchett.

Persons interested in this lively group are invited to join the group which meets on the third Wednesday of the month at 1:00 pm in the Craft Room. Come and enjoy an informational discussion.

Coordinator: Jessie Martin



You’re warmly invited to join us for our next *Life’s Journey Women’s Group* gathering on Friday, May 8th, at 1:00 pm, at the senior center, as we explore the empowering theme, “The Power of ‘No.’**” Together, we’ll reflect on how setting healthy boundaries can protect our energy, honor our needs, and strengthen our sense of self. In a supportive and understanding circle, we’ll share insights, experiences, and encouragement as we learn that saying “no” can be one of the most loving and freeing choices we make—for ourselves and others. We would love to have you with us.**

Mother's Day Special

Since Mother's Day is a big highlight in May:
"All About Mom" Word Scramble
 Unscramble these words related to mothers:

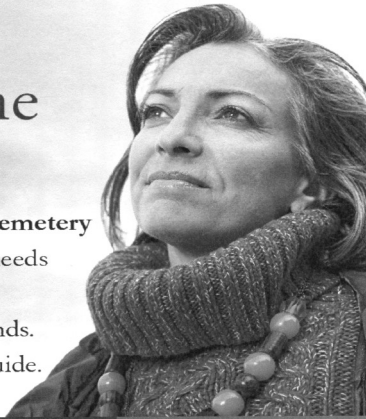
- VEOL _____
- GINHUG _____
- KINCOOG _____
- YAMILF _____
- DRAEGN _____
- SEISSK _____

The first 10 members to turn in all the correct answers will get a certificate for **\$5 off** in our **Nifty Thrifty store for a one time purchase.**

Community Connections

When you need someone to turn to

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South Salem Seniors Newsletter Monthly Publication

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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 **May 13** for the **June 2026** newsletter.

**South Salem Seniors, Inc.
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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 or renewal 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.



**Prestige Senior Living
Southern Hills**

4795 Skyline Rd S Salem, OR

503-378-7499

2026 AARP Driver Safety Classes

Call Business Office 503-588-0748 business hours to make reservation to attend the 2 day session.

May	12 & 13
June	9 & 10
July	14 & 15
August	11 & 12
September	8 & 9
October	13 & 14
November	9 & 10
December	8 & 9



**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**