



GOLDEN OLDIES NEWS
NEWSLETTER

PRESIDENT'S REMARKS

Linda Sheridan

I'm sure by now you have heard or have been hearing rumors regarding changes in the Roseburg Senior Center. We have come so far from where we were four years ago and I know some of the growing pains have been painful. But each and every one of you should be proud of yourself. Evolving is not easy but in order to grow we must adapt to changes. If we don't evolve we will not grow and expand. Some of the changes that have already happened include rearranging the main room and removing the bar. By doing so we are able to accommodate more people and create better utilization of the space. Unfortunately in the move the computer lab was relocated. This is just a temporary fix as it is still a vision to have a bigger and better computer lab. With only having one area to use for all of our activities we needed to downsize the computer lab in order to utilize the area for revenue generating activities which help support the operations of the center. We have installed a new door at the kitchen entrance. You can exit but not enter. The reason for this change is to enable us to capture everyone entering the building. We need all the information we can gather regarding the use of our building. For grant writing we need number of people using the facility daily, veteran status, age and ethnicity. Some of this information we have, some we will be trying to collect. The kitchen personnel are busy and don't have the time to catch people entering through the kitchen for signing in. We have greeters at the desk who are there to greet and answer any questions. This also helps us enforce our policy of non-members paying for the use of the facility.

We have ordered tile carpet for the main room. We are asking Home Depot and or Lowe's to donate paint and painting supplies to repaint the main room. Thanks to everyone who helped pick colors. We are really trying to have you, our members, have more of a say in things at the center. After all, it is your center! We will be having a volunteer clearing the room/painting party on Saturday, June 9th and Sunday, June 10th. We are installing an ADA (Americans with Disabilities Act) push door at the main entrance. We will be installing new LED lights in the main room. We are making the center more inviting and appealing to our members and guests.

Thank you for all your continued support and going through the changes (evolving) in order for us to grow!

A REMINDER TO ALL WHO PARK IN OUR LOT: THE ENTIRE FRONT ROW ALONG THE SOUTH SIDE OF THE BUILDING IS TO BE USED FOR HANDICAPED PARKING ONLY!

TREASURER'S REPORT

Yvonne Birdsell

We will be using part of the grant money from the Mercy Foundation to improve the big room and office. We have ordered carpet tiles and will be painting walls, etc. These improvements will help with keeping the room warmer, quieter and more appealing for others who want to rent our space. We will be closed June 9 through the 12th. We will open again on June 13th at 8 AM.

All current members will be receiving an invoice for next years' dues. The Board of Directors chose not to raise the amount of the dues for next year, so they will remain \$24 for July 1, 2018 through June 30, 2019. Please return your payment promptly to maintain your membership. We will also be issuing new membership cards. When signing in at the front desk you will be asked to show your membership card. If you return your membership payment by mail, your card will be at the front desk for you to pick up. Showing your card will make your "sign in" easier and faster

NOTES FROM THE KITCHEN

Doris Loveday

Good news and Bad news – Good news is we are selling lots of cookies. Bad news is we are selling lots of cookies, but only to a few. Every week we run out of cookies by Friday and then Monday we have no cookies. After much discussion with the staff the decision was made to put a limit on the number of cookies that can be bought by one person at a time. We are going to have to limit the cookies to six (6) at a time, per person, per day.

Now if anyone wants to come in to help make cookies then I can lift that limit. Right now there are three gals who come in to make cookies, but just like everyone else they have other things that come up and oops there goes their volunteer time.

Today, I spent 3 hours making cookie dough up for the gals to bake. When I left one of the gals was making more cookie dough and the other two were putting cookies on the cookie sheets. Today, we had a semi-full crew. Next time there may only be one person. As a matter of fact, one gal is having foot surgery this week, so more than likely she won't be here next week. Another one of the gals is recuperating from surgery.

As I said, if you would like to help make cookies just let me know and I will get you hooked up with the cookie making crew. Volunteers are always needed and appreciated and accommodated. If you would like to just come in and put dough together for the bakers, I can set you up. Just give me a call. Many hands make an easy job.

Speaking of volunteers, I will be needing someone for Monday and Tuesday in the kitchen for lunch. Natalie is going to be tied up with a friend, for the next couple of months, who is having surgery. I will really miss her. She has been a real asset. But, things happen and now I need another weekday helper or two, to make sandwiches, salads and serve up the soup and/or daily special. If you are interested, please stop by and talk to me, Doris, in the kitchen. We can have a cup of coffee or glass of tea and talk. I am usually at my table, the one with the flowers.

SENIOR FITNESS CLASSES

Linda Sheridan

Beginning in June on Mondays, Wednesdays and Fridays we will be having Senior Fitness exercise classes. They are from 9:00 to 9:45. The first two classes are free, after that it will be \$1 per class, on a drop-in basis. Check the flyer on the board near the kitchen door for more info.

KUDOS AWARDED

The Roseburg Senior Center has some "thank- you" messages to hand out to our dedicated members and friends.

First of all, have you noticed how bright and new all our chair cushions look? That is because one of our ladies recovered them in pretty, new fabric and they look great. Thank you to Carol Gieselman!

All the members who have contributed the wonderful gifts for the Baby Shower to be held here on May 12th also deserve a big thank you! The big white basket has been overflowing with beautiful hand crafted items in every color of the rainbow. Any Mom to be will be pleased with the array of things to make their new little one comfortable. Some of the gifts are of the more practicable side, including bottles and other gear to take care of the new family member. These Mothers to be are being hosted by Douglas County Parental Task Force. Our facility has been donated for their use for the shower.

The Clown Kids College from Eastwood School were here on Saturday morning, April 20th to perform for those who were here for breakfast. They are a cute, talented group of kids who have quite a show. They are performing around town at different locations, free of charge, to build up their skills and showmanship. Great bunch of kids! Thank you for including the Senior Center in your tour.

PARKING LOT SALE

The time for our annual Garage Sale is fast approaching. The first Saturday in June is the

T date. We have a chair for this big project, Jill MacGregor, who's contact number is 541-643-1951. If you have something to donate, call her and she will make arrangements to pick it up for you.

ONCE SOMETHING HAS BEEN DONATED IT IS THE PROPERTY OF THE SENIOR CENTER. THERE SEEMS TO HAVE BEEN SOME CONFUSION, ABOUT THIS. ITEMS CANNOT BE RE-CLAIMED TO PUT ON YOUR PERSONAL TABLE. ANY THING LEFT ON YOUR TABLE UNSOLD IS YOUR RESPONSIBILITY TO REMOVE. THE SENIOR CENTER WILL NOT DISPOSE OF YOUR "GARBAGE" LEFT FROM THE SALE.

PARKING LOT SALE & SAFTY FAIR

Ruth Smith

June 2nd the Senior Center, the **SERVICE** organization and their Neighborhood Watch group will be having their annual Parking lot sale and Summer Safety Fair. This is an annual fundraiser for our organizations. We rent out spaces in the parking for \$10.00 a space or table. Be sure to reserve your space as they are limited. We have tables inside for those people who can't handle the heat and these spots go fast. If you live in the neighborhood and want to participate in the sale but don't want to haul your stuff down here give us your name and address and we will add you to the map SERVICE is making to hand out to those who come through our sale.

To reserve a table/space and pay for it, drop by the Senior Center. They will be sold on a first come basis.

The Summer Safety Fair runs from 10AM-2PM. We will have a bicycle rodeo, when bicycle helmets will be given away to children who participate. There will be numerous other booths to help remind families to be safe while enjoying the summer.

This year The **Southeast Roseburg Neighborhood Watch** group is giving those children, K-8th grade, who have missed five days or less of school an opportunity to win a bicycle.

Contact Ruth Smith to get your name on the neighborhood map at 541-670-3188.

FRONT DOOR POLICY

EVERYONE needs to remember about our front door only policy that has been in effect for a while. Due to safety issues, the Board of Directors has made the decision that **ONLY THE FRONT DOOR** is to be used to enter our center at all times. Your co-operation is appreciated

THE GADABOUTS

Val Ashcraft

Don't forget to sign up for any up-coming trip you are interested in taking. The big board outside the office door lists all the planed trips and has a list to sign, if you want to go. This is the only means they have to get an accurate count in order to arrange for a bus and tickets. **DON'T WAIT UNTIL THE LAST MINUTE TO DESIDE!**

HEALTHY EATING

What kinds of foods do I need to eat as I age?

When you get older, your body begins to need fewer calories, but you need just as many nutrients. Nutrient-dense foods pack a lot of vitamins, minerals, and other nutrients your body needs into a small amount of calories.

Eat more of these nutrient-dense foods. Older adults, along with other Americans, are advised to "eat from the rainbow" of foods rich in nutrients, like these fruits and vegetables (choose a range of types with vibrant colors) whole grains. Like oatmeal, whole-wheat bread, and brown rice fat-free or low-fat milk and cheese, or soy or rice milk that is fortified with vitamin D and calcium, seafood, lean meats, poultry, and eggs beans, nuts, and seeds. Eat less of these foods.

Some foods have many calories, but offer few nutrients. Older adults should eat less of these foods.

Sugar-sweetened drinks and desserts that have added sugars, foods with butter, shortening, or other fats that are solid at room temperature. White bread, rice, and pasta made from refined grains.

Walnut and Pear Barley

Ground into flour or added to soups, barley was found to be the food most highly associated with living to 100 among Sardinian men. We don't know if it is because of barley's high protein, magnesium, and fiber content, or because it pushed other less healthy foods out of the diet, like white wheat flour. Ironically, barley was considered a poor man's food until recently, when it has made a comeback in Sardinian haute cuisine. This walnut and pear barley recipe is a pretty traditional approach as it is cooked much like rice and then topped with seasonal pear and walnut to sweeten it

INGREDIENTS

2 shallots, thinly sliced	2 tablespoons olive oil
1 cup pearl barley	1 teaspoon ground coriander
1/2 teaspoon pepper	1/4 teaspoon ground allspice
1/4 teaspoon ground nutmeg	2 1/2 cups vegetable broth
1 cup peeled and cored ripe pear, cut into 1/2-inch dice	2/3 cup chopped California walnuts, toasted
1/2 cup snipped fresh parsley	

DIRECTIONS

- 1 Cook shallots in a medium skillet over medium heat for 5 minutes or until softened. Add barley; cook and stir for 5 minutes. Stir in spices and cook for 1 minute more.
- 2 Add broth and bring to a boil; reduce heat and simmer, covered, for 40 minutes or until barley is tender and chewy.
- 3 Stir in pear and cook for 5 minutes or until pear is tender; cover and let stand for 10 minutes. Remove from heat. Stir in the chopped walnuts and parsley. Serve.

Ursula Angel

My thought for the good of the order. Before you make an assumption about someone, give the person the benefit of the doubt and have a conversation about whatever is bothering you. When you're patient and calm, and to give someone the chance to explain themselves, you may feel less angry---and might even realize that you misunderstood. ("from Woman's Day Magazine, May 2018").

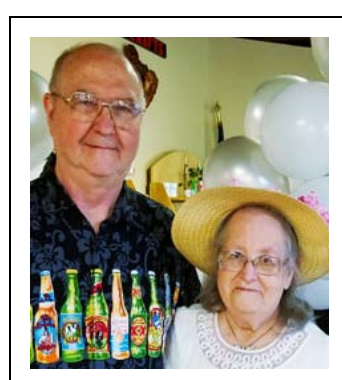
MEET THE SENIOR SENIOR

June Ervin

Margaret and Dale Roark joined the Senior Center in August 2007.

Tom Weathers was the reason given to me by Margaret as the reason they joined. She said he talked them into it. Tom told me he had designs on Dale as a future president, at the time. In fact, at the annual election that September, both were elected to the Board of Directors.

They are the only married couple to have been board members at the same time, as far as I have been able to discover from talking with some of the older members. If this is not the case, I would like to know.



At the time they joined, Dale's sister was on the board at the Sutherlin Senior Center and very involved with bingo. She also joined down here and got them into bingo and many other activities, as it turned out. Before long, Margaret was helping out with the food prep on Fridays for the pot luck that was held at the time. That led to helping with baking cookies for both of them and continued on to helping with cooking lunch as the kitchen progressed. Both can be found in kitchen duties almost any time we have a big event here at the Center. From manning a grill in the parking lot to making candy by the pounds at Christmastime, they have their hands involved. Both worked tirelessly manning the booth out at the Santa Center during the Festival of Lights, last winter.

Margaret is also is one of our main helpers in the kitchen each fall making jams and jellies for sale during our annual Christmas Bazaar. Since we became a licensed kitchen, we have added lots of money to our coffers with canned foods and candy during our sale. They both pick berries and fruit to donate to the Center every summer.

Dale served as Vice president, under Mona Lee Wilson, going on to become President of the Board. During that time, he said he and Tom spent lots of time cruising the streets of Roseburg searching for a suitable building for the Center to re-locate from the county building, where they had been for many years. The membership had out grown the space and we were prevented from using it after hours at night and on week-ends, when some activities might have been held. That search, by later board members finally resulted in our move to our present location and ownership of our facility.

From the beginning, Dale was on the building committee. After we moved into our new space and the kitchen was built, the committee went dark. Now, as we move into the future that will require more planning and remodeling, he is back on the committee again. He is always helpful when problems arise in the building. Fixing leaks, repairing plumbing, chasing down light bulbs and such things He hardly ever says “no” when asked to help with something, even if it is washing pots and pans.

Married in 1961 in the Lookingglass Church, they have lived in and around the Roseburg area most of the time since. They did live in Yamhill, Oregon for a nine- year period when Dale was employed and retired from a water and waste water facility as a Public Works Supervisor. Dale was born in Idaho but has lived in Roseburg from an early age. Margaret moved here as an early teen to live with her Grandmother after a tragic accident took most of her family.

They had three sons, all born at the old Mercy hospital. They lost their first child at the age of eight. Both grown boys are married and also have sons. One son, Ed, who lives here in town is retired from 24 years in U.S. Navy. His two sons, both Eagle Scouts, are in college. The younger son lives in California and has one son in college and one about to graduate from High School. They also are both Eagle Scouts, a point that the grandparents are very proud of.

This couple, my first interview as a couple, lives in East Roseburg where Deer Creek runs through their property. Dale has been having fun with a riding lawn mower on his grass, lately. His other hobby is Pickle Ball, at the “Y” and he said the Senior Center is his main hobby. Margaret enjoys needlework and nearly always has a project with her when she is here. She makes items of clothing for friends, to sell, for the Senior Center and for charities. She is very generous with the time and thread.

This popular couple attends just about every function held here and is known by almost everyone in the Center.

BINGO REPORT

Are you missing out on Bingo? Check this out!

<p>MONDAY PENNY BINGO 1:00 TO 3:30PM</p>	<p>Only a penny per card per game – 18 games; plus 4 paper games at \$1 each with payouts averaging from \$15 to \$80 – all payouts based on number sold.</p>
<p>WEDNESDAY BINGO 1:00 TO 3:30PM</p>	<p>\$1 PER HARD CARD – 16 games plus 4 paper games at \$1 each with payouts from \$15 - \$80 – all payouts based on number sold, with a progressive blackout starting at 48 numbers for \$50 increasing one number and \$10 per week.</p>
<p>FRIDAY BINGO 6:30 to 9:30PM</p>	<p>\$16 FOR 19 GAMES INCLUDING SPEED. Payouts on 6 – on papers average \$25 with special game payouts averaging \$50 - \$100 and one with a Chance to Win \$1,000 - \$99. The Progressive Bingo starts at 48 numbers for \$200 increasing one number and \$20 per week.</p>

Bingo cards may not be purchased or played other than at the approved location of licenser’s game. A player must be present to win. You must have a phone ID for all bingos over \$100. We will continue collecting canned foods for UCAN. Get a free paper game on Wednesdays for 2 cans and on Friday get a free Early Bird Pack for 3 cans – just another way of supporting our Senior Center. Thank you.

BUILDING RENTAL

Linda Cornett

Need a place to hold your meeting or event? Give the Roseburg Senior Center a try! You could even play bingo or eat a meal with your event; these are extra charges, but available to renters. Meetings for large or small groups, possible monthly meetings too, can be arranged.

Contact the Facilities Rental Coordinator, Linda Cornett, at 541-673-9066 or leave a text message to 503-936-1005 for complete details or questions about our facility.