

Salem Parks Foundation



We  parks!

Fall 2021

Leaving a Legacy for Salem's Parks

The Salem Parks Foundation's **Legacy Fund** is our way to put feet under our slogan "Rooted in the Past, Providing for the Future". For the past 12 years, excluding COVID years 2020 and 2021, **Pinot for the Parks** has been our annual fundraiser. Thanks to our donors and investment growth, the Legacy Fund has reached \$83,500. Part of the SPF mission is to create a permanent funding source for the parks of Salem, Oregon. The Legacy Fund is the way we plan to accomplish this.

The Legacy Fund is held and managed by the Oregon Community Foundation. We chose this charitable organization to administer our Fund because their mission closely aligns with our own. OCF's website Oregoncf.org highlights their efforts to transform generosity into impact and put donated dollars to work and to maximize impact for the benefit of people across the state.

OCF has provided funds for many Salem Park Foundation projects, including the McKay Park playground and some of the projects funded thorough the SPF Neighborhood Park Grant program.

SPF believes the Legacy Fund is a good way to build for the future. We hope you agree! Donations dedicated to the Legacy Fund to honor or memorialize your loved ones will help Salem's parks both now and into the future.



Due to uncertainties about Covid, we are not able to host an in - person event this year, but we hope you will still consider a gift to the Legacy Fund.

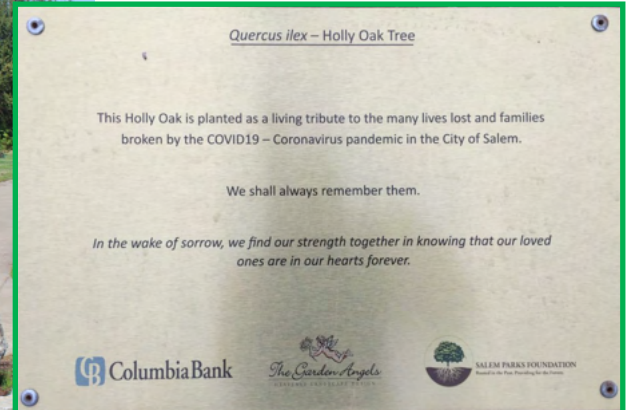
Are parks important to you? Here are some ways to give to Salem's parks

- **Mail** a check to Salem Parks Foundation at P.O. Box 5764, Salem, OR 97304 or Donate online at www.salemparksfoundation.org
- **Link** your Fred Meyer Rewards card to SPF at www.fredmeyer.com/communityrewards
- **Amazon Smiles.** SPF participates in the Amazon Smiles charity program. Please choose SPF as your charity at Smile.amazon.com
- **Match.** Many employers match contributions. See if your workplace provides this giving opportunity
- **Buy an owl sign!** Purchase online or by mail
- **Consider gifting** the park lovers on your list with a donation in their honor
- **Bottle Drop/Give.** Your refundable cans and bottles can help improve Salem Parks. Fill pre-labeled blue bags with refundable cans and bottles and drop them off at any of the Bottle Drop sites in Salem. Send an e-mail to info@salemparksfoundation.org We will arrange to get the bags to you
- **If you are over age 72**, arrange with your IRA custodian to send some or all of your Required Minimum Distribution (RMD) directly to Salem Parks Foundation
- **Make a charitable bequest** in your will to SPF and/or name it as a retirement plan beneficiary

Your donations to Salem Parks Foundation have made a big difference in Salem's parks this year. Here are some of the completed projects.



Memorial to Victims of Covid in Geer Park



Clark Creek Park playground



Scroll bench in Nelson Park



Virginia Barker Memorial Bench in Lansing Park



Improved pathway through Dan Chandler Nature Park and English Ivy removal to save trees



About Tibby

After raising a generation of park volunteers, Tibby looks forward to some changes and choices in her daily life. She and her husband have a small farm complete with animals and chores. It has been a labor of love, but in anticipation of retirement, they have gradually reduced the daily labor requirements and look forward to having the time to do some serious travel. They plan to tour the USA in their travel trailer.

She loves to cook and garden, wants to take yoga classes on a regular basis, looks forward to brushing up on her knitting skills, and best of all, spending individual time with each one of her grandchildren.

Her other strong interest is - no surprise - volunteering. She has enjoyed working with Marilyn Daley at Center 50+ and plans to continue working there as a volunteer.

Park Hero Tibby Larson, Volunteer coordinator

Connecting people with parks for 20 years

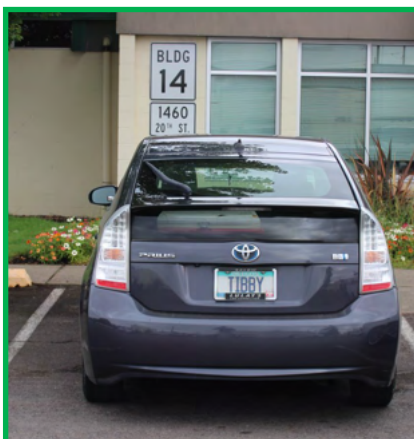
Ask Tibby Larson how she feels about her work and one quickly gets a sense of how important it is to her life. That importance shows in the changes she has brought to the volunteer program at Salem's Park Operations.

When Tibby started as volunteer coordinator 20 years ago, the City of Salem Parks Department annually logged 30,000 volunteer hours. Currently, Salem Parks Operations benefits from over 81,000 volunteer hours or the equivalent of 39 full time workers. This includes 1900 regular volunteers such as gardening groups, Friends of Pioneer Cemetery, park partners, patrol members, and litter picker-uppers. Over 10 companies and organizations host 2 or 3 volunteer events each year. Before Covid, the City hosted 3 large scale volunteer events each year with over 100 volunteers. Behind these numbers is Tibby, making it all happen.

During her time at Salem Parks Operations, Tibby has seen a change in public attitudes toward parks. People seem to place a greater value on parks and to realize their importance. She attributes this change to the fact that not everyone has a private yard or green space. The parks belong to all. She has seen a rise in both interest and in volunteerism. Especially during the Covid shutdown, individuals came out to volunteer in parks. Some volunteers came because they had more time, some came to be outside. All came to be involved in positive effort to help the community.

Volunteering has spin offs. The parks look better and people make new friends with common interests. Businesses start to realize volunteering and community involvement are good for business.

Volunteering changes people. Tibby cites examples of individuals fulfilling community service requirements and being won over by positive support from staff and fellow volunteers. The experience of making a difference for good builds self esteem. Many continue as volunteers long after their required service hours have been fulfilled. Some have gone on to become City of Salem staff.



This feature would not be complete without letting our readers know how to volunteer in Salem's Parks. Whether you are interested in a one time or a regular opportunity, Call Tibby (or her replacement after October 1) at **503.589.2197**



The Importance of Parks: SPF believes that access to parks is vital for everyone's mental and physical health. Here are three community and national leaders who offer good reasons for supporting parks.

Diana Allen, Chief, National Park Service Healthy Parks Healthy People National Program

Parks Foster Mental, Physical and Spiritual Health When we think of national parks, we think of places for people to recreate and connect with nature and their history, but they also provide places for people to have fun, and find mental, physical, and spiritual health, and social wellbeing.

Historically, the justification for the creation of park land in the United States is rooted in public health through the provision of clean air and clean water, and also providing spaces for finding respite from the stressors of everyday life.

We believe a park visit can influence park visitors to adopt healthier lifestyles. The research is proving this out. For example, research from Cornell University shows if you think of exercise as being fun—like a scenic walk in the park, or just a break to relax—you will actually eat less and healthier afterwards.

Adrian Benepe, Senior Vice President and Director of City Park Development, The Trust for Public Land

Parks Encourage Physical Activity Parks are a great way to encourage physical activity and sustain healthy lifestyles. According to a study from the RAND Corporation in 2013, about 14 percent of moderate exercise and 50 percent of vigorous, heart healthy exercise takes place in nearby neighborhood parks.

Even a small and inexpensive park provides great opportunities for exercise. The Trust specializes in helping to create micro parks that we call fitness zone areas.

Myron Floyd, PhD, Professor and Department Head in the Department of Parks, Recreation and Tourism Management at North Carolina State University

Parks Advance Health Equity We know that there are racial disparities in rates of activity and childhood obesity, particularly in urban areas. Parks with trails and greenway attractions afford activity such as walking and cycling, and those connections allow people to move back and forth between activities. We have cross-sectional data from many studies that suggests people who live close to parks are more active, including children, and adolescents living near parks are less prone to being overweight.

Salem Parks Foundation

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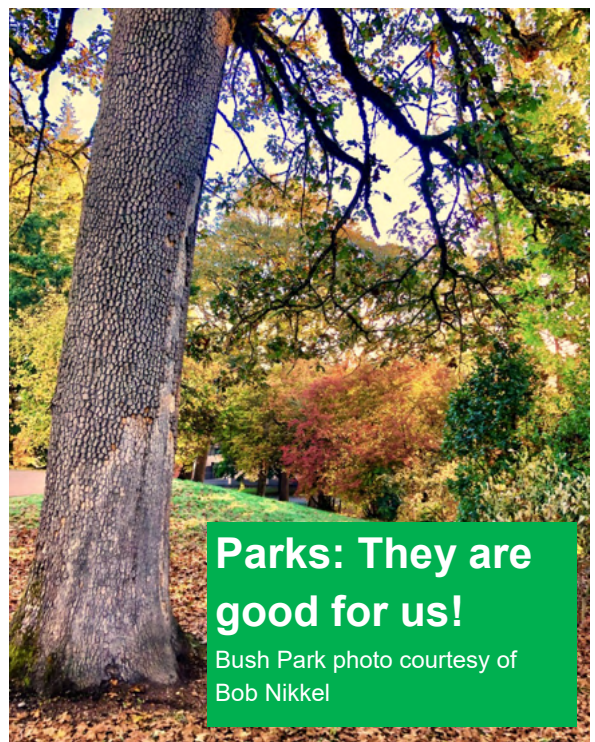
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Parks: They are good for us!

Bush Park photo courtesy of Bob Nikkel