



## South Salem Seniors Center Newsletter

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Did your July 4<sup>th</sup> come in with a bang or a splat? I was in Boise, Idaho visiting my daughter and her spouse, along with 3 grandsons. They live in a community that is right amid a Wildlife Sanctuary. No fireworks allowed. This community also is surrounded by some very dry foothills. I cannot say I missed the fireworks. They are also in a Covid situation with numbers climbing. Consequently, all we did was eat, watch movies and sleep. My blood pressure was at a very comfortable level while I was there. I drove alone to Idaho with my little 15-year-old Scamp dog. He ended up being a very spoiled pup by the time I returned. While I was there, I met their chicken family. Cheeto, Ruth Ginsburg, Cluck Norris, Mother Clucker, Karen the Evil, Jan, Summer and Winter. They have laid 3 eggs. My daughter has arranged music and a swing for them. She is also looking for a xylophone for the more talented of the group. I adore that girl of mine.

You probably have been listening to what the Governor has asked of us here in Oregon. She is asking us to do what we can to bring this virus to its knees. Some people do not understand or want to follow her requests. I for one am listening to what the medical profession and Kate Brown is asking. We absolutely cannot open the Center yet. We are preparing for the opening, but that is all for right now. I have so many people asking me when. I am sorry I have no crystal ball to answer that. I for one am lonely, sad, and very frustrated. Most likely many of you are also feeling some of what I am.

The Center is continuing to pay the bills. Utilities, Insurance etc. are no respecter of the havoc Covid leaves us with. A very irate man left a message on our voice mail. He stated we were not an entity of the

Government. Therefore, we had no right to be closed. He was angry he had paid his dues for nothing. This very brave soul left no name or phone number. Lucky for us both. Many of you have sent in your dues although we are closed. No complaints, you just sent them in. You are the ones who know we must receive income to stay afloat. You are the ones who have supported the Center for a long time. Speaking to you who are the lifeblood of this Center I thank you from my heart. I am proud of you. You know what loyalty and courage are about. The people in our age group have endured many things. Both good and bad. We do not crumble, we get up, wipe ourselves off and continue on. Please care for yourselves, do not let loneliness cause you to become careless. I will admit that I have cried some tears over this. I miss you so much, I grieve that we cannot come into our Center right now. But I believe our spirits are there keeping watch. Bless you all my dear friends. I hold you all up to my creator. See you when I see you.



## Watermelon Lemonade

Servings: 6

Prep Time 15 minutes

Total Time 15 minutes

### Ingredients

6 cups cubed seedless watermelon , chilled (2 lbs after peeling)\*

4 cups cold water

3/4 cup fresh strained lemon juice , chilled

2/3 cup granulated sugar (more or less to taste)

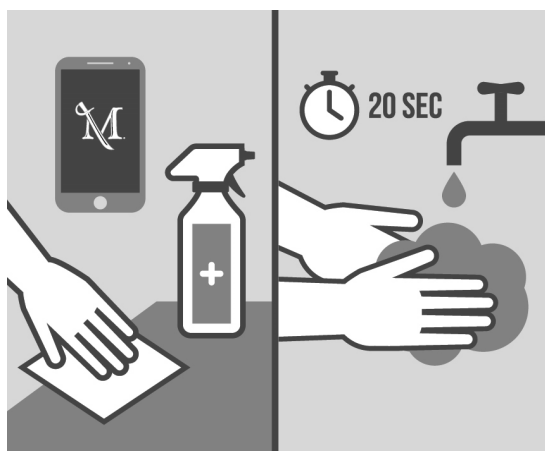
Ice and fresh mint for serving

### Instructions

Add watermelon to a blender and pulse until well pureed (there should be about 4 cups). Pour through a fine mesh strainer into a bowl.

In a large pitcher whisk together water, lemon juice and sugar until sugar has dissolved. Stir in pureed watermelon. Stir in ice and mint (alternately add ice and mint directly to individual cups and pour lemonade over). Store in refrigerator.

\*If you don't have time to chill the ingredients then just use more ice in place of some of the water.



### Senior Center Open for Lunch

Marion-Polk Food Share has resumed lunch service Monday through Friday from 12:00 – 1:00 PM daily. Boxed lunches will be handed out at the side of the building near the kitchen. **Drivers are asked to park and remain in their cars.** Kayla will greet them and take their orders; two option will be available daily.

For the present no donations or fees apply.

SSSC is not a Meals on Wheels distribution center. If you would like home delivery call 503-364-2856

## Crafters News !

One of the highlights of my week is meeting with fellow crafters on Monday in the parking lot. We set up by the lake so that we can have a choice of sun or shade.

One week several ladies brought all of the things that they had been working on. Judy had been traveling, but that doesn't stop her from crocheting matching baby hats and booties. She definitely supplies the pregnancy center with choices for the new arrivals.

One lady brought many marble mazes. These are for people who like to fidget with things that move.

We also have crafters who make things to order. Heather is expecting a new grandson, so she asked Audrey to make a baby quilt.

Another lady read about our group in the Newsletter and brought two heirloom afghans that needed repair. Yes, we have someone who will do that.

Come join us on Mondays from 1:00 to 3:00. Bring your own chair and your own craft supplies or join us for a fun time of solving the world's problems!!!!



## Garden Club

### THE SUMMER OF 2020

.....Has arrived at last. The summer of our discontent OR, enjoyment of digging in our gardens, enjoying day lily blooms, Petunias, dahlias, Hosta flowers peeking out among shaded greenery. No MASKS needed when out in our gardens then slipping them down to sniff ROSES on walks through Bush Park.

This is the summer of drive-by Graduation celebrations, weddings in the streets, ZOOM family reunions.....NO hugging, keeping our distance while socializing 6' apart.....admiring from afar.....drives in the Country and to the BEACH and back.

Will 2020 be remembered as 'the best of times or the worst of times' depends upon how we use our time.

Looking forward to seeing the friendly faces of our garden club members.....in the not too distant future.

Sincerely,

Barbara Castle (Chair-woman)

503.375.7723 (questions/comments welcome)





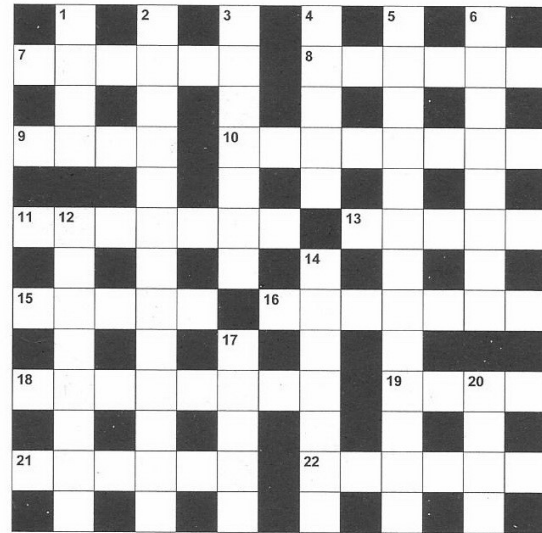
## Caprese Salad

### Ingredients:

3 vine-ripe tomatoes, 1/4-inch thick slices  
 1 pound fresh mozzarella, 1/4-inch thick slices  
 20 to 30 leaves (about 1 bunch) fresh basil  
 Extra-virgin olive oil, for drizzling  
 Coarse salt and pepper

### Instructions:

Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each, on a large, shallow platter. Drizzle the salad with extra-virgin olive oil and season with salt and pepper, to taste.



### Across

- 7 - Mountain chain (6)  
 8 - Musical ensembles (6)  
 9 - Coalition (4)  
 10 - Red fruits eaten as vegetables (8)  
 11 - Reintegrate (7)  
 13 - Emirate on the Persian Gulf (5)  
 15 - Discharged (5)  
 16 - Toured (7)  
 18 - Recurring with regularity (8)  
 19 - Duration (4)  
 21 - Idle (6)  
 22 - Disrespects (6)

### Down

- 1 - Tablet (4)  
 2 - Bias (13)  
 3 - Thrown away (4,3)  
 4 - Rascal (5)  
 5 - Denial (13)  
 6 - Software provided without charge (8)  
 12 - Expressions (8)  
 14 - Bishop's jurisdiction (7)  
 17 - Brown earth pigment (5)  
 20 - Fix (4)

**South Salem Senior Center**  
**6450 Fairway Ave SE**  
**Salem, OR 97306**  
**503-588-0748**

www: southsalemseniors.org  
 ssscoffice@comcast.net

### Officers:

|                                     |              |
|-------------------------------------|--------------|
| <b>Camille Lockling</b> , President | 503-269-1463 |
| Heather Rivas, 1st Vice President   | 818-618-2180 |
| Paula Hindman, 2nd Vice President   | 503-362-9038 |
| Linda Peyton, Office Manager        | 503-363-4290 |
| Alice Wells, Secretary              | 503-362-5139 |
| Nancy Grabow, Treasurer             | 503-884-5521 |

**We appreciate your Donations**

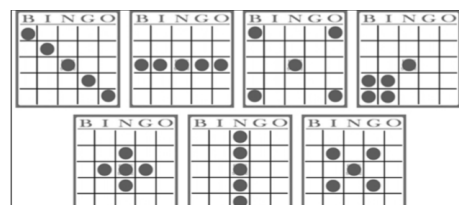
**Play BINGO here every Friday**

**Win prizes and cash awards!!!!**

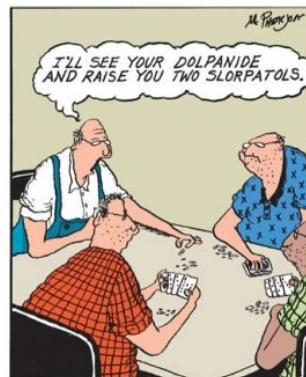
**Join in on the Fun and Friendship from 1 to 4 p.m.**

(Card sales begin at 12:15 p.m.)

**Minimum buy in is just \$3.75**



|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 7 |   | 2 | 3 | 8 |   |   |   |
|   |   |   | 7 | 4 |   | 8 |   | 9 |
|   | 6 | 8 | 1 |   | 9 |   |   | 2 |
|   | 3 | 5 | 4 |   |   |   |   | 8 |
| 6 |   | 7 | 8 |   | 2 | 5 |   | 1 |
| 8 |   |   |   |   | 5 | 7 | 6 |   |
| 2 |   |   | 6 |   | 3 | 1 | 9 |   |
| 7 |   | 9 |   | 2 | 1 |   |   |   |
|   |   |   | 9 | 7 | 4 |   | 8 |   |



With prescription drug costs skyrocketing, many senior citizens have come up with other ways to obtain their medications.



"Ed is having a tough time adjusting to retirement."

### Better than SUDUKO

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*Louise Kuebker, Librarian*

### August 2020 Days to Remember

- 1 Air Force Day
- 1 National Girl Friend Day
- 2 Ice Cream Sandwich Day
- 4 U.S. Coast Guard
- 7 International Beer Day
- 9 Book Lover Day
- 14 Japan Surrenders
- 16 National Airborne Day
- 17 Thrift Shop Day
- 19 National Aviation Day
- 20 Chocolate Pecan Pie Day
- 26 Women's Equality Day

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](mailto:arturojg@comcast.net)



# Community Connections

## Mike Giertych

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Keep updated on the latest news by visiting our  
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underlined text will be a LINK to webpages!  
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**David L. Carlson, Lawyer**  
**503-365-0373**

**Wills & Trusts/Probates**  
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**Senior Center members will receive a  
25% Discount on all estate planning**

**BROOKSTONE**  
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**Brandy Khlystov**  
Administrator

5881 Woodside Drive S. **503.316.0687**  
Salem, OR 97306 **503.589.1753 fax**

[brandy.khlystov@jeaseniorliving.com](mailto:brandy.khlystov@jeaseniorliving.com)

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**Don Moser**

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Follow our **Facebook Page**  
<https://www.facebook.com/southsalemseiors/>

We post helpful tips, plenty of photos, plus  
happenings in and around the South Salem  
Senior Center on our Facebook Page.

## Community Connections



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Monthly Publication

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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, please renew to support your Senior Center.  
**Renewal membership \$20.00 a year**



Soup 'R Meals  
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Meal Pick up Tuesdays at SSSC Kitchen  
4-7:00 PM

6450 Fairway Ave SE  
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**Meals available for purchase during the center closure**  
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**Breakfast will resume**  
**When we open again**

Join us for pancakes or homemade  
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Sausage or ham, orange juice,  
Coffee or tea