



## South Salem Seniors Center Newsletter

### Presidentially Speaking

Hello South Salem. It is hard to believe that we are going on 4 months without the doors being open to you. I have not talked to anyone who does not want to open up. Yesterday I participated with about 8 individuals through a Zoom conference. It was quite enlightening to listen to their own thoughts regarding how they are navigating through this. Today I received an email from the Oregon Health Authority. I would like to say it was just totally enlightening. But not really. I suspect that there are individuals who go onto this site frequently. These are the ones who are frustrated and want to know why we are still closed. That would be because we are quite unique. Isn't that great to know you are apart of uniqueness? Yes we are now in phase 2 . Whoopee lets send up a banner that says come on in. Sorry no cigar folks. Some Centers have some facets to their business that offer classes and other things that we do not offer now. I know one that offers foot care. But they will be needing to make appointments well ahead of time. No just walking in. Same for some that offer gyms. Many classes will only be allowing a minimum and an appointment well ahead of time. Yes we play cards, we have knitting classes. We offer Tai Chi and Yoga .So it seems we should be able to start these up. If you read the minimum and maximum people allowed in, possibly you might think we can accommodate 50 people. I have been told we need to take dimensions of a room and divide it by 114. That will tell us how many people can be in a room at the same time. With that equation no way can we accommodate 50 people at once. Numbers folks, numbers. We will still have to honor the 6 feet apart. When we open the doors there will not be any cards for awhile or Bingo. There just is no way to sanitize cards. I do not mean to sound so disheartening, just being truthful. Arturo Guillen and Roger Brousseau are making sneeze guards for the front desk and Nifty Thrifty. We will making hand sanitizer usage mandatory to enter the building. We will be wearing masks and asking this of you.

Volunteers will be diligent about keeping the building sanitized. Meals will not be served for some time within the Center. But Marion Polk Food Share is serving lunches on the Parking Lot. You just need to drive up and they will be handed to you. I have to believe that just like the Phoenix we will rise again. We have had many calls regarding AARP Taxes and Drivers Classes. Neither of these will be offered until 2021. I have heard that if you feel certain you do not owe money then feel comfortable to wait until next year to file. But if in your heart you know you are going to have to pay then please find yourself a CPA. Little Scamp dog and I are heading out in 2 days for Caldwell Idaho. I tried to find him a stylish visor or sunglasses but to no avail. I have created him a comfy bed to ride shotgun in. We will be sort of roughing it in Caldwell. I have heard there are bears, I will have to get him some bear spray. My Darrel is going to bachelor it. I will really miss him and of course worry about him.

See you in a little over two weeks. Au revoir.

Camille



## "AUNT BILLIE'S GINGER COOKIES"

### A Little History

This recipe has been passed down (and around) through at least four generations of hardy women whose families lived on the San Juan Islands in the northern-most area of Washington state. Their husbands, brothers and sons were fisherman, farmers or loggers, with a few musicians thrown in for good measure. Thanks Aunt Billie, wherever you are, your cookies are still being enjoyed.

### Double Batch (makes 6-8 dozen)

#### Ingredients

##### In mixing bowl place:

1 & 1/3 C. canola oil

2 C. white (or light brown) sugar

2 eggs

1/2 C. molasses

With a spoon or blender stir vigorously the mixture is shiny.

##### Sprinkle in:

4 tsp. baking soda

1 tsp. salt

2-4 tps. cinnamon (minimum 2 tps.)

2 tps. powdered ginger

Mix well until you are certain ingredients are evenly distributed.

##### Slowly fold in one C at a time::

##### 4.5 C flour

Mix until ingredients are well-blended and the dough has a slight sheen. It should be the consistency of playdough, *soft* but does not stick to your hands when shaping. Add up to an additional 1/2 C flour if needed.

Using white sugar, fill a small bowl to the depth of approximately 2 inches.

Hand-roll dough into small (rounded tsp.) medium (rounded tbsp.) or larger (size-of-you choosing).

Roll balls in sugar and arrange on ungreased baking sheet.

**Bake at 350 degrees in middle of oven for 12-15 minutes** depending upon cookie size.

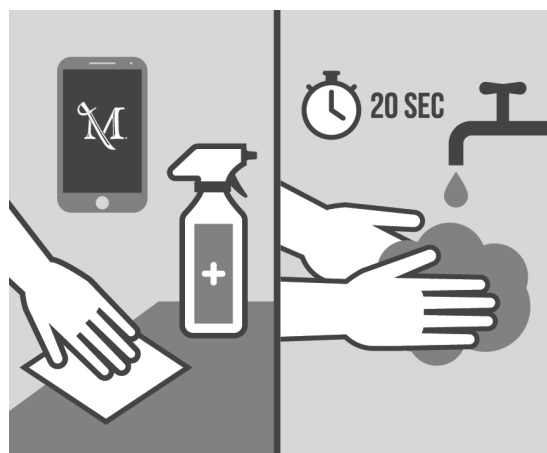
***Do not place two baking sheets in oven at the same time unless side-by-side.***

Cookies are ready to come out when the top is crackled and the middle isn't super soft (you cannot make a deep dent with your finger). The cookie will have a slight orange tint. After removing from oven, let cookies cool on the baking sheet for a minute or two then transfer to cooling racks. Wait until completely cool and hardened to store.

**\*Note:** For crisper cookies, bake the full 15 minutes, for softer, a bit less...but be sure the cookie has "crackled".

From the kitchen of dear friend and SSSC member Sharon Latshaw whose husband Jim was Billie's nephew.

**Anyone interested in sharing favorite recipes (and their history) please e- or snail mail to**



### 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 !

What? Are we going to the dogs??!!!

Not exactly. The one wearing the visor is Meg and her forte is crocheting animals—of all sizes. Look closely at the basket, it is filled with dogs of all sizes and breeds. Isn't the large one adorable? On this particular day, she brought her entire collection with her.

Meg has given many of the animals to organizations that deal with children. She has also donated them to the gift shop at SSS and sold them to members of our group who send them to their grandchildren.

The group continues to meet in the parking lot on Monday afternoons from 1:00 to 3:00. Remember to bring your own chair. Currently, we are moving around depending on the weather. Sometimes it is very warm and sunny, so we're in the shade of the center. Other times the breeze is a little chilly, so we move out into the sunshine. We are adaptable!! We still maintain social distancing and wearing a mask is acceptable. It is just good to see our friends, knit or crochet, catch up on the

news, etc. We welcome new members, but you must bring all of your own supplies. We can't go into the building.

Arlene Williams



## Garden Club

GREETINGS to our fellow gardeners.....!!!

Gardening has not been cancelled.....just the club meetings & it is hoped that many of you continue enjoying your gardens, digging in the dirt, visiting some of our local nurseries.

Stopped at Al's in Woodburn mid-April.....it was so wonderful being amongst all the gorgeous trees, shrubs, perennials & annuals they have to offer. I chose a Lime-Green Heuchera to brighten a shady spot in our backyard. All employees wore masks as did hubby & I, the carts were sanitized after each use & the flow of buyers went quickly.

Our Rose Lowery & Sandy Santiago started seeds before the lock-down & have been offering plants for sale at Rose's house. Club Members were phoned & urged to call her to order what they wanted & set a time when they could come & pick-up tomato plants, vegetables, plus other plants she had. Last chat she had a good selection/variety so give her a call.....503.581.4632

When the Senior Center re-opens we will have our usual meetings & visit gardens. PLEASE watch for NEWS & phone calls/messages with "WHAT'S HAPPENING" so we can get together again. Our usual meeting day/time will remain on the 3rd Monday at 1:00pm.

Cheers to gardening for stress relief.

Barbara Castle.....503.375.7723



## Cream Scones

From Jerry Sue Hilliard's neighbor Sheila

### Ingredients

3 C. flour  
 ¼ to 1/3 C. sugar  
 1 Tbsp baking powder  
 1 Tsp salt  
 1 Tsp vanilla  
 1 & 1/3 C heavy cream

Heat oven to 425 deg  
 Line baking sheet w/parchment

### Directions

In large bowl whisk together: flour, sugar, baking powder and salt.

In small bowl combine vanilla and cream.

Drizzle over dry ingredients and combine until no crumbs remain.

Place dough on floured surface and divide in half. Shape each half into a 6-inch round, approximately ¾ inch thick.

Place rounds on baking sheet and cut each evenly into 6 wedges. Pull wedges slightly apart keeping in the circular pattern, allowing approximately 1 inch between each wedge.

**Notes:** for best rising, place the baking sheet in the freezer for 15 minute before baking.

Bake for between 14-15 minutes.

Jazz up dough with craisins, raisins, choc chips, candied ginger finely chopped fine, or zest of citrus.

## Nifty Thrifty News

Greetings to all our valued members & customers from the "Nifty Thrifty" gang !

While we've all had more days off than on, we did get a few days off than on, we did get a few days of work done when an estate sale came in that needed our urgent attention.

At this writing, we don't know have a reopen time, but would ask that your welcome contributions could be held for a short time until we all have a chance to get reorganized & see what space we'll actually have.

Thanks many times over for your continued support of the "Nifty Thrifty & Gift Shop" rooms

The Gang



**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**

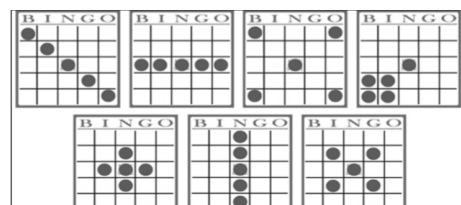
## Play BINGO here every Friday

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





## Reaching Out

During the past several months there have been many questions regarding when South Salem Senior Center will again be open. President Camille Lockling is actively engaging with local authorities and Center 50 Plus to keep tabs on the latest updates and guidelines. See the Presidents Message for current information.

Meanwhile a number of inquiries have arisen regarding the Pancake Breakfast. An extensive list of considerations must be addressed before reopening a food service establishment and is especially important to create a plan which addresses the safety of our senior population.

Historically the financial success of the Breakfast has been made possible by the customer great turnout (who can pass up one of the best breakfasts in town and a chance to socialize?) along with the event being underwritten by individual senior-service related businesses and agencies within our community. Their sponsorship fee covers the cost of all food stuffs for a breakfast. Working in community outreach one rarely expects someone calling to ask "when can we sponsor an event?" or "what can we do for you?" Yet the Center receives more than a just few such calls. When the SSSC closed in March we had a confirmed sponsor for each month through January of 2021!

Listed below are the names of these wonderful sponsors who participates during the past two years beginning January 2019 through December 2020. An asterik \* indicates repeat sponsorship. We so appreciate their support.

<b>*Battle Creek Memory Care</b>	<b>*Boone Ridge Sr. Living Community</b>
<b>*Madrona Hills</b>	<b>*Marian Estates Independent Living</b>
<b>Senior Helpers</b>	<b>Bonaventure of Salem (Boone Rd)</b>
<b>Regency Woodland</b>	<b>Eric O'Leary Health Insurance</b>
<b>The Springs at Sunnyview</b>	<b>Meadow Creek Village Assisted Living</b>
<b>*Farmington Square</b>	<b>Redwood Heights Assisted Living</b>
<b>*Hidden Lakes Independent Retirement Living</b>	
<b>Senior One Source and Parsons Home Team</b>	
<b>*Michael Bredimus Insurance Agency</b>	
<b>Matthew Guyette &amp; Shawn Sibon, Financial Planners, Edward Jones</b>	

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*Louise Kuebker, Librarian*



Would you like to write an article for the newsletter?  
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## Community Connections

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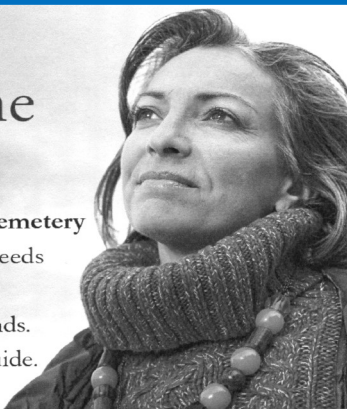
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We post helpful tips, plenty of photos, plus  
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Senior Center on our Facebook Page.

### David L. Carlson, Lawyer

**503-365-0373**

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25% Discount on all estate planning***

### BROOKSTONE

ALZHEIMER'S SPECIAL CARE CENTER

**Brandy Khlystov**  
Administrator

5881 Woodside Drive S.  
Salem, OR 97306

**503.316.0687**  
503.589.1753 fax

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

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2x4 in	\$30.00	\$ 60.00
4x4 in	\$60.00	\$120.00



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**Breakfast will resume**  
**When we open again**

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