



South Salem Seniors Center Newsletter

Here we are into August, I cannot believe how the time is flying. I must look at my calendar to keep up with the days. In last month's newsletter I spoke about how many of you had paid your dues. I also told you how grateful I was. Since then we have received \$720.00 in dues. One lady paid up for 10 years. I would love to shake her hand, she showed faith and encouragement. We have also received \$320.00 in donations. I often have brainstorm, some good, some not. I thought it might be interesting if some of you would like to email me what is happening with you. Possibly we could start putting things on our FB page, anonymous of course. If you just need to chat you can email me or call me. My number is on the Newsletter.

During this closure I have taken to gardening. One of my favorite things is to take my coffee out and water the yard. My gardening clothes consist of mixed matched PJ's and rubber shoes. My hair has grown to my shoulders and generally not combed until noon. No red locks for me, I have grown out to grey locks. When it gets towards evening my husband will ask me if I am going to change in to clean PJ's.

One day I was down in the mouth my husband suggested I go and fix myself up. I combed my hair, put on my other face and some earrings. I also put on clean PJ's with my rubber shoes. I felt better.

I finally got to see my older brother in memory care out in the courtyard. He often tells me he feels like he is locked up. Not only did I have on my glasses and a mask, I was also given a plastic shield to wear. I do not think he would have recognized me if I had not had his dog with me. A lady with a mask and plastic shield escorted him out to me. He was also wearing a mask. He had problems hearing me with all the protective

gear. The whole thing felt surreal to me. The shields reminded me of something police wear. I have never visited anyone in jail before, but with the plastic between us and no touching, it did feel strange. They ended our visit after 30 minutes. I went to my car and ripped off my masks and dissolved into tears. I am not looking for pity, just sharing. There are so many people suffering through all of this. I am talking about suffering beyond our comprehension.

Generally, I do not speak about religion or lack of it. Lately I am drawn to my backyard when it is almost dark. I have a few solar lights and can see the start of some stars and hear the birds telling me goodnight. I ask my creator to bless this whole planet. I ask for peace and love for the inhabitants of mother earth. It is a big request to ask for you to believe my prayer is close to each of you. But I have sent it to you anyway. Namaste

Camille Lockling



Summer days are beginning to shorten and fall is almost upon us. September 11 falls on a Friday and my kids and I are headed to a weekend retreat. We look forward to some hiking, talking, telling silly stories and laughing. But that was not the case 19 years ago, on a Tuesday, when we woke to a tragedy in progress, for the USA, and for the world.

At that time I was a single mother, my life was a joyful challenge of caring for two boys, and I tried all the tricks in the unwritten book of parenting to provide their needs. Our mornings were never complete without the "five more minutes" routine, as my 'baby' would beg for more sleep when I woke him for school mornings. Why couldn't he tack that time onto the evenings, and get to bed earlier? A mystery of motherhood, I assumed.

I solved it by setting my radio alarm very early, hitting the snooze button and sneaking into his room to give him the "five more minutes" option, then I would climb back into a warm bed and wait for the alarm again. On September 11, I must have hit that snooze button multiple times before I realized that the broadcasting was different, urgent, alarming.

As Americans, we all have some memory of that event and the days to follow, nationally and locally our lives were impacted and our emotions hit dimensions we didn't know existed until then.

I know I could 'google' today and recite the fatality count of that day, the families that were directly impacted, and the emergency response teams that heroically came to our defense, putting their own lives in peril for strangers. But numbers don't add up to much when you consider a life, a person, a story, loved ones.

Covid-19 has claimed the lives of too many, in late March the toll exceeded that of the 9/11 attacks, in late April the numbers compared to the Vietnam War, (I googled that.)

Most of the victims are elderly, whatever that means to us oldie goldies, there seems to be a sense of discount in the numbers, as if people over a certain age have little left to expect from life besides death. I counter with the thought that ALL of us can expect death, it is a universal fact, just as we all have a story. Grief is also universal, and I am committed to a daily routine of remembering our citizens lost to the pandemic. I reserve a few moments each day and direct my thoughts to those we have lost. I sit at the piano and play renditions of Amazing Grace, changing keys to fit my mood. I think about the fortunes I have enjoyed, and wish the same on all who inhabit this shrinking planet.

I bask in a bubble of my own making, I comfort myself and grieve the many lives lost, although strangers to me, I remember them. And when my time is at hand, when it is my turn to go, I will definitely beg, I'll beseech my maker for "five more minutes."

**Essay submitted by
our Center member:**

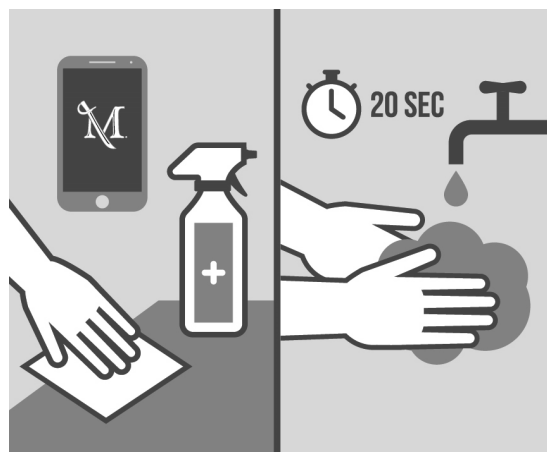
Anne Sweeney

This lovely old roll top desk was donated to the Center by Ken and Margaret Palen. They inherited it and has resided in their home for

many years. Before that it belonged to Dr. Grace Hope Gibbon Orr. Dr. Grace was the first female Chiropractor to practice in Los Angeles, California. She was born on April 18, 1886 and passed away November, 1966. Just in case you would like to do some research,

the manufacturer of the desk was Barker Bros, Inc. Los Angeles, California. Office Outfitter. The desk will be on display in the Center along with a

lengthy article containing some history Of Dr. Grace.



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 !

The Monday Afternoon Crafters have been meeting out in the parking lot of the Senior Center and do not have access to the building.

We've been doing this for several weeks and many of us are running out of yarn. Those with a stash have been bringing yarn and sharing it with those who are running out. A few weeks ago, a stranger drove in and asked if we would like some yarn. Her 93 year old mother had passed away and she was sharing her "stash" with us. We were elated!!! The stash included two partially finished projects that members took to complete and many full skeins of yarn in beautiful colors. We are so appreciative of this donation. Thanks and thanks again.

The crafters meet on Mondays from 1:00 to 3:00 out in the parking lot if it's not raining or too hot. Bring your own chair, hat, sunscreen, and yarn!!!

When we ladies of the Monday Afternoon Crafters were younger, we would often say, "How I wish I had more time and I could—paint a room, organize my crafts, learn how to quilt, bake something special for dinner, and on and on." Now, with this pandemic, we have lots of time. I, Arlene Williams, decided to interview the members of our group and let others know what we're doing with our extra time.

At one of our Monday Afternoon gatherings, I overheard Audrey say that she baked every day. My ears perked up and I immediately wondered why she wasn't putting on the pounds? She shares everything with her neighbors! What a wonderful solution! One neighbor saw Audrey's husband put the ladder up to the roof to clean a down

spout. Even though the neighbor had on a suit and was ready to go to work, he ran over and climbed up the ladder without any hesitation. Audrey was so thankful that her husband didn't have to climb up the ladder, that when the neighbor came home from work that night, he had fresh scones waiting for him. The neighbor was so

appreciative that he now comes over and wants to know what else he can help with.

One of Audrey's favorite shows is "Jenny Can Cook" on YouTube. Jenny has all kinds of wonderful, fast, easy recipes to follow.

On another Monday after hearing Audrey say that she bakes bread every other day, Karen commented, "Warm homemade bread is one of my favorite things!" The next day there was a knock on her door and there was Audrey with a hot loaf of bread!!! Needless to say, Karen was thrilled!!



PEACH COBBLER

READY IN: 55mins SERVES: 12 UNITS: US

INGREDIENTS

BATTER

1/2 cup melted butter
1 cup flour
1 cup sugar
2 teaspoons baking powder
1/4 teaspoon salt
2/3 cup room temperature milk
1 room temperature egg

FILLING

1 (28 ounce) can sliced peaches, drained
1 cup sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg

DIRECTIONS

Melt butter in a 9 x 13 inch pan.
Mix together flour, sugar, baking powder & salt.
Stir in milk & egg.
Pour evenly over melted butter.
Combine peaches, sugar & spices and spread over batter-DO NOT STIR!
Bake 35-45 minutes at 350°F until batter comes to the top and is golden brown.
Serve warm with ice cream.

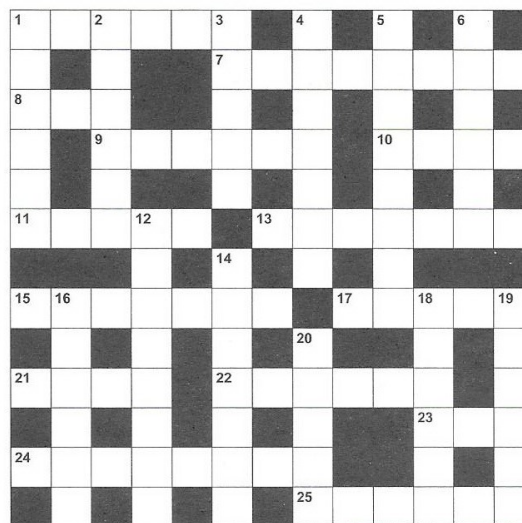


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Linda Peyton, Office Manager	503-363-4290
Alice Wells, Secretary	503-362-5139
Nancy Grabow, Treasurer	503-884-5521



Across

1 - Freshest (6)
7 - Watcher (8)
8 - Tropical constrictor (3)
9 - Very pure glass (6)
10 - Volcanic rock (4)
11 - Spread out (5)
12 - Dullness (7)
13 - Stiff coarse hair (7)
17 - Long ____ owl (5)
21 - Tribute (4)
22 - Set out on (6)
23 - Frozen water (3)
24 - Largest of the Canary Islands (8)
25 - Tiny bag (6)

Down

1 - Royal people (6)
2 - Small carnivorous mammal (6)
3 - A poison (5)
4 - From the East (7)
5 - Formerly Ceylon (3,5)
6 - Departs (6)
12 - Pardons (8)
14 - Country in North Africa (7)
16 - Firmly implanted (6)
18 - Jaunty (6)
19 - Dispirit (6)
20 - Double-reed instruments (5)

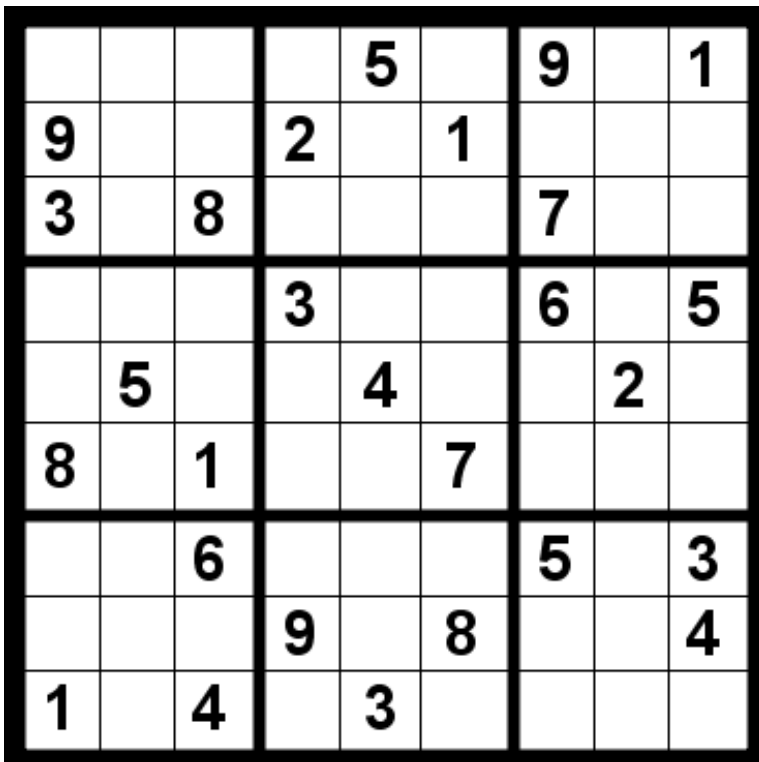
We appreciate your Donations

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Maryann Lundy
Marjorie Newkirk

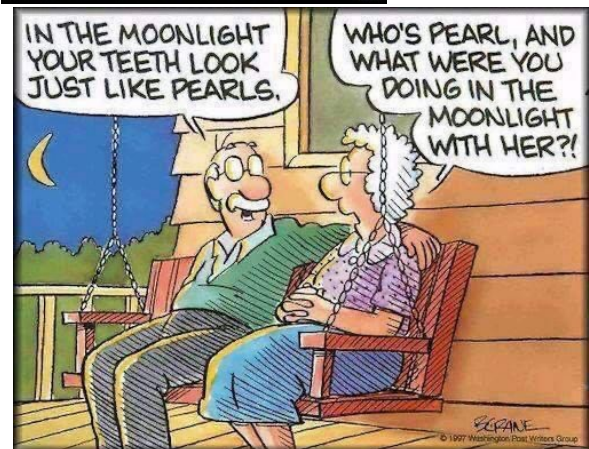
William Dalton
Sharron Southworth

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FINALLY OLD ENOUGH TO DO ANYTHING I WANT



I remember the 'good old days'



when 'snap, crackle and pop' were sounds I heard from my cereal, not my body!

September 2020 Days to Remember

- 2 Japan signed formal surrender
- 4 Eat and extra dessert day
- 5 Be late for something day
- 5 Cheese pizza day
- 7 Labor Day
- 14 Star-Spangled Banner
- 17 U.S. Constitution Approved (1787)
- 18 U.S. Air Force Established (1947)
- 19 National Clean up Day
- 22 Autumn Begins
- 28 Good Neighbor Day
- 29 Veterans of Foreign Wars Established (1899)

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David L. Carlson, Lawyer
503-365-0373

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We post helpful tips, plenty of photos, plus
happenings in and around the South Salem
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If your membership expiration date is highlighted, please renew to support your Senior Center.
Renewal membership \$20.00 a year



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