



South Salem Seniors Center

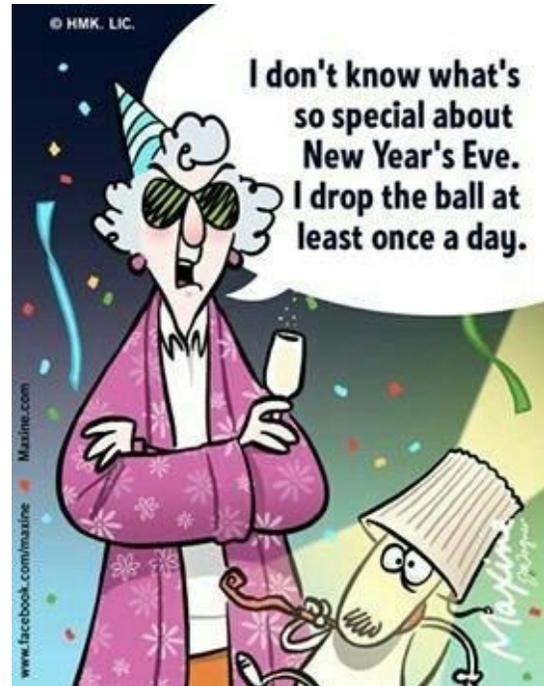


Last month I was late on wishing you all a Merry Christmas. I am wishing you one now albeit Christmas is past. My husband and I spent ours together with Scamper's the pup. I baked a pie for my neighbor man whose wife is in a care home. My Darrel also whipped up a mean pot roast to share with my neighbor. And of course, there is my brother who is in quarantine. He was infected with Covid about two and a half weeks ago. It appears he is recovering. He has lost quite a bit of weight and his memory is worse. Memory care at his facility lit up with Covid for almost a month. 58 Cases and 1 death. It was suggested to me that we find a way to interact with the members. We all know it cannot be in person. Maybe you could send us a letter, either through email or snail mail. Let us know some of your experiences through this shut down. Maybe you could tell us how you are physically and emotionally. Write a poem, send in a joke. I am asking you to send in your letters to us because I want this Newsletter to be about you. Help make it important to us all. You do not have to be a Hemingway to write something, you will not be graded. Arturo Guillen works every month to try and put out a Newsletter. I think he is more than willing for any new material. Send in a picture with your letter. I think we could all forego my mug on the front page and my hackneyed pearls of wisdom. Someone else suggested we could start an email or phone chain so you could communicate with one another. The glitch in that is you must give permission for us to release your contact information. If you have any ideas of how we could all reach out to each other then please call me or email it in. My number is 503-269-1463. I wanted to share with you that It is also important for

dues to be paid in order to receive newsletters. It is quite expensive to put out a letter, we pay postage, lease on the printer, and insurance on it. I fought being so blunt before regarding dues. I know many cannot understand why they should pay it considering we are closed. The cost to send it out is close to \$700.00 a month. I also want to be clear it does not matter when your dues were due. We will go with the start date that you pay them now. They will then be due again a year later. I apologize to those of you who had your mail returned to you. I finally was able to straighten that out with the post office. I also know it has been difficult with no one answering the phones for your inquiries. Hang tough a New Year is upon us. They say your thoughts create your realities. So, think health, peace and prosperity for us all. May your blessings be abundant.



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



"Hurry! Our New Year's resolutions start in ten minutes."



- January 2021 Days to Remember**
- 1 New Year's Day 2021
 - 4 Trivia Day
 - 6 The Yankees bought Babe Ruth from the Boston Red Sox
 - 11 Learn your name in Morse Code Day
 - 14 Organize Your Home Day
 - 17 Benjamin Franklin Day
 - 18 Martin Luther King Jr. Day
 - 20 Inauguration Day
 - 24 Compliment Day
 - 27 Chocolate Cake Day
 - 29 Puzzle 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 Deadline for submissions is **January 13** for the **February** newsletter.

Crafters News !

The weather has changed enough to end our sessions in the parking lot. So, we no longer will be bringing our chairs and masks to sit 6 feet apart in the parking lot on Mondays. However, most of us will be working on knitting and crocheting projects to donate to hospice, the pregnancy center, homeless organizations, Operation School Bell, and Liberty House. We decided to meet the 1st Monday of every month in the parking lot at 1:00 to deliver finished projects and to pick up more yarn. Our next meeting date will be January 4, 2021 at 1:00-1:30 at the entrance to the senior center.

We're still asking, "What are you doing with your extra time?" Two of our members, Gayle and Audrey, also belong to a quilting group in Stayton/Sublimity. Heather Hendrickson, an organizer par excellence, contacted the group and suggested that they make quilts for all of the people in the area who had lost their homes in the wildfires. The idea, with the help of social media, traveled like wildfire! Heather not only received quilts from the surrounding area, but soon started receiving quilts from out of state. (The day that I talked to Heather, she received a box of 30 more!) Most of the quilts, from crib sized to king, were finished when Heather received them, but others needed to be completed. The quilt group did whatever was necessary to complete them. After giving quilts to those in the immediate area, they loaded up several hundred to be donated to fire victims in the Talent/Otis area. At last count the

Sublimity/Stayton group was responsible for 3200 quilts! What an incredible feat and that was completed in less than 90 days. We certainly don't need to wonder what those ladies were doing with their extra time. Audrey and Gayle made 8 complete quilts and helped finish many others.

Congratulations to every one who worked on this project!



Garden Club !

How do you water indoor plants in the winter?

The soil on the surface will dry quickly during winter months, but that's not a good indicator that the plant needs water. Poke your finger into the soil and check to see if it is dry an inch or two below the surface—that's when it's time to pull out the watering can.

How often do you water indoor plants in the winter?

For most house plants, reduce watering to once every fortnight. For succulents, only water every two to three weeks, **and for cacti, stop watering entirely. The exception is winter-flowering plants, such as Christmas cacti and poinsettias, which need watering whenever the compost feels dry.**

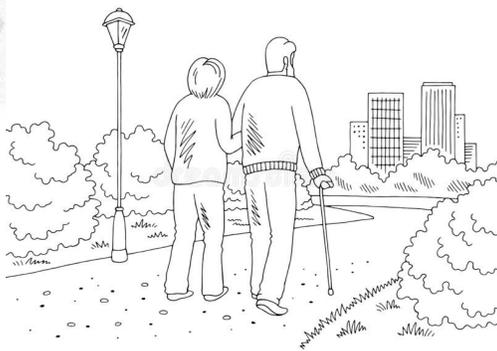
Why are my indoor plants dying in winter?

Signs of low humidity stress on plants include brown leaf tips and appearance of pests like Spider Mites. Learn simple ways to improve humidity around plants. The most common problem houseplants suffer from in winter is overwatering. About 95% of houseplants need soil to dry out almost completely before watering.

Move more—exercise remains key to mental sharpness and a healthy immune system

> Exercise can counteract the negative effects of isolation and confinement stress on immune function. We also know now that exercise improves immune responses to infections and could even help to develop better immunity with the aid of a vaccine. All of this ultimately helps protect the brain and its vulnerability in the face of infection.

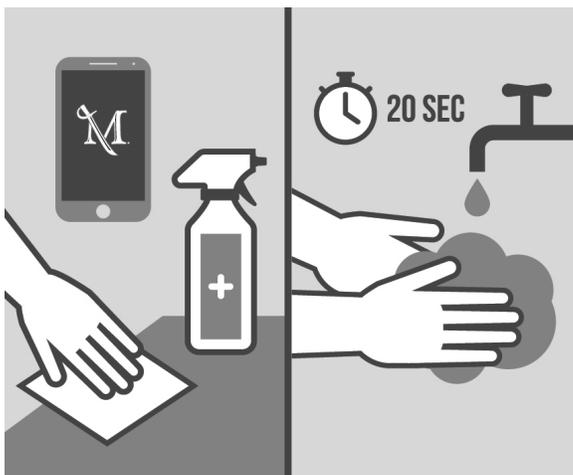
TIP: Access to exercise is better than it ever was pre-pandemic, thanks to a surge in online programming. Find a corner in a room, log on to a virtual class, and get moving—no membership required. And remember, being outside is far safer than being inside, where the virus can linger longer, so discover new, less crowded routes and quieter times of day to enjoy a brisk walk, run or bike ride.



Eat for resiliently !

> There are no such things as immune boosters or superfoods, but there's lots of data behind the advantages of a Mediterranean-style diet rooted in fresh fruits and vegetables; whole grains; lean proteins, including seafood; healthy fats; and nuts and seeds. People who follow anti-inflammatory diets such as the Mediterranean regimen may additionally gain beneficial effects against infection itself.

TIP: Processed and sugary foods tend to raise inflammation levels. Try swapping out one processed, pro-inflammatory meal a day for minimally processed fare grounded in whole, fresh foods.



Senior Center Lunch Pick Up

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 remain in their cars"**. Kayla/Steve will greet you and take your 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

Cranberry Drop Cookies Recipe

Cranberries are a seasonal fruit. They are used largely during the holiday season, from Thanksgiving through to Christmas. You will find these Cranberry Drop cookies to be a very special treat. This recipe produces, soft, moist cookies.

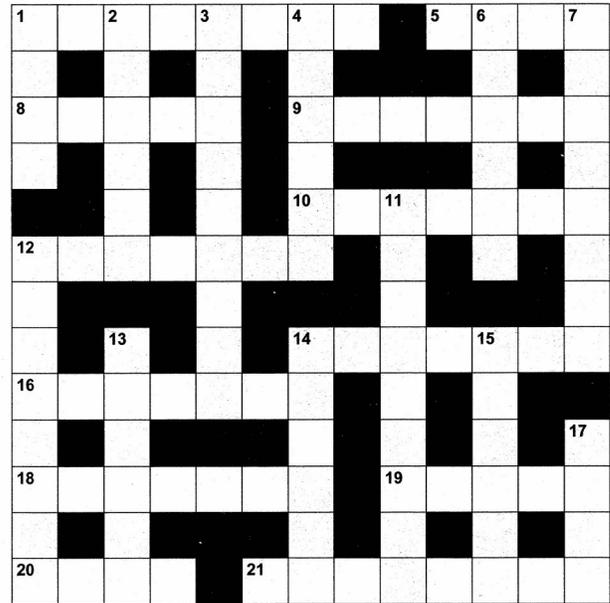
Yield: 3 1/2 dozen cookies

Cranberry Drop Cookie Ingredients:

- 1/4 cup margarine
- 1 1/2 cups flour
- 3/4 cup light brown sugar, firmly packed
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3 tablespoons milk
- 3/4 cup chopped cranberries
- 1 egg
- 1 1/2 teaspoons grated orange peel

Cranberry Drop Cookie Directions:

Preheat oven to 375 ° F.
 Grease two large cookie sheets.
 Cream margarine and sugar in a large mixing bowl with a mixer at medium speed.
 Beat in milk, egg , vanilla and orange peel.
 Combine dry ingredients in a large bowl.
 Gradually mix dry ingredients into the creamed mixture.
 Carefully fold in cranberries. Do not use a mixer for this step.
 Drop cookie batter, by the rounded teaspoonful's, onto the cookie sheets.
 Space cookies about two inches apart.
 Bake for 10 to 12 minutes.



Across

- 1 - Submissive to authority (8)
- 5 - Recess (4)
- 8 - Enraged (5)
- 9 - Eg the West Indies (7)
- 10 - Snobbish (7)
- 12 - Compensation (7)
- 14 - Imprecise (7)
- 16 - Oriental (7)
- 18 - Recently wealthy person (7)
- 19 - Sheet (anag) (5)
- 20 - Cuts woods (4)
- 21 - Pattern of symptoms (8)

Down

- 1 - Look at amorously (4)
- 2 - Wanted; desired (6)
- 3 - Laziness (9)
- 4 - Equine sounds (6)
- 6 - Mexican cloak (6)
- 7 - Writer of literary works (8)
- 11 - Not deserved (9)
- 12 - Income (8)
- 13 - Written agreement (6)
- 14 - Physical wound (6)
- 15 - Ratio of reflected light (6)
- 17 - Celebration (4)

We appreciate your Donations

Betty Lacey
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South Salem Senior Center
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 Salem, OR 97306
 503-588-0748

www: southsalemseiors.org
 ssscoffice@comcast.net

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- 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

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Community Connections

<p>Mike Giertych</p> <p>Maintenance & Repair General Handyman Services: decks, gutters, painting, roof maintenance, fences, yard work, and more.</p> <p>(503) 315-8953 mikegiertych@aol.com CCB#203738</p>	<p><i>Imperial Gardening</i></p> <p>Yard Work Mowing / Edging Bark dust Cleaning gutters single Story only Debris removal</p> <p>Reasonable Rates</p> <p>Call Dave at 503-990-7660</p>
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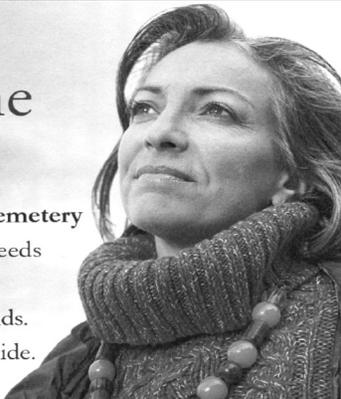
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Estate Planning/Elder Financial Abuse
Conservatorships/Guardianships**

**Senior Center members will receive a
25% Discount on all estate planning**

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Brandy Khlystov
Administrator

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Salem, OR 97306 503.589.1753 fax

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We post helpful tips, plenty of photos, plus
happenings in and around the South Salem
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Community Connections



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**South Salem Seniors Newsletter
Monthly Publication**

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If your membership expiration date is highlighted, please renew to support your Senior Center.
Renewal membership \$20.00 a year



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

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Meals available for purchase during the center closure
<https://souprmeals.com/>



Breakfast will resume
When we open again

Join us for pancakes or homemade
Biscuits and gravy. Served with eggs,
Sausage or ham, orange juice,
Coffee or tea