



## South Salem Seniors Center Newsletter

April Showers will hopefully bring May flowers. I know I am grasping but our Newsletter Editor Mr. Arturo told me this morning I had to write something by tonight or else. That "Or Else" he threw in worried me. So I thought I would share with you my latest accomplishment. Yesterday I had my second vaccine. I went to the fairgrounds to receive it, and I must say it went smoothly. The shot was painless, and I had no side effects except a slight headache and fatigue on the same day. My husband also has received his first dose. By May we hope to have a barbecue with Darrel's sister and her husband. We have been separated through this because of her long-fought battle with cancer, which I might add she is now in remission. As most of you know I am a staunch believer in masks, vaccines and social distancing. But the other day I was shopping at Walmart and things suddenly felt surreal. I could not figure out why the six feet apart line was directly put into the path of the arrow separating the sides. With all the merchandise in the middle aisle one cannot tell which way to walk. You then have the traffic jams caused by all of us waiting for someone to peruse how many fat and fiber grams in a bag of chips. They should have traffic lights for these unattended carts. I finally saw clearance and reached up and snagged my item only to turn and run head on into a human Shrek with a long scraggly beard. There was no 6 feet apart, only inches. He was wearing a tattered scarf hanging on his bottom lip. So much for protection. Shopping is literally a game of endurance.

Events at the Center are still noneventful. We had a Board Meeting to discuss reopening. I felt like the epitome of what is called a party pooper. It is an assumption by many that if you are vaccinated you are free and clear of any required behavior you performed before the vaccine. Supposedly we are immune to the illness that comes with Covid. But common sense tells me that we can still spread the love with things we touch. Consequently, a non-vaccinated person can be exposed by what we touch. Morally and legally we cannot open our doors to the public just because as a volunteer we are vaccinated. The infections need to keep dropping and the vaccinations need to keep rising.

The work required to sanitize is monumental for the volunteers. We need to just hang tough. Marion Polk Food Share is not ready to serve meals inside. Trying to keep people six feet apart within the Thrift Store could be a possibility but would require a lot of creativity. The library is also doable, but again complete monitoring on our part to implement distancing.

The Center wants this to happen, we are all lonely and yes bored. Financially we need to open. But just to assure you the Center is solvent. We have managed to decrease some of our debts. I have been working with a CPA who has volunteered to advise us. We have been informed how to balance our assets in order to monetarily get the most out of them.

Please continue to be the Covid warriors you have been so far. I would say we are all tired of this. As seniors we have had joy, but we have also survived difficulties in our lives. Please give yourself the credit you deserve. I would say you have been careful because you want to live. But you also love your fellow human being. You want us all to protect each other so we can survive. We can proudly be the example to others. Not everyone will follow, but many will. As always I send you blessings.



Camille Lockling

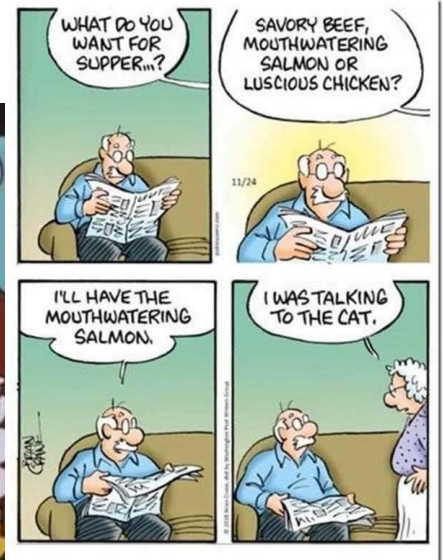
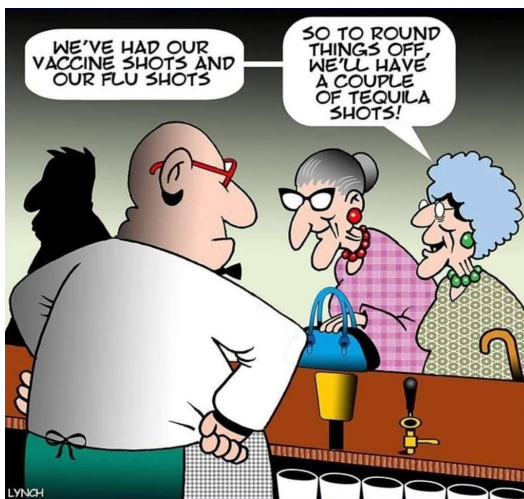
### It Takes a Senior to Help a Senior

I was out of power, like so many others, for six nights and five days. My neighbors brought coffee and fed me. Also gave me a lantern to guide me at night.

I have a small woodstove but ran out of wood quickly. The neighbor brought me some but when the days went on I had to look elsewhere for more. I called 211 and was put from one person to the next without any help.

I have kept in touch with some of my friends at the Senior Centre I had lunch with. Linda Overflex and Dolores Goodman heard I needed wood and they came with buckets of wood for me. What a blessing. It takes a senior to help a senior

Agnes Sweeney



## COVID-19 Vaccines

Where can I find a clinic?

- Visit [getvaccinated.oregon.gov](https://getvaccinated.oregon.gov)
- Call 2-1-1
- Text ORCOVID to 899211
- Email [ORCOVID@211info.org](mailto:ORCOVID@211info.org)
- Marion County website



**COVID-19.MCHEALTHY.NET**

## 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



## The Heart-Brain Connection

*The same measures that protect your ticker can protect your mind, too*

**YOU ALREADY** know that high blood pressure increases your risk of not only a heart attack but also a stroke, which can wreak havoc on your brain. Plus, high blood pressure can damage small blood vessels in the brain, hindering your memory and your thinking ability. That's why controlling high blood pressure is so important. Researchers report that when people with this

condition take a combination of potassium-sparing diuretics and thiazide diuretics, their risk of developing Alzheimer's disease is significantly reduced. Obviously, cutting sodium intake is job one: According to the Global Council on Brain Health, a 50 percent reduction in salt cut the risk of a fatal stroke by 85 percent. But there are plenty of other strategies available to save both your heart and brain.



**Drop (a few) pounds.** Losing as few as 2.2 pounds can lower blood pressure.



**Go a little greener.** A higher intake of dietary calcium, especially from plants, helps to regulate blood pressure; the key foods are greens and beans. Options to keep in mind are Swiss chard, broccoli, brussels sprouts, tofu, hummus and baked beans.



**Get more active.** Just 30 minutes of daily exercise can lower your blood pressure for the rest of the day. Meanwhile, it's important to see your doctor regularly and to monitor your blood pressure continually. If you're prescribed high blood pressure medicine, take it—the risks to your heart, and your brain, from uncontrolled blood pressure are simply too high to ignore.

Hello valued host:

**EXTRA! EXTRA! READ ALL ABOUT IT!**



**September 1, 2021....is the new scheduled date for AARP to begin reintroducing the in-person Driver Safety classes.**

What does this mean? The plan is for National to switch to a local (by county) decision-making approach. Approval will be required before classes are scheduled, consisting of the following:

1. Request approval for a location
2. Receive approval from AARP Driver Safety staff
3. Complete and submit the "host reopen checklist"

If you have any questions on the above, please contact the **Bob Nix** by phone at **503-871-2816**, or [nixrw.aarp@gmail.com](mailto:nixrw.aarp@gmail.com) by email.

Detailed reopening procedures will be finalized and published to allow our volunteer teams to begin this process with host locations. Not only are we anxious to continue our educational programs, but we want to ensure that it is safe and comfortable for all participants. This will take some time.

*Please share with us any new protocols and guidelines you have for in-person events, so that we may coordinate accordingly.*

In the meantime, **the online classes are still available**, with the discount of 25% now in place through *August 31, 2021*. For any persons interested in the online class, the website is [www.aarpdriversafety.org](http://www.aarpdriversafety.org); the online classes can be accessed through this website. The promo code for the 25% discount is **DRIVINGSKILLS**.

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### April 2021 Days to Remember

- 1 April Fools' Day
- 2 Good Friday
- 2 National Walk to Work Day
- 3 World Party Day
- 4 Easter Sunday
- 7 National Walking Day
- 16 National Librarian Day
- 19 Patriot's Day
- 21 Administrative Professional Day
- 22 Earth Day
- 22 Take your Daughter to Work Day
- 30 Arbor 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). Deadline for submissions is **April 13** for the **May** newsletter.

## Crafters News !

March 1st, Monday, was our meeting day. We had cars lined up with trunks opened ready to accept finished items and to select more yarn. We had several people come to do both. We are so appreciative of all those crafters who participate. Many are our regular attenders, but then there are several who come to deliver things that they have crafted. I'm sure that is from reading the Newsletter.

As I was driving down Commercial I noticed that there were lots of cars around Battle Creek Memory Care. The next day I stopped in to see if they would be able to use fingerless gloves, ear warmers, marble mazes, shawls, lap robes, even a little crocheted animal. The receptionist looked at my samples and was thrilled to see so many things that they could use. I left several items and she knew their clients would be thrilled to receive them.

I am so pleased to have another site to accept our handiwork. We also delivered items to 2 hospices and Operation School Bell.

The first Monday of April is April 5th. We will meet from 1:00 to 1:30. Since Spring is on its way, if the weather is suitable, bring your chair and we'll gather in the parking lot. One of our members commented that they really missed our meetings, so bring your chair and we'll see how the weather is.



## Garden Club!

HELLO garden members!!! We sincerely hope you have received your COVID shots, are keeping well, & have had some time outside in a sunny spot I hear that SPING will soon be here.....the cold wind belies what season is coming. The snow in the mountains is beautiful, & we'll appreciate the water this coming year. The NURSERIES are opening. Egan's had their free Pansies early in February. If you haven't signed up for their Newsletter announcing their SPRING re-opening, you can do that, then next year you'll receive the FREE PANSY coupon.

Rose Lowery is hard at work, with help from "garden pixies" they have about 30 + vegetable seeds all potted, she keeps busy covering them up overnight, as our temps continue to drop into the 30's. The rain showers help with some of the watering needs. As these grow, she'll need help potting them into bigger pots. There will be houseplants, too. Rose will be having the PLANT SALE at her house, driveway again this year.....3<sup>rd</sup> weekend in MAY. Various tomatoes, unusual varieties, salad greens are in her group of plantings. Also, by-the-way, Rose will be having a birthday May 1, so will not be selling at that time. Her phone number is: 503.581.4692. Call her for what she may have available, & say Happy Birthday, too!!

She is a valuable member of our PLANT/GARDEN group, much appreciated.

If you have large decorative pots to plant in, for décor, remember this THRILLERS....SPILLERS.....FILLERS, when looking for plants for the larger pots. Put a THRILLER in the center of the pot OR near a back side, Plants such as: uprights, act as FOCAL plants, example....false cypress, Canna lilies, black beauty Elephant ears will stand tall & be eye-catching, the FILLERS are mounding plants, such as verbenas, geraniums, some ivies, heucheras (in many leaf colors )SPILLERS..swedish ivy, petunias, diasica. HERBS can also be planted in similar fashion, THRILLER..... LAVENDAR or basil, FILLERS, Italian parsley, thyme, tricolor sage; SPILLER...golden oregano. This makes a wonderful steady harvest for cooks, also BEAUTIFUL. Group the SUN\_LOVING PLANTS in a sunny spot, the cannas for sure, the pollinators....lavender for bees & butterflies. Watering needs should be similar.

If you enjoy gardening in barrels...keep in mind the vegetables Rose is growing for those planters. Until we can meet again.....get your hands dirty

In your garden spots, starting soon should help for many fruits of our labors.

QUESTIONS.....Barbara...503.375.7723.....Rose.....503.581.4692.....HAPPY GARDENING ALL

Barbara Castle ...

## Classic Deviled Eggs

### Ingredients:

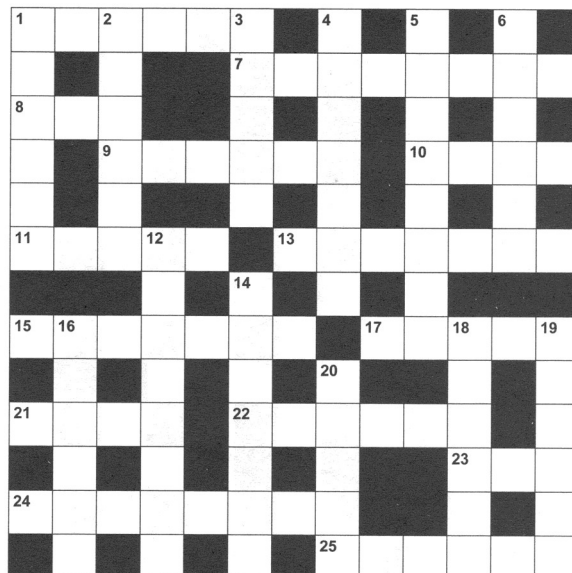
6 eggs  
 ¼ cup mayonnaise  
 1 teaspoon white vinegar  
 1 teaspoon yellow mustard  
 ⅛ teaspoon salt  
 Freshly ground black pepper to taste  
 Smoked paprika and fresh dill weed for garnish

### Instructions:

Hard boil eggs in an instant pot, or using your favorite method.  
 Peel eggs gently so the whites remain intact.  
 Slice the eggs in half lengthwise  
 Remove the yolks to a medium bowl, and placing the whites on a serving platter.  
 With a fork, mash the yolks into a fine crumble.  
 Add mayonnaise, vinegar, mustard, salt, and pepper, and mix well.  
 Just before serving, evenly disperse the yolk mixture into the cavities of the egg whites.  
 Garnish with a sprinkle of paprika and fresh dill weed.  
 Serve.

### Notes:

You can prepare eggs 2 days in advance, but keep whites and filling separate until ready to fill.  
 Store in an airtight container.  
 Prepare hard boiled eggs using your favorite method.  
 To find instructions for using the pressure cooker for hard boiled eggs check out this post: Instant Pot Hard Boiled Eggs.



### Across

- 1 - Desires (6)
- 7 - Sorting (8)
- 8 - Pasture (3)
- 9 - Shooting star (6)
- 10 - Apes (anag) (4)
- 11 - Impress on paper (5)
- 13 - Trespass (7)
- 15 - Erupt in an uncontrolled manner (4,3)
- 17 - Fastening (5)
- 21 - Poem (4)
- 22 - Superhuman (6)
- 23 - Hotel (3)
- 24 - Midwestern state of USA (8)
- 25 - Instigate (6)

### Down

- 1 - Beat soundly (6)
- 2 - Prawns (6)
- 3 - Bottoms of shoes (5)
- 4 - Loving (7)
- 5 - Possessions (8)
- 6 - Not made explicit (6)
- 12 - Broadcast report (8)
- 14 - Curving outward (7)
- 16 - Fatty (6)
- 18 - Stimulate (6)
- 19 - Hard glassy mineral (6)
- 20 - Dominant theme (5)

**We appreciate your Donations**

**Marjorie Newkirk**  
**Nancy Ritter**  
**Betty Kostenborder**

**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 |

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| Dick McCullen  | Randy Miles |
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| Kathy Parlet   |             |
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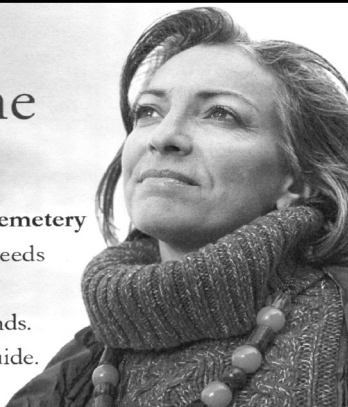
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We post helpful tips, plenty of photos, plus  
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**David L. Carlson, Lawyer**  
**503-365-0373**

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Administrator

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**503.316.0687**  
**503.589.1753 fax**

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If your membership expiration date is highlighted, please renew to support your Senior Center.  
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