



## South Salem Seniors Center Newsletter

**Happy Mother's Day to all the Mothers, Step-mothers, Grandmothers, Aunts, Sisters, Cousins, etc.** All the women and all the neighborhood women who helped raise us. We were fortunate enough to have grown up where children were watched and cared for by the neighborhood "Moms". It did not matter if they had a child or not, you fell down and scraped your knee, they'd help you hose it off, maybe put some mercurochrome on it and a bandage, and off we'd go! Many of us are Naturalized Citizens, or first generation American born. I was born in Ohio and was brought up in one of those kind of immigrant neighborhoods. We also respected and obeyed adults, said yes ma'am and sir, played in mud puddles, got dirty from our heads to our feet and had a life of freedom for our imagination. We thank all the women who took on the role of Mother, to help care for children, no matter how briefly or involved. Thank you for being part of the "Village" it took to raise each one of us. We made it this far partly because of your help.

Thank you and we love you. Now on to more "business" stuff about the Center. We have been closed a year now, and it does not look like we are going to be able to open in the near future. We were hoping by Summer/Fall 2021, but with the rise of the numerous variants, that may not be a reachable goal at this time, so we continue, washing our hands, using sanitizer, and wearing masks. I know that many of us have been vaccinated and feel quite confident that we are safe, but I caution you that we are in a position like when HIV hit us. We are breathing-in, coughing-out, sneezing-all over everything and exposing everyone in our vicinity to whomever we have been near and shared air with, as well as we are being exposed to everyone, they have been near and shared air with. This has made life so much harder on us, I know, but we must be cautious and take this slowly or else it shows we have not learned a thing these last 12 months. So please

continue with all our safety precautions in our homes and in public, for a little longer. We are so close to this being like an annual flu vaccine, just a little more patience please.

Some of you have asked about elections of new Board Members.

The positions have a two-year term and others only a one-year term. Some of our current members have been in their positions now for almost three years. Since we are not able to open our doors right now and follow procedure as outlined in our By-Laws, The Board has decided to follow a different tactic.

If you are interested in running for any of these positions, please call the Center and leave your name, phone number and the position you are interested in and someone will get back to you to answer your questions and speak in more detail. Here are the positions with a brief description of responsibilities and term.

Heather Rivas, 1st Vice President



Cont'd page 3

Hallelujah!! The weather has warmed up and The Monday Afternoon Crafters are now meeting outside. Our winter schedule was to bring our completed items to SSS on the first Monday of the month so that they could be distributed and to pick up more yarn. Well, we decided to bring our chairs, just in case the sun was shining, which it was! We were all so happy to spend time with each other and get caught up on each other's activities.

Lots and lots of items were turned in. We have been busy creating shawls, afghans, lap robes, baby items, hats, scarves, fingerless gloves, stuffed animals, throws, etc. We are now delivering our items to two hospice groups, 2 Senior Care facilities, Operation School Bell, Liberty House, Hope Pregnancy Center and Salem Angels. Everyone is so appreciative of the donations. We all feel blessed to be part of making life better for others.

If you would like to join us, we will meet every Monday, if the weather is good, and sit in the parking lot of SSS from 1:00 to 2:30. Bring your own chair, wear a mask, and your craft to work on. We have yarn, if you need any.

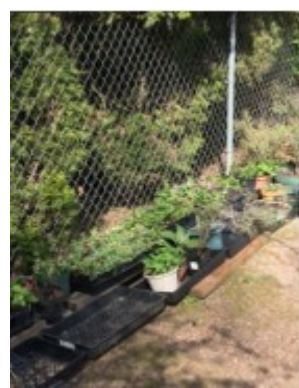
Arlene Williams



## Garden News !

Today, I visited Rose Lowery's driveway & we discussed what she has been doing. She has been growing about 50 varieties of vegetables & flowers for the sale. Some are ready to go into your gardens. Some may need to stay in their planter for a bit longer. PLEASE phone Rose Lowery for details of plants she has ready and make an appointment to shop. Her phone # is 503-581-4632.

Happy spring gardening.  
Barbara Castle



## Our Life Story meetings!

After nearly a year of staying connected by exchanging emails, the Life Story group with the help of Oscar Rosas (one of our members) was able to set us up with a half hour Zoom meeting once a week. We meet on Thursdays at 10 AM. We are glad to see each others' faces again, even on a screen.

In a half hour we only have time to share about two stories a meeting, but we are making do, and enjoying each other's company.

We would love to have you join us. Email me at [VMWH@aol.com](mailto:VMWH@aol.com) and we will arrange to have Oscar send you the link each week.

And we hope we will soon be able to meet in person and you will be able to join us at 9 AM Wednesdays at the Senior Center.

Cont'd from page 1

Committee. **One year term**

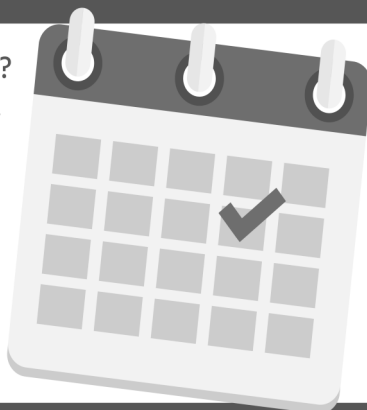
1. **President** – Conducts monthly Board Meeting, oversees all receivable Monies, appoint/dissolve ad hoc committees. **One year term**
2. **First Vice-President**-presides in absence of President, acts as liaison with Building maintenance Committee. **One year term**
3. **Second Vice-President**-Shall replace the above in their absence, Chairperson of the Budget & Finance Committee, liaison with outside contracted record keeping service. **One year term**
4. **Secretary**-Keeps accurate records of all Board of Directors and Membership meetings and issues copies thereof. **One year term**
5. **Treasurer**- Be responsible for recording all monies collected and records. Report financial condition at Board meetings, maintains itemized list of expenditures, State & Federal Reports to Agencies, serve on Budget & Finance Committee. **One year term**
6. **Office Manager**-Staffing and scheduling of Front Desk. **One year term**

In addition, there are 6 Directors with two year terms. They are divided in half with three being elected every year (alternating years so three Directors are always being elected and three are starting their second year in office).

## 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

## Be Prepared!!! (I know the Boy Scout Moto)

However, let's just review a little of the current/recent past events. What did we learn from pandemic? Did you initially have problems getting food, bottled water, and of course – paper products (toilet paper)? Luckily, the stores were able to resupply after a week or two. However, we found people very inconsiderate buying out products at a level far above their needs when others need was dismissed and ignored. Did you find some inconsiderate people?

OK, what did we learn from the latest ice storm? We lost electric, had difficulty traveling and saw another run on the stores (not as bad as before luckily). However, the most serious impact was the loss of electricity for days and for some weeks. Most of us depend on electric for heat, cooking, keeping food fresh, cooking food, washing clothes, and bathing. How did you fare? What did you do for lighting and heat, keeping foods in your refrigerators, communication, and keeping freezers cool or frozen? Hope you had a generator or friends or family that could help you out. Hope you had flashlights or lanterns and some way to heat your food (grill, camping stove, or ??). Maybe you even needed a chain saw to clear your place of downed trees and limbs. Bottom line, how prepared were you?

OK, let's consider what we need to do to prepare for something potentially much - much worse. What can we expect if we have the anticipated (overdue) Cascadia earthquake? If it is the big one, which is predicted, we can expect to lose electric, water, quickly available food supplies, and the roads are expected to be unpassable. The Salem emergency response officials estimate that we could lose electric, water, and have transportation issues for months, if not up to a year. Are you prepared if that happens???

Preparing for a year is very difficult especially if the earthquake happens in the winter where we depend on electric for heat. The Red Cross and the Salem Emergency Response group recommend having a **minimum** of 2 weeks supply of water, food, and other emergency supplies (actually any normal daily living needs) and of course shelter. Most of us hope to shelter in our homes – that may be possible and may not.

The American Red Cross recommends the following:

**At a minimum, you should have the basic supplies listed below:**

**Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)**

**Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)**

**Flashlight**

**Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)**

**Extra batteries (Similar item available in the Red Cross Store)**

**Deluxe family first aid kit**

**Medications (7-day supply) and medical items**

**Multi-purpose tool**

**Sanitation and personal hygiene items**

**Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)**

**Cell phone with chargers (Similar item available in the Red Cross Store)**

**Family and emergency contact information**

**Extra cash**

**Emergency blanket**

**Map(s) of the area**

## Jumbo Brownie Cookies

### Ingredients

- 2-2/3 cups 60% cacao bittersweet chocolate baking chips
- 1/2 cup unsalted butter, cubed
- 4 large eggs, room temperature
- 1-1/2 cups sugar
- 4 teaspoons vanilla extract
- 2 teaspoons instant espresso powder, optional
- 2/3 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt

### Directions

- Preheat oven to 350°. In a large saucepan, melt chocolate chips and butter over low heat, stirring until smooth. Remove from the heat; cool until mixture is warm.
- In a small bowl, whisk the eggs, sugar, vanilla and, if desired, espresso powder until blended. Whisk into chocolate mixture. In another bowl, mix the flour, baking powder and salt; add to chocolate mixture, mixing well. Fold in chocolate chunks; let stand until mixture thickens slightly, about 10 minutes.

Drop by 1/4 capfuls 3 in. apart onto parchment-lined baking sheets. Bake until set, 12-14 minutes. Cool on pans 1-2 minutes. Remove to wire racks to cool.

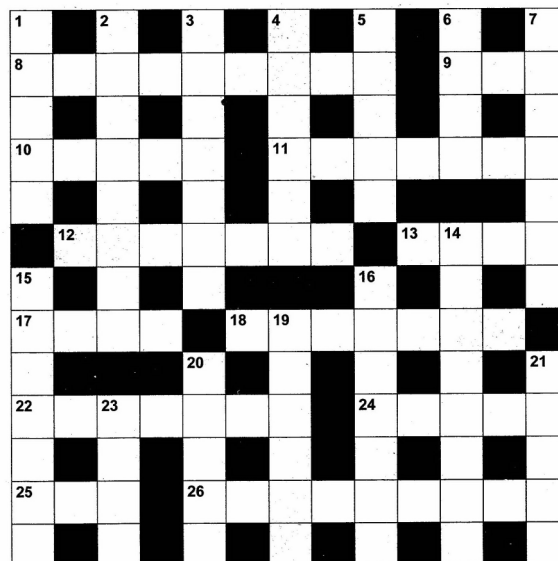
**Editor's note:** This recipe was tested with Ghirardelli 60% Cacao Bittersweet Chocolate Baking Chips; results may vary when using a different product.

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

www: southsalemseiors.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



### Across

- 8 - Mediate (9)
- 9 - Beer (3)
- 10 - Rice dish (5)
- 11 - Powerful dog (7)
- 12 - Data input devices (7)
- 13 - Causes; reasons (4)
- 17 - Too (4)
- 18 - Edible mollusk (7)
- 22 - Highest female voice (7)
- 24 - Rouse from sleep (5)
- 25 - Mud channel (3)
- 26 - Being in agreement (9)

### Down

- 1 - Chilly (5)
- 2 - Huntsmen (8)
- 3 - Victory (7)
- 4 - Swarmed (6)
- 5 - Cooking fungus (5)
- 6 - Republic in W Africa (4)
- 7 - Greedy (7)
- 14 - Jewish festival (8)
- 15 - Artist of consummate skill (7)
- 16 - Eg roses (7)
- 19 - Blemish (6)
- 20 - Aircraft detection system (5)
- 21 - Joins together (5)
- 23 - Shame (4)

## We appreciate your Donations

**Diana Wullert**  
**Kathleen Edwards**  
**Joseph & Linda Fowler**  
**Ed & Marilyn Northcutt**  
**Knitting Group**

### Board of Directors

Arturo Guillen	Linda Jones
Dick McCullen	Randy Miles
Linda Peyton	
Kathy Parlet	
Roger Corrado	



## Community Connections

### Mike Giertych

#### Maintenance & Repair General Handyman Services:

decks, gutters, painting,  
roof maintenance, fences,  
yard work, and more.

**(503) 315-8953**  
**mikegiertych@aol.com**  
**CCB#203738**

### Imperial Gardening

Yard Work  
Mowing / Edging  
Bark dust  
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Debris removal

#### Reasonable Rates

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**503-990-7660**

### Virgil T. Golden Funeral Service

605 Commercial St. SE  
Salem, Oregon 97301  
503-364-2257  
[www.vtgolden.com](http://www.vtgolden.com)

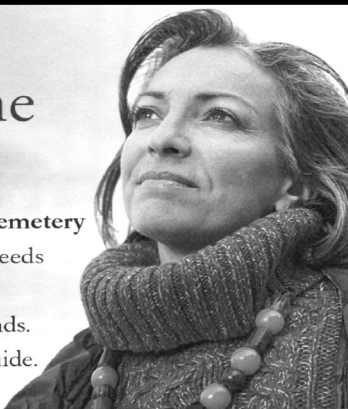
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Keep updated on the latest news by visiting our  
**Webpage** <https://www.southsalemseiors.org/>

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Click to visit the site.

#### 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.

**David L. Carlson, Lawyer**  
**503-365-0373**

**Wills & Trusts/Probates**  
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## Community Connections



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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  
503-428-1102

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**  
<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