

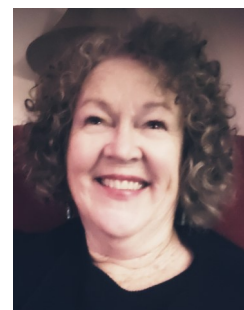


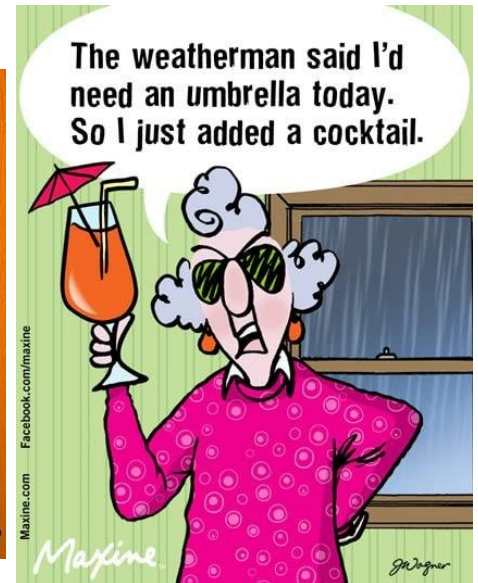
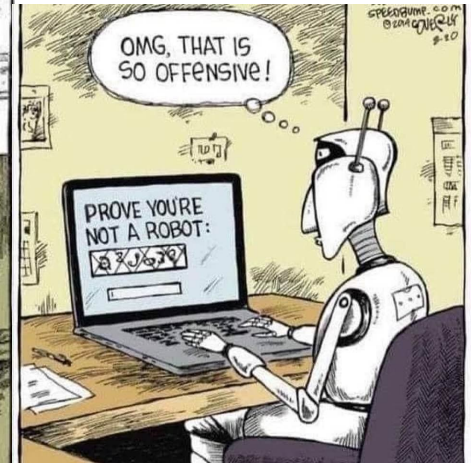
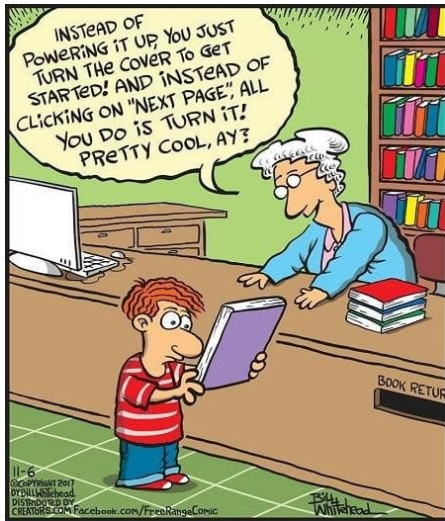
South Salem Seniors Center Newsletter

It will soon be our 2nd first day of Summer since covid and our 2nd Father's Day. My how time flies during a pandemic. I will give you the serious information first. We are still looking for people interested in running for an office and to be on the Board. My position has been a hoot, almost 3 years of it. I have had quite a bit of assistance. I have made decisions I thought I never would. I have done quite a bit of bookwork. This required learning how to use a calculator and not counting on my fingers and toes. Nifty Thrifty has a lovely desk/dresser for sale. It is obviously an antique. They are asking \$90.00. Also, a couple of motorized scooters. One appears to be almost new. Call the Center and leave a message if you are interested. We are hoping to have an outdoor Rummage Sale sometime this Summer. We will give you a heads up regarding this. Rose Lowery has plants for sale at her home. The funds for this go to the Center and not Rose. She wanted you to know this. Now for those who might like to know what I have been up to. I went to the coast with my daughter and her spouse, also three very active boys and three dogs. I did not consume any alcohol at all. But I did overdose on ice cream. Darrel and I are working in the yard quite a bit. I was given a garden stool that has wheels on it. I needed a walking stick to get up and down on it. I flipped it twice, the first time I knocked over a bird bath that landed partially on me. Darrel heard me hollering and came to the rescue. Now one would assume I would have learned my lesson. But no, I flipped it again and landed on my back in some very dense shrubs. Darrel did not hear me this time. I laid there and thought what if someone walked by and what I would look like to a rescuer. I was working on the front corner of our yard. I still had my pajamas on, why change twice in one day. My hair had not been combed and was full of white petals. Then it occurred to me I had the cell phone in the pocket of

my PJ top. Darrel finally answered his phone and came to my aide. He teased me quite a bit, that is until he stepped backwards out of a flower bed and put his foot in a metal bucket. I have seen people do this in a comedy but never in real life. It was amusing to me to see him hop around trying to get his foot out. We did not want the bucket to be ruined because it is his garden stool. He uses it upside down in case you were wondering. For the last three years I have cared for my brother's needs, one of them his Little Scamper Dog. During this time, I have grown to love him as my own. He fit my personality perfectly. Stubborn, slept a lot, food issues and chubby. But the last month he had started to deteriorate a lot. The vet and I made the decision to aide Scamp in his transition from this planet. I have lost two other old dogs during this last year. But the pain I felt with Scamp has been overwhelming. Maybe because I associate him with my older brother. He has told me when the puppy passes so does he. I have not been able to tell him face to face yet. I am not able to go in and see him because another worker has tested positive. My older sister is coming from out of town and has not seen our brother in over two years. We must bring him to my home for their visit because we cannot go in. Obviously, Scamp will not be here. I know my tale of woe is nothing compared to others. We are taught to not feel sorry for ourselves because someone else always has it worse. I know this and I care for them, I care for our world. Bless you all my friends

Camille Lockling





COVID-19 Vaccines

Where can I find a clinic?

- Visit getvaccinated.oregon.gov
- Call 2-1-1
- Text ORCOVID to 899211
- Email 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 Crafter's Group continues to meet every Monday in the parking lot if it's warm enough. Thankfully, the sun has been shining and many members come with their mask, a chair, and their craft. Many of us come to spend a very enjoyable time with our friends to chat and discuss various topics. Last Monday we discussed both Covid shots and Shingles shots! One of our group has Shingles even though she got the shot several years ago. At the time she got her shot, there was only a single shot. Now there are two shots! Our next topic that was discussed were class reunions and the number of graduates from your class.

Arlene Williams



We continue to bring our finished projects to turn in on the first Monday of the month. Our next time to do that will be June 7th. We'll also be able to pick up more yarn. We appreciate those people who donate yarn.

We welcome all newcomers to our group. If you need help learning to crochet or knit, we have many

ladies who are willing to teach. We also have lots of supplies.

Garden News !

June is a great season for gardeners, and though much of the early season planting is already finished by June 1, there is much more care a garden needs throughout the month to have the best results for top produce, pungent herbs, and the most beautiful blooms.

In the garden, June is the time to...

Deadhead Blooms

Trim off spent blooms from annual flowers to encourage additional blooming and extend their growing season.

Trim Bulbs

Once spring blooms have finished flowering and the foliage is completely brown, trim the foliage to make room for summer flowers and to keep beds looking neat.

Prune Flowering Shrubs

After spring flowering shrubs have stopped blooming, prune them appropriately to keep their desired shape.

Adjust Watering

As spring rains taper off and summer temperatures heat up, adjust watering schedules as needed. Soaker hoses are ideal for beds and gardens, and lawns should be watered deeply but less frequently to encourage strong root growth.

Plant Warm Season Crops

Fruits and vegetables that require warm soil are best planted in June, such as corn, pumpkins, beans, squash, and cucumbers.

Deepen Mulch

Add additional mulch to gardens and flowerbeds to conserve water and minimize weed growth. Grass clippings are a good, inexpensive option.

Divide Perennials

If perennial plants are becoming too large or need better control, they can be best divided in June and transplanted to new locations. Now is also a great time to add new perennials to the yard.

Harvest Spring Produce

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 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.

Older adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better.

Adults aged 65 and over should:

- aim to be physically active every day. Any activity is better than none. The more you do the better, even if it's just light activity
 - do activities that improve strength, balance and flexibility on at least 2 days a week
 - do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- reduce time spent sitting or lying down and break up long periods of not moving with some activity
- If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet. Speak to your GP if you have any concerns about exercising.

What counts as light activity?

Light activity is moving rather than sitting or lying down.

Examples of light activity include:

- getting up to make a cup of tea
 - moving around your home
 - walking at a slow pace
 - cleaning and dusting
 - vacuuming
 - making the bed
- standing up

What counts as moderate aerobic activity?

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities:

brisk walking

- water aerobics
 - riding a bike
- #### dancing
- doubles tennis
 - pushing a lawn mower

hiking

Try the [aerobic video workouts](#) in the NHS Fitness Studio.

What counts as vigorous intensity activity?

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath.

In general, 75 minutes of vigorous intensity activity can give similar health benefits to 150 minutes of moderate intensity activity.

Most moderate intensity activities can become vigorous if you increase your effort.

Examples of vigorous activities:

jogging or running

- aerobics

swimming fast

riding a bike fast or on hills

- singles tennis
 - football
 - hiking uphill
- #### energetic dancing

martial arts

Try the [aerobic workout videos](#) in the NHS Fitness Studio.

What activities strengthen muscles?

To get health benefits from strength exercises, you should do them to the point where you need a short rest before repeating the activity.

There are many ways you can strengthen your muscles, whether you're at home or in a gym.

Examples of muscle-strengthening activities:

- carrying heavy shopping bags

yoga

pilates

tai chi

- lifting weights
 - working with resistance bands
 - doing exercises that use your own body weight, such as push-ups and sit-ups
- heavy gardening, such as digging and shovelling

Try these exercise routines:

[strength workout videos](#) in the NHS Fitness Studio

[Strength and Flex](#), a 5-week exercise plan for beginners, to improve your strength and flexibility

sitting exercises

strength exercises

flexibility exercises

balance exercises

You can do activities that strengthen your muscles on the same or different days as your aerobic activity – whatever's best for you.

Strawberry Crisp Recipe

This Fresh Strawberry Crisp is the best summer dessert ever! Fresh juicy strawberries are topped with a buttery and crumbly oat topping, and is absolutely swoothworthy with a big scoop of vanilla ice cream on top!

CourseDessert

CuisineAmerican

Prep Time10 minutes

Cook Time35 minutes

Total Time45 minutes

Servings8

Calories387kcal

AuthorAshlyn Edwards | Belle of the Kitchen

Ingredients

Filling:

- 5 heaping cups fresh strawberries, hulled and quartered
- 1/4 cup granulated white sugar
- 1 teaspoon vanilla extract
- 3 Tablespoons cornstarch

Topping:

- 1 cup all purpose flour
- 3/4 cup old fashioned oats
- 2/3 cup granulated white sugar
- 2/3 cup packed brown sugar
- 1/2 teaspoon salt
- 3/4 teaspoon cinnamon
- 1/2 cup (1 stick) butter, melted

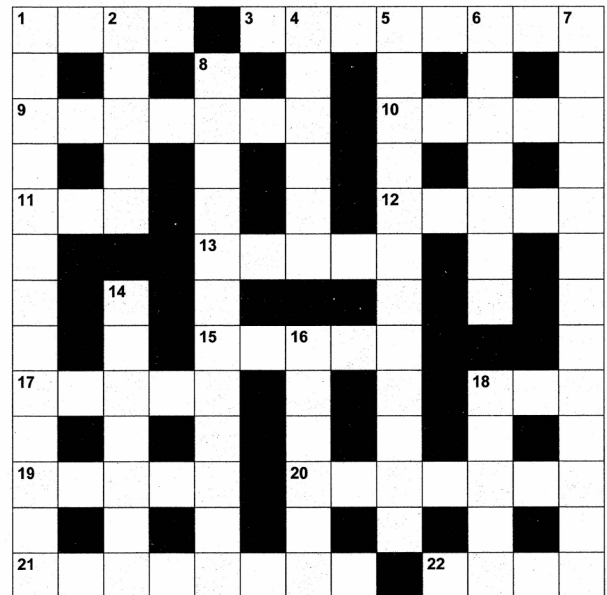
Instructions

Preheat oven to 350 degrees. Grease a deep dish pie plate or large baking dish with butter or cooking spray and set aside.

Combine the chopped strawberries and sugar in a large bowl and mix until the strawberries fully absorb the sugar. Add in the cornstarch and vanilla extract and stir until all of the strawberries are evenly coated. Pour into the prepared baking dish.

In a separate medium size bowl, combine the flour, oats, brown sugar, granulated sugar, salt, and cinnamon. Pour in the melted butter and stir well until well coated and crumbly. Sprinkle the crumb mixture evenly over the top of the strawberries.

Bake in the preheated oven for 35-40 minutes until fruit is bubbly and topping is golden brown. Allow to cool slightly before serving. Serve warm with vanilla ice cream on top. Enjoy!



Across

- 1 - Too (4)
 3 - Signal (8)
 9 - Shortened (7)
 10 - Paint (anag) (5)
 11 - Cheat the result (3)
 12 - Clean (5)
 13 - Toy bear (5)
 15 - Principle of morality (5)
 17 - Bring on oneself (5)
 18 - Residue; tree (3)
 19 - Fill with high spirits (5)
 20 - Notwithstanding (7)
 21 - Boating (8)
 22 - Temporary outside shelter (4)

Down

- 1 - In place of (13)
 2 - Hurt; smart (5)
 4 - Pushed gently (6)
 5 - Eccentricity (12)
 6 - Rearranged word (7)
 7 - Institution (13)
 8 - Resentment (12)
 14 - Antiquated (7)
 16 - Face-to-face (4-2)
 18 - Nimble (5)

South Salem Senior Center

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Paula Hindman, 2nd Vice President	503-362-9038
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Alice Wells, Secretary	503-362-5139

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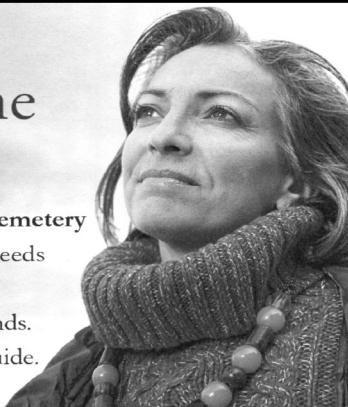
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Webpage <https://www.southsalemseiors.org/>

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- ✓ ALZHEIMER'S EDUCATION
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Renewal membership \$20.00 a year



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