



## South Salem Seniors Center



Good morning to all of you. Mr. Arturo, our newsletter guru reminded me that it was time for the Newsletter to be out. I swear time just flies. My brain is like a Frog in a Blender trying to keep up with it all. I could be wrong, but I think this will be my last President's letter for the Center. It has been an exceptionally long haul. We will be opening on August 2<sup>nd</sup>, 2021. Our hours for the time being will be Monday through Friday. We open at 10:00 a.m. and close at 2:00 p.m. This will not be set in stone. As we go along, we hope more members will return. Ergo we hope for more people to volunteer within the Center. We then can extend our hours. Within a month or two we will have our elections. The Center will then have new Officers and a new Board. It has been difficult, but an honor to serve all of you within the Center. There are so many qualified people to fill all of this. Thankyou for letting me serve you in this capacity. We will be asking for you to respect yourselves and others. If you have not had a vaccine, then please wear a mask.

We will not be conducting Bingo at this time. Nor will we be having Pancake Breakfast for a bit. I have spoken to Marion Polk Food Share. It appears that they will not be serving lunches within the Center until October, possibly later. Nifty Thrifty will be open and the library. The Computer Room will be open for scheduled times. There will need to be a volunteer present. We hope to have Cards, Writing Classes and Crafts available. The ladies in the Thrift Store hope to have a Rumage Sale in October or November. On that note I should let you know we do not have a Credit Card Machine at this time. I am looking at a less expensive way for us to offer this to the Members. Please do not panic over this, we will work it out. So, if you want to shop then please bring cash or a check. I thank you ahead of time for what I know will be your patience.

We will still be serving Coffee and Tea. But goodies are out for now. There will be hand soap and

towels for your convenience near the Coffee. Please bring along your own hand sanitizer for your own health and safety. We are open, but personally I think we are not out of the woods. I do not mean to dampen our spirits when it comes to reopening the Center. I just want us to stay open.

It will truly be a joy to open the doors and have you all back. Again, thank you for your patience, your dues, and the donations. We could not do it without you. Just as it takes a village to raise a child. It also takes an entire membership to keep the Center safe, prosperous, and joyfully open. Blessings to you all my friends,



Camille Lockling

Patt Gibson passed away recently. She had many friends and participated in various activities at Terrace Lake Park and South Salem Senior Center. She is missed by all who knew her.

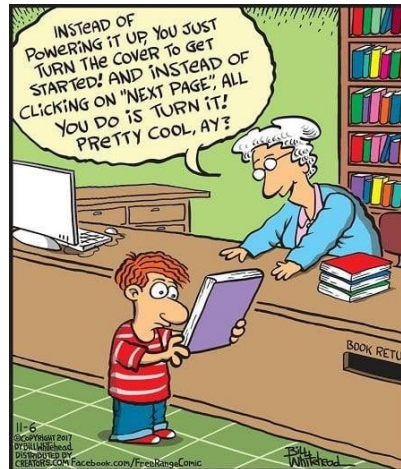
You are invited to a service of remembrance for Patt Gibson on August 11 @ 11:00 am. The service will be held at the Queen of Peace Catholic Church, 4227 Lone Oak Rd SE. A reception will follow the service.



## NIFTY THRIFTY NEWS !!

With the good news that the Senior Center will finally be opening on August 2<sup>nd</sup>, we want to encourage you to visit the Rummage Room to view all of our accumulated "treasures". Although we were officially closed during the pandemic, we continued to receive donations and consequently have a large inventory of furniture, linens, pictures, fine china, crystal, appliances, clothing, shoes, fabric, computerized accessories, etc.

Furthermore, we are planning to have our annual Fall Rummage sale on October 1<sup>st</sup> and 2<sup>nd</sup>. We will keep you posted with more details in the upcoming September Newsletter. We look forward to seeing all in August!



## 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

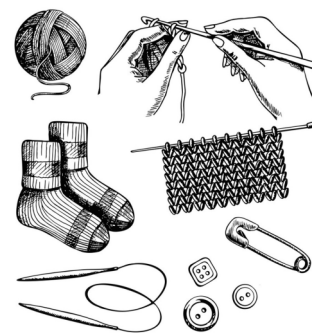
"Thank you! You guys are so GREAT!" was the enthusiastic comment I got today from one of the staff at Battlecreek Memory Care as I dropped off two large bags of needlework from members of our Needlecraft team (and from friends of ours who use our program to share their needle crafts with others).

When I arrived a little late today at Needlecraft, which was meeting in the parking lot at the Senior Center, there were at least half a dozen bags with various knit, crocheted and sewn items. They were filled with lap robes, afghans, shawls, small fidget squares and hats and there were about a dozen women working to make more gifts for others. Others of our members would be taking them to other charitable destinations.

And while we work at home on these pro

jects, we also work at our group meetings on Monday afternoons. (No, we do not just sit there and talk.) As we move to reopening the center in August, we will be meeting again inside, SSSC instead of in the parking lot. We have spoken for the 12 noon to 2 pm slot on Monday in the large game room.

Velma Hampson



## Garden News !

By the time, folks are reading this Newsletter, The Garden Club will have enjoyed an evening potluck gathering at Rose Lowery's, with light Summer foods.

Topics for discussion: The South Salem Senior Center has RE-OPENED!!! as of August 2<sup>nd</sup>. We have been waiting in anxious anticipation. Just like our gardens. The heat wave was very hard on many of our gardens even though we tried to keep up with regular watering to keep things alive, covering tender plants to prevent shriveling. Quite a year for gardeners, Ice storm in February, felling many trees around Salem, Bush Park is finally getting cleaned up, after so many limbs fell. Lots of firewood around. It would be nice to hear ideas for upcoming speakers, field trips to locations nearby. We have missed out on so MUCH in the past year and a half. What have our gardeners been doing to keep busy, not going stir-crazy, fending off cabin fever.....??? Is this going to be a good year for tomatoes? I'll check with Harry Olson, our favorite master tomato grower. See if he's up for a visit to his compact garden. We had a lovely time there, a few years back, so many tomato varieties.....amazing, & delicious for tasting samples.

Until we meet again, please send good thoughts for our lives to be more normal in upcoming months. Contact me, Barbara Castle with any fun garden ideas, info, PLEASE.....503-375-7723 Leave msg if no answer, I'm trying to be good at monitoring. Let's ALL PRAY for RAIN, as we are experiencing an early fire season.

Barbara Castle



## How To Keep Your Immune System Strong

During these tough times of the Coronavirus, please stay healthy and your immune system strong. In a recent newsletter from eDoc Health, which offers good information on keeping our immune system healthy and fit, I want to share with readers. A physician wrote the newsletter and gave beneficial tips to help us fight the flu and other viruses.

**Lifestyle factors that Impact the Immune Function**  
**Exercise** – Depending on your level of exercise, it can be good or bad for your immune function. Maintaining a regular exercise routine, which consists of at least 30 minutes of moderate exercise a day, has been shown to improve your immune response and lead to significantly fewer respiratory infections. Avoid the high-intensity workouts. It's been shown that exercising for more than 90 minutes at a time on a regular basis, could increase respiratory infections.

**Stress** – Your immune system works better at fighting illness when your body is not under stress. In one series of studies from Carnegie Mellon University, people were given nose drops containing a cold virus. The people who reported less stress in their lives were significantly less likely to develop cold symptoms even though they were exposed to the same amount of cold virus. Worrying about the coronavirus, or the stock market doesn't help your stress level! Learn techniques to manage stress.

**Sleep** – Improving your sleep habits is a good way to strengthen your immune system. You should try to sleep 7-8 hours per night. Try to get into a regular routine, with your bedtime and wake time not varying more than about 30-45 minutes each day. Avoid excessive lighting in the evening, especially screen time late in the evening. You need the dim light to trigger your natural melatonin release to help you get a better night's sleep.

**Dietary factors** – **Vitamin D** – There is promising research to suggest that maintaining a normal vitamin D level could help your body fight off respiratory infections. You might talk with your doctor about checking your vitamin D level, and taking vitamin D supplements if it is low.

Studies link excessive alcohol consumption to a lowered functioning immune system. Research indicates that people who drink alcohol in excess are more susceptible to respiratory infections and that they recover from infections and wounds more slowly.

**A healthy, balanced diet**, with plenty of fresh fruits and vegetables, and whole grains, with low levels of simple sugars, can improve the health of the microbiome of your gut. You may be surprised to know that your gut microbiome has a huge effect on your immune function.

Despite many claims to the contrary, there is no single food or natural remedy that has been proven to improve immune function. You can read various claims about the immune-boosting properties of a number of foods, spices, and supplements, including ginger, turmeric, oregano oil, bone broth, zinc, and more.

*Written by Dr. Anita Bennett MD for eDoc Health Newsletter.*

## Greek Pasta Salad with Red Wine Vinaigrette

### Ingredients

#### For the pasta salad:

- 2 1/2 cups uncooked pasta, such as penne or rotini
- 2/3 cup sliced red onions
- 15 cherry tomatoes, halved
- 1 cup diced cucumbers
- 3/4 cup sliced olives
- 3/4 cup diced green peppers
- 1 cup crumbled feta cheese

#### For the vinaigrette:

- 1/3 cup red wine vinegar
- 2 teaspoons freshly squeezed lemon juice
- 1 1/2 teaspoons minced garlic
- 1 teaspoon sugar
- 2 teaspoons dried oregano
- 1/2 cup extra-virgin olive oil

### Instructions

#### Make the pasta salad:

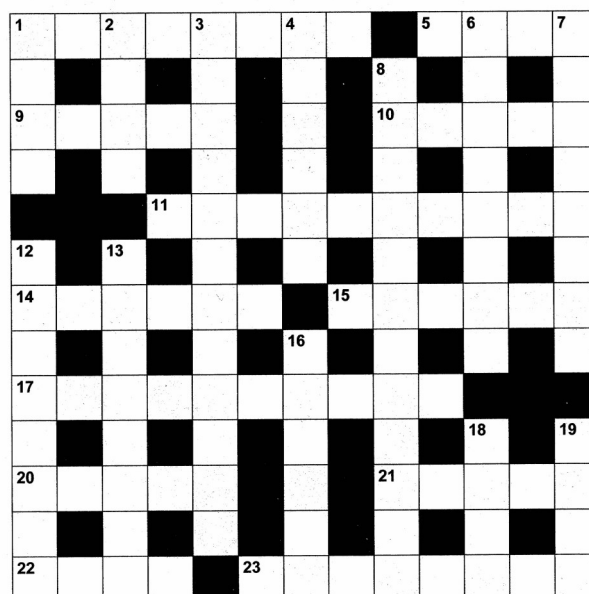
Bring a large pot of salted water to a boil. Add the pasta and cook it until al dente. Strain the pasta and transfer it to a large bowl to cool slightly. While the pasta cools, make the dressing.

#### Make the dressing:

In a small bowl, whisk together all of the dressing ingredients, except for the olive oil. While whisking, stream in the olive oil. Season the dressing with salt and pepper, to taste.

Add the red onions, tomatoes, cucumbers, olives, green peppers and feta cheese to the bowl with the pasta.

Pour the dressing over the pasta, tossing to combine, then cover the salad with plastic wrap and refrigerate it for at least 3 hours and up to overnight. When ready to serve, toss the pasta salad again and enjoy cold or at room temperature.



#### Across

- 1 - Flowering (8)  
 5 - Top tennis serves (4)  
 9 - Make crisp by heating (5)  
 10 - Certain to fail (2-3)  
 11 - Exaggerate (10)  
 14 - Small tucks in clothing (6)  
 15 - Skiing race (6)  
 17 - Cocoa based sweet products (10)  
 20 - Ray (5)  
 21 - Web-footed bird (5)  
 22 - Negatives (4)  
 23 - Having no wires (8)

#### Down

- 1 - Use these in baseball (4)  
 2 - Gemstone (4)  
 3 - Inspirational (12)  
 4 - Essential qualities (6)  
 6 - Craven (8)  
 7 - Rays of light (8)  
 8 - Generally agreed upon (12)  
 12 - Sample plant or animal (8)  
 13 - Deny (8)  
 16 - Gambling den (6)  
 18 - Ripped; rote (anag) (4)  
 19 - Stitches (4)

**We appreciate your Donations**

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

www: southsaalemseniors.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	971-719-4438

### Board of Directors

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



# Community Connections

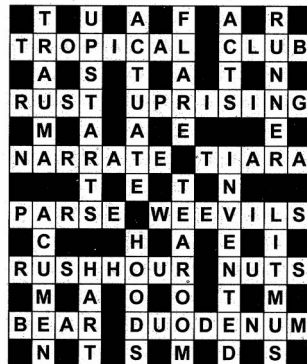
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## Solutions for July issue



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Salem, Oregon 97301  
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[www.vtgolden.com](http://www.vtgolden.com)

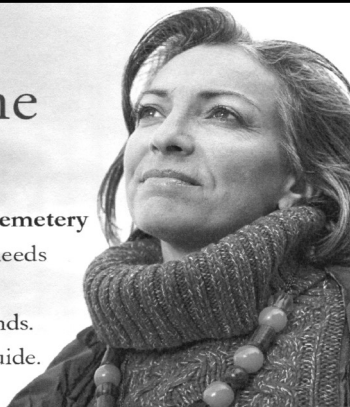
*Your answer in time of need  
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Keep updated on the latest news by visiting our  
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**503-365-0373**

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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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Meal Pick up Tuesdays at SSSC Kitchen  
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