



## South Salem Seniors Center Newsletter

Happy and early July 4<sup>th</sup> to all of you. Hopefully, you have the 4<sup>th</sup> of July you wish for. I never have cared for all the booming and banging it brings for days on end. This will be the first time in about 24 years I have not worried about my dogs being frightened. We are now empty nesters.

The Centers board of directors met for June. We mainly discussed when we would be opening up and how. Lots of discussion, but no plans yet. We discussed how we could set up appointments to come into the thrift store. It seems like it would be easy peasy. But no meeting of the minds occurred. We briefly talked about an election. Still no consensus of how to do this with a closed Center. So, my friends I am still at the helm, along with the loyal standbys. I would encourage you to call and leave a message if you would like to make an appointment for any furniture you might be looking for. There is a handcrafted Roll Top desk that is wonderful. The thrift store is asking \$350.00 for it.

Center 50 and other Senior Centers I have called are still closed. Center 50 offers some things within the building, But only by appointment. Masks are required and temperature checks. Some people beef about this. To this I would then reply to stay home. Or else to get glad in the same clothes you got mad in. We should all be mature enough by now to just roll with it. Some have said I was just being a sheep who follows the rest of the gullible off a cliff. Or else that I have no mind of my own. Any of you who know me, also know I have common sense. You also know I do not have time for whining and conspiracy theories. After saying this I would also like to add that overall, I am so proud of the seniors I have the pleasure of knowing. We have endured a lot and are still hanging in there. I am taking a risk in saying this. This would be because the Center is supposed to not be supportive of any politics or religion. But today I enjoyed listening to a 78-year-old President speak to our country.

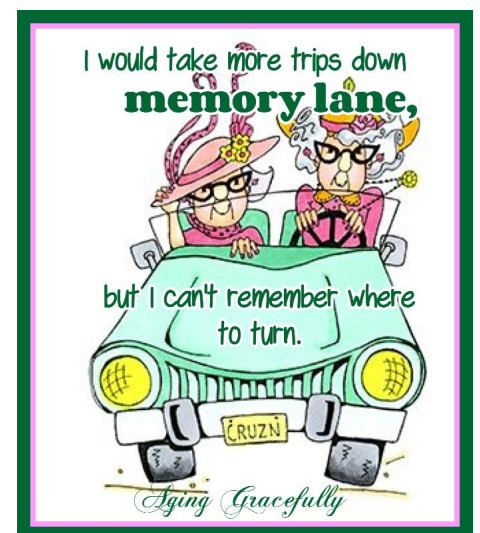
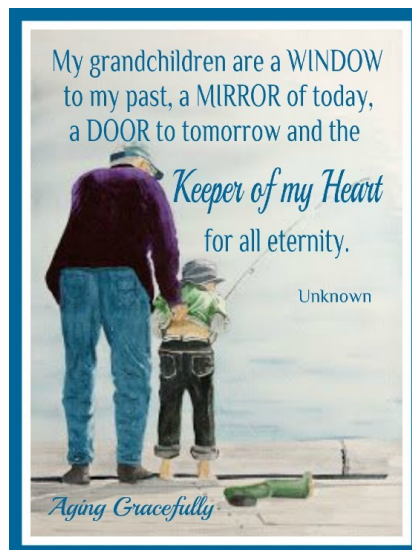
Anyone who thinks he is, and old and demented man should have their own minds tested. He is a senior like the rest of us and still intelligent, brave, and age has also given him kindness. My husband Mr. Darrel and I have been busy in the yard. We have been hitting Estate Sales and have come across some interesting things to spruce up the place. We have also moved several plants to a new spot. They are like some of us at times. We have hung in one area of our lives, but we are not growing. Unlike plants who wilt in order to show they need help we humans just become stagnant.

If you feel like moving around and changing, then just do so. Ask for help, but do not ask for compost. There is always someone willing to dump that on you. Now that I am through with this, I am going to pour a cup of coffee and go sit on the patio. The Blue Jays and Squirrels are competing for some tasty nuts. Funny how just watching the critters is comforting and joyous.

Bless you, my friends.



Camille Lockling



## 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](https://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 Crafters continue to meet outside in the parking lot every Monday at 1:00 o'clock. Even with all of the barriers of Covid and the weather, we continue to create items to be donated.

However, time marches on and we adjust to changes in our lives. One of the changes will be a change with the leadership. Audrey Sherman and Arlene Williams have been in charge for about the last 5 years. Previously, Carolyn Stanley was in charge.

At that time the group basically made baby clothes that were donated to the hospital.

Then the hospital decided that everything needed to be laundered before they could accept any items. That was not desirable to our crafters. Carolyn also wished to step down from the leadership and asked Audrey and Arlene to step in for her.

One of the immediate changes was to donate items to Serenity Hospice, which is just across the parking lot. They were thrilled to receive afghans, shawls, scarves, slippers, hats, etc. For their hospice patients. It wasn't long before we added other hospice franchises. We also were donating to Liberty House, Operation School Bell,

and soon added nursing homes. During the Covid Time everyone seemed to have free time. This gave our members time to knit, crochet, sew, and create needed items. Some of our members started making fidget quilts, fingerless gloves, fleece blankets, etc. Creativity was the name of the game!

Audrey and Arlene have successfully enlarged our groups, but now with health and other challenges, they are passing on the leadership to Betty Pyle and Linda Doerfler. They are creative crafters and eager to be in charge. We look forward to them leading as we will soon be able to gather inside and expand our services.



## Garden News !

HELLO, Garden Club Folks!

The heat is coming on. Do your outside projects in the AM, before noon when we really heat up, here in our Willamette Valley, similar to the Mediterranean Climate. Our home tomatoes have FLOWERS, yahoo. They need water EVERYDAY !!!

Recently, Rose Lowery & I chatted regarding her SR. CTR. Plant Sale.....meaning, ALL THE money made, is in support of our SENIOR CENTER, YES, she has way too many plants left over.....Houseplants, perennials, veg. plants. She has worked her heart out for the LOVE of PLANTS & helping to SUPPORT our So. Salem Senior Center, even now, as we anxiously await a call to RE-OPEN. Many of us have not much to do, thus hoping to hear the GREAT NEWS that OUR CENTER can re-open ASAP wearing our MASKS to continue our safety. EVEN though, most of us have had our COVID VAXXINATION by now YES????? (((Roses' address: 3395 Balsam DR. So....phone 503-581-4632)))

PLEASE support our center, anyway that you can LLL If you need a houseplant to tend inside, remember ROSE has them. GREAT PRICES< Too. I have about 25 houseplants, have given some babies to Rose for our Center Sale. I LOVE my houseplants, they give me JOY, when they get leggy, they get clipped & into water they go, when the roots show...into a small pot of dirt, they go. ROSE is home, most days, ready to sell, plus it is lovely sitting on her wide driveway, chatting, enjoying the breeze while shooting the breeze, her neighbors also stop by to chat. It is a fun way to spend time. She also has lots of PaPERBACK books, to give FREE..LOL YES, you heard me correctly.....FREE \* Lack of SUPPORT from our garden folks has been underwhelming, Rose plants seeds with TLC, saving us from having to do it. She needs to feel supported for all her HARD WORK.

For many of you, who are missing our FULL bookshelves, puzzles, have you been to the Friends of the SALEM LI-BRARY.....??? They are open during the week, until 5pm, & willing to help you if searching for that certain book, in hardbound & paperback. I recently bought a garden book there, by Dulcy MahAr, who wrote garden articles for THE OREGONIAN. Very fun, interesting. The shelves are Neatly organized, & Arranged, by Subject & Author's. They also have odds-n-ends to sell, plants & pots, basketware, gifty items, very fun. Their prices on books are not as LOW as at OUR SR. Ctr, but they do have specials, shopping bags, too. They are located on Broadway, on the west side, just before the Salem Cinema Theatre. Good parking just behind their building, off Market St. The MAIN LIBRARY remodel & retrofit, is nearing completion. Recent Newspaper pix look like a lovely new facility, more streamlined than before, even. We have really missed visiting the Library, are so happy it will soon be ready to re-open So meanwhile, I have been needing a kitty to liven up my life. We visit friends of Felines, out in Keizer (NEW LOCATION) have our application ready for perusal & APPROVAL, we hope. Then to choose from many of their ALL-ages cats. The cost is less for the ADULT kitties, needing their FURever homes. Now is kitten season, & they are adorable.

Hoping these ideas HELP you find some other outlets to occupy your time, mind, days, UNTIL our SR. CTR can RE-OPEN with our Governor's blessing. KEEP CALM & CARRY ON.....it is beginning to look brighter, everywhere.....BEE POSITIVE, please. B. Castle 503.375.7723

**Poem by Joan Brower, 90  
former volunteer**

I used to sit and wonder  
what I can do today.  
Then I'd pick the car keys up,  
and I'd be on my way.

I'd go to the Senior Center  
just to look around - then  
every time I'd go there,  
a bargain would be found!

I miss the Nifty-Thrifty,  
I have some shirts from there.  
No more ceramic cats  
that's more than I can bear.

I'd go to the library and  
choose some good books.  
I'd always skip the romance ones,  
too mushy, from the looks.

And now I sit and wonder  
what can I do today?  
I read a book and play a tape  
and everything is ok.

But I want the place to open  
I want to have some fun.  
It's so boring staying home  
But, I'm not the only one.

I'll be glad when you let me in,  
like you did before.  
I'll buy some more ceramic cats  
when you unlock the door.

## **6 Important Reasons to Keep Hydrated this Summer**

Our bodies are over seventy percent water, so the importance of drinking enough H<sub>2</sub>O goes far beyond cooling down on a hot day or quenching your thirst. The human body needs to be properly hydrated to function. Not enough water can affect things like muscle function, joint and brain protection, immune health, digestion and even mood. 6 Important Reasons to Keep Hydrated this Summer

Here are just a few reasons it's important to get your eight\* glasses of water a day!

### **Keep Bladder and Kidneys Healthy –**

Because water helps to flush out any unwanted microbes, well hydrated people have fewer bladder or kidney infections.

### **Weight Control –**

Drinking water instead of soda or sugary juices helps eliminate empty calories from your diet.

### **The (Drinking) Fountain of Youth –**

Keeping hydrated helps ensure that your skin keeps elastic, that it can properly rid itself of toxins, lessening your risk of conditions like dermatitis, aging skin and infection.

### **Maintaining Energy Levels –**

Water is essential to the biological processes that turn food and stored fat into energy. If there isn't enough water to make that happen, lethargy and sleepiness can follow.

### **Mood Enhancement –**

Feeling a little grumpy? Make sure you've had enough water, since it aids in body regulation and brain function, which is related to balancing mood and emotions.

### **Keeping on the Move –**

Most of the padding in cartilage is made up of water, so if we don't drink enough of it, our bones will feel stiff and our joints sore. Getting enough water also helps joints bounce back faster after workouts, and expedites healing of injuries.





## 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

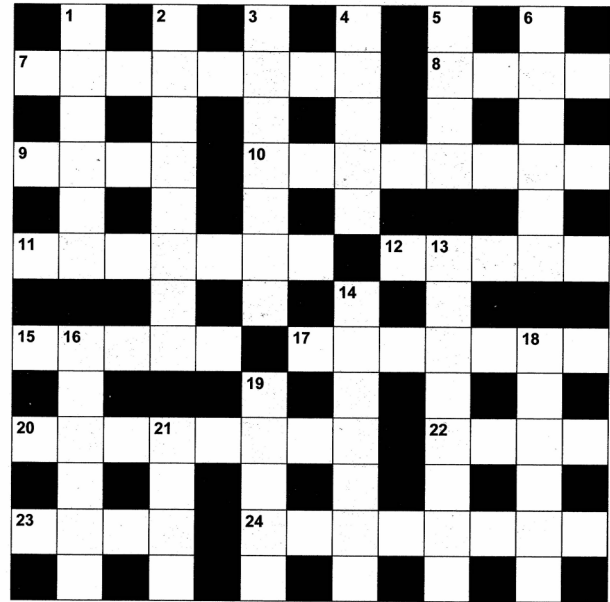
#### Instructions

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

- 7 - Hot and humid (8)  
 8 - Sports group (4)  
 9 - Decay (4)  
 10 - Struggle (8)  
 11 - Tell (7)  
 12 - Jeweled headdress (5)  
 15 - Analyze syntactically (5)  
 17 - Beetles (7)  
 20 - Busiest time on the roads (4,4)  
 22 - Seeds (4)  
 23 - Endure (4)  
 24 - Upper part of the intestines (8)

#### Down

- 1 - Psychological state (6)  
 2 - Disagreeable people (8)  
 3 - Put into action (7)  
 4 - Burst of light (5)  
 5 - Performs (4)  
 6 - Jogger (6)  
 13 - Came up with (8)  
 14 - Eating house (7)  
 16 - Insightfulness (6)  
 18 - Chemical indicator (6)  
 19 - Head coverings (5)  
 21 - Male red deer (4)

**We appreciate your Donations**

**Phyllis Beckley**

**South Salem Senior Center**

**6450 Fairway Ave SE**

**Salem, OR 97306**

**503-588-0748**

[www.southsalemseiors.org](http://www.southsalemseiors.org)

[ssscoffice@comcast.net](mailto: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

#### Board of Directors

Arturo Guillen	Linda Jones
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Linda Peyton	
Kathy Parlet	
Roger Corrado	

## Community Connections

### Mike Giertych

#### Maintenance & Repair General Handyman Services:

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roof maintenance, fences,  
yard work, and more.

**(503) 315-8953**  
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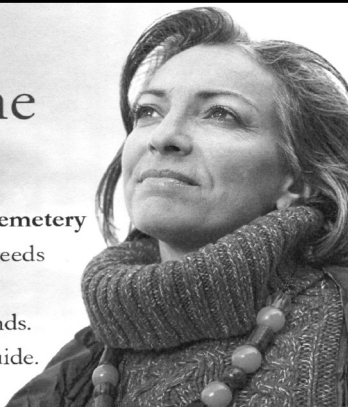
*Your answer in time of need  
for a life remembered,  
celebrated and cherished.*



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

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**David L. Carlson, Lawyer**  
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***Senior Center members will receive a  
25% Discount on all estate planning***



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underlined text will be a LINK to webpages!  
Click to visit the site.

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We post helpful tips, plenty of photos, plus  
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*take me out to the ball game*

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You're invited to celebrate in a fun and safe community atmosphere.

To make sure we can all be socially distanced and keep everyone safe, space is limited. Call me at **503.588.2922** for the time and to reserve your spot!

**FRIDAY, JULY 23RD**

## Solutions for June issue

A	L	S	O		I	N	D	I	C	A	T	E
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## South Salem Seniors Newsletter Monthly Publication

Articles and editorials printed in the SSSC Newsletter reflect individual opinions and are not necessarily the Center's opinion.

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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  
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6450 Fairway Ave SE  
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