



**South Salem  
Seniors Center  
Newsletter**



Congratulations to us all here at the Center. We have now been open almost a month and a half. It has been so uplifting to see people drifting into shop, play cards, chess, and etc. We have had so many members renew their membership and many new members. The Thrift Store has been doing excellent. Speaking of the Thrift Store reminds me that we will be having our Fall Rummage Sale on October 1st and 2<sup>nd</sup>. The hours will be between 9:00 A.M and 5:00 P.M. I know it will be successful. Please remember CASH AND CHECKS ONLY. Also, masks are required. I know you all would like to know the Center is financially on the plus side. We have had several people ask about the Meal Program. Unfortunately, we have been told it could be in the middle of November before it resumes. Meals are still being served on the parking lot. We have also been asked about Bingo. Currently the room we use for Bingo is full of Rummage Goodies. Also, we will have to assess the situation regarding distance, masks and sanitation of the cards that are used. I would like to extend an invitation to all members to come to a members meeting on October 21, 2021, the time is 1:00 P.M. We will be serving refreshments. I hope some of you attend. I am sorry to tell all of you that I have not improved on my music collection. I am still playing "Take a chance on us, joining the board will make your life a plus". Alright I know it is corny, but I keep trying. I never want anyone to think I am ignoring their requests when

they correspond with me. The note on my desk was concerned we were not requiring masks within the Center. Apparently, I was seen speaking to someone without a mask and I appeared to be alright with it. It could be possible I was talking to someone. I might have been calm. It is my experience one gets further addressing an issue with calmness. So please rest assured we do require masks.

Today we sold a car that was donated by a member of the Center. It was a nice boost to our Center. I also want to thank all of you who have made donations to our Thrift store and Library. I cannot tell you how many people have missed the library. Reading has helped me keep my sanity during our closure.

I wish you all blessings. Also be careful trick or treating this year.



Camille Lockling

I would like to recognize our president Camille Lockling, for her dedication and hard work for the last year and a half that the Senior Center was closed for keeping the lights on.

From maintaining business as usual relation with our vendors, making sure all bills were paid on time; providing material for the monthly newsletter; updating membership records when renewals were received; purchasing needed supplies and performing other duties needed in the office.

The challenges were numerous but she tackled them one by one with a positive attitude.

Please join me and thank Camille for her steady and hard work as a volunteer and president of our organization.

Arturo



I would like to recognize Roger Brousseau for his dedication and hard work at the Senior Center to maintain the facility in proper working condition even during the time the building was closed.

I have worked with him and learned a lot about maintaining and fixing things around the building, and he gladly shares his knowledge. For every challenge he finds a solution one step at the time.

From cleaning the gutters to picking up donations, from delivering furniture to fixing toilets, from fixing ceiling tiles to landscaping, from recycling metal to changing light bulbs, he does it all!

He is always willing to help anybody that needs help around the Center and he does it with a smile.

Please join me and thank Roger for his hard work.

Arturo



**MEDICARE MEETINGS SCHEDULE**

UNITED HEALTHCARE	
October 4, 2021	10 am-12 pm (noon)
October 12, 2021	10 am-12 pm (noon)
October 18, 2021	10 am-12 pm (noon)
October 26, 2021	10 am-12 pm (noon)
November 1, 2021	10 am-12 pm (noon)
November 9, 2021	10 am-12 pm (noon)
November 15, 2021	10 am-12 pm (noon)

**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

### Needlecraft (Velma Hampson)

We at Needlecraft have enjoyed meeting both indoors and outdoors through the month of August. It is good to be back among friends. And it is really great to have easy access to our yarn supply and our patterns now that we are inside.

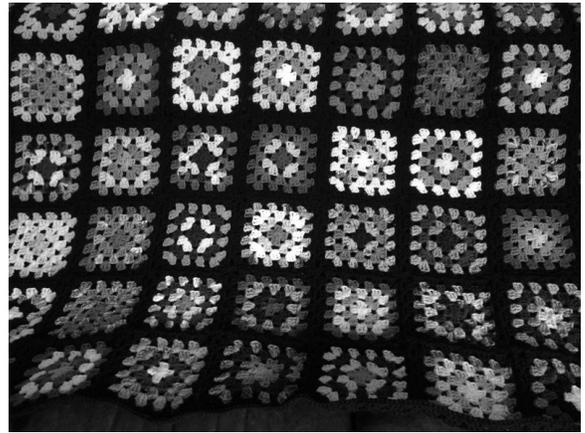
Speaking of patterns have you ever wondered why a particular crochet pattern is called the Granny square? It's because grannies who crochet make them, of course. And often in our history of 100 years ago, it kept granny busy. Actually it is a way of using scraps of yarn to make attractive covers that are often called afghans.

Sometimes they are called "throws" but I would suggest that Granny should be careful not to call them throws if the grands are young enough to take her literally and start throwing the throws around.

Meanwhile we team up in our needlecraft group with

some people making the squares and others sewing them together to make the afghans. The granny squares make really attractive lap robes and afghans. The ones we make go to people in hospice, memory care and other care living situations.

The afghan picture is "borrowed" from Etsy on the internet.



### Garden News !

The South Salem Sr. Ctr Garden Club, will have our third meeting, since re-opening last month. Due to Covid, getting Speakers is difficult. At this upcoming meeting, we will share more Garden related magazines, of which we have many, on various topics & gardening subjects. PLEASE WELCOME NEW members, tell your other gardening friends, we are a fun group, love to talk about our garden escapades, visit nearby garden shops, like Godfrey's & will share rides to these garden locations.

The meeting will be on TUESDAY, October 26<sup>th</sup>, beginning at 11 am. Bring anything you want to share, plants you cannot name (NOT POISON ANYTHING, PLEASE), hoping you can identify those oaks, ivies.....) The center is open from 10am until 2pm, if you want to shop, plan to come early enough. Lunch is served, from a truck outside the RUMMAGE room, in boxes beginning at 11:30 or so. No charge yet for food. We can enjoy a lunch together in the gathering. Since we are well into the new season, Halloween is very close, feel free to wear something festive, or "Halloweenie"

QUESTIONS, call Barbara Castle; Chairwoman....503-375-7723



## My Story Writing Group

### Poem by Velma Hampson

October

Leaves are falling down and around;  
red, brown, and yellow all over the ground.

The harvest moon rises over the hill.  
It's gold, and round, and quiet, and still.

A scarecrow stands in a field of ripe corn.  
His clothes are old, straw-filled, and worn,

A black cat sits beside a house.

She's hungry for a small gray mouse.

A pumpkin patch is all orange and green.  
There will be jack-o-lanterns for Hallowe'en.

In a web in a corner a spider stands by,  
waiting for lunch--a moth or a fly.

Three brown bats fly out at night.  
From their dark cave, they all take flight.

On Hallowe'en night the children run.  
Watch them play. Don't they have fun?

### The Body-Mind Connection

The body-mind connection is powerful. How you think can affect how you feel physically. And how your body feels can impact your thoughts and emotions.

Do you have thoughts that are making you feel bad about yourself? Both physically and emotionally? Leave your negative thoughts and concerns with personal counselor Kendall and get on with a happier and healthier life.

Thoughts Impact Overall Health

There are ways for your brain to boost your overall health. One of these is natural pain reducers, endorphins, which can help to trigger positive feelings. Endorphins are a powerful part of the brain's reward system. They are part of the body-mind connection. Hope and positivity can truly help with your body's own ability to heal and thrive.

Conversely, negative thoughts can hold an individual back. Talking about this is not to say that anyone is to blame for health problems or dark thoughts, but bringing it up can shine a light on how improvements can be made. Talking through your issues can help you to feel better and promote positivity in your life.

Stress Reactions and Hormonal Shifts

When you are anxious, stressed, or depressed, there is an impact on your health and throughout your body. This is because these emotions, thoughts, and ideas can tense your muscles and increase your blood pressure. You may find your breath increasing, your heart rate speeding up. This stress reaction is also sometimes referred to as the fight-or-flight response.

These hormonal changes and physical shifts are part of your body's natural safety response. It is a way for us to get out of a dangerous situation. This is extremely important in situations where our lives are endangered. But it can create harm when these stresses are put on the body for reasons that are not life-threatening. This could happen due to family problems, work pressure, or anger with strangers on the road, for example.

To improve your life, you need to learn to relax both your body and mind. Then, you will have tools to assist your body in reducing the stress hormones. Easing stress through your own actions means you can return to a calm state, a process that can be good for your mental and physical health.

Improve Your Body-Mind Connection

If you believe you are not living your life to its full potential, there are ways to make improvements.

Be kind to yourself. Give yourself a break from problems that are troubling you repeatedly. Talk through them with a professional and practice mindfulness.

Stand tall. Confidence can be boosted by improving your posture and facial expressions. You may feel physically better when you allow yourself to smile more.

Write about your problems. Journaling can be a powerful way to cope with worries. When you write through issues, it can help reduce stress.

Clear your mind. Meditation can help to alleviate pain, physical, and mental. Exercise and time spent in nature can help too.

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 **October 13** for the **November** newsletter.

## GRANDMA OPLE'S APPLE PIE

### Ingredients:

\*1 recipe for 9 inch double pie crust, or store bought  
 8 Granny Smith apples, peeled, cored and sliced  
 1/2 cup unsalted butter  
 3 tablespoon all-purpose flour  
 1/4 cup water  
 1/2 cup white sugar  
 1/2 cup brown sugar  
 I added the following suggested ingredients  
 1 teaspoon cinnamon  
 few dashes of nutmeg  
 1 tablespoon pure vanilla extract (yes, tablespoon) and  
 reduced the water by 1 tablespoon

### Directions:

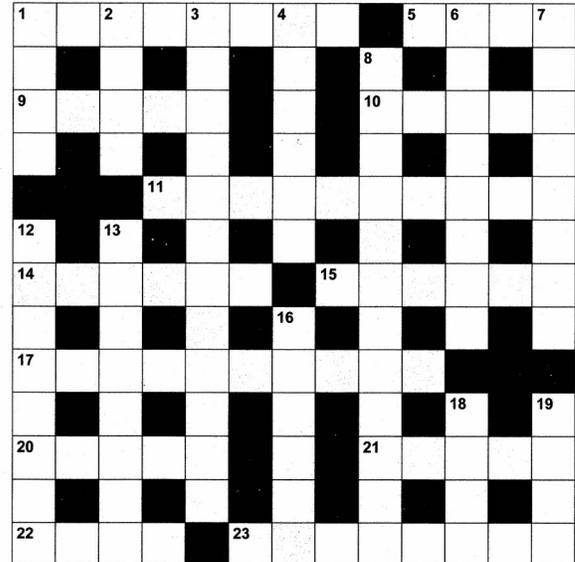
Before making the butter-sugar sauce, have your pie crust ready to go- apples in the pie plate with the lattice top already placed.  
 Many people suggested taking 3/4 of the sugar mixture and tossing the apples to coat before placing in the pie plate, then topping the remaining sugar mixture over the pie crust. I did not do this, I followed the directions and poured the mixture in the lattice openings. There is a great video provided that shows you step-by step how to make the pie and how to do the lattice for the top crust. Be sure to bake your pie on the middle rack of oven so it does not burn.  
 Don't forget to bake at 425 degrees F for 15 minutes, THEN REDUCE HEAT to 350 degrees f and continue baking for 35-45 minutes.  
 This pie needs time to set, so it's best to wait before serving.

**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	971-719-4438



### Across

- 1 - Huge sums of money (8)
- 5 - Ship's complement (4)
- 9 - Effects (5)
- 10 - Boasts about (5)
- 11 - Act in opposition to (10)
- 14 - Long legged rodent (6)
- 15 - Administrative body (6)
- 17 - Shortened by omitting notes (10)
- 20 - Type of music (5)
- 21 - Period of time (5)
- 22 - Consumes (4)
- 23 - Riders (8)

### Down

- 1 - Obscures (4)
- 2 - Protective cover (4)
- 3 - Without official permission (12)
- 4 - Make beloved (6)
- 6 - Appreciates (8)
- 7 - Doomed to extinction (6-2)
- 8 - Completeness (12)
- 12 - Recording device (8)
- 13 - Least old (8)
- 16 - Coarse cloth (6)
- 18 - Bubble (4)
- 19 - Subsequently (4)

## We appreciate your Donations

**Leland Franklin**

**Finance Meeting 10/6/21 1:00 PM**  
**Board Meeting 10/12/21 1:00 PM**

**Membership meeting 10/21/21 at 1:00 PM**  
**Refreshments will be provided**

### Board of Directors

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

# Community Connections

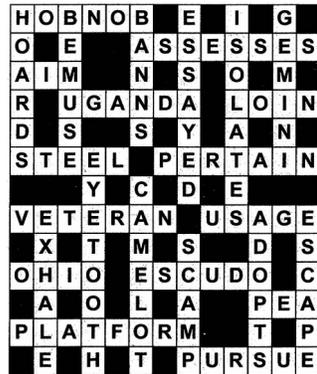
## Mike Giertych

### Maintenance & Repair General Handyman Services:

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

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

### Solutions for September issue



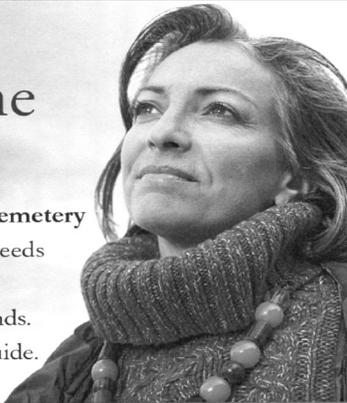

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**Webpage** <https://www.southsaalemseiors.org/>

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**503-365-0373**

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**Estate Planning/Elder Financial Abuse**  
**Conservatorships/Guardianships**

**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.

Follow our **Facebook Page**  
<https://www.facebook.com/southsaalemseiors/>

We post helpful tips, plenty of photos, plus  
happenings in and around the South Salem  
Senior Center on our Facebook Page.

**Moser Roofing**  
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**Don Moser**

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**www.moserroof.com**      **info@moserroof.com**

# Community Connections



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**Monthly Publication**

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You can receive your newsletter by mail, email or reading on the website: Call **503-588-0748**

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  
Salem, OR 97306

**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