



South Salem Seniors Center Newsletter



1/2 Price -- November 1-15, CLEARANCE SALE

FURNITURE, LAMPS. + BOOKS

A couple of Newsletters back I made the statement it would most likely be my last Presidential letter for the Senior Center. It appears that I was wrong, some might be pleased and some not so much. Much to my dismay we have not had much interest in anyone running for anything, except maybe the door.

We had a successful Rummage Sale, and the sales continued for a couple of days. I think in some cases people did not necessarily buy something they needed, it was just a pleasure to get out of their dwellings and see others. I for one bought two desks. Mine was donated to the Center months ago. It was meant with the intent for the Center to use it. But it would not fit in any of our offices. It belonged to Grace Orr; she was the first female chiropractor in California, her license was dated on February 9, 1919. I believe it is an old banker's desk, equipped with a panic button. I want my Darrel to fix it so I can push it to let him know I need another glass of wine. The wine helps as I write my novel called "My Observations of Political, Religious and Covid Bull Harkey"

Last month I mentioned we were having a Members Meet and Greet gathering on October 21, 2021. I hope next months newsletter will contain the information that we had a successful meeting. I have ordered a cake for Octobers that will be the best cake you ever hung a lip over. If it is a bust the one's who show up will have a lot of cake to bring home.

I have spoken to Marion Polk Food Share, and it appears they might not serve meals in house until the first of the year. That is very discouraging because people naturally like to break bread together and catch up with each other. I am going to speak with a woman from Center 50 Plus and see if we can conjoin some activities with them out in the community. I also think it would be great to get some exercise classes of some sort going. But my friends we must all have the understanding that we are working with a skeleton crew. Most of us are 70's and 80's young. Our minds and hearts are totally committed to this Center. But we get tired, physically, and mentally. If more members would be willing to give some of their time to the Center, it would make a world of difference. Then the Center would be open 5 days a week and more than 4 hours a shift. I am going to be blunt and call them the way I see them. Before we could open our doors, we had numerous calls and letters asking for us to open. Well, we are, but you must be aware this Cen-

ter is for us all. We all must know that any organization will fold without someone there to reinforce the structure. You my friends have built this structure, so I would suggest you do your part to protect it. Keep in mind this structure is not four walls alone, it is so much more than that. It is built on blood, sweat, tears and fulfilled dreams. Many organizations and businesses fail because people take, but they do not give. I would ask you to do so. Do not let yourself be of the mindset that it is not my job, let someone else do it.

Thanksgiving will be here before you know it. I looked up the meaning of the word thanksgiving it. It means the act of expressing or feeling thankful. I am grateful for this Center. I feel blessed that I do not have Covid. I can fix my coffee; I can shower alone. I can still see my brother and sister. Most of all I am grateful for my Darrel. We agree one of us can be abrasive at times. There is also the love for my precious grandbabies. I look at pictures of them when I was trying to change twin preemies at once. They are my heart, memories of me will go on through them. Their voices are changing, they now need deodorant, and they love girls. I want them to never forget this old girl. Maybe that is why I try to make them laugh with my antics. In the future it will be alright to describe me as a crazy old lady. I am thankful that I will leave a positive footprint behind on our planet. I am thankful I can truthfully say that. How about you? It is never to late to be grateful and proactive. Be positive even if it only for one day. One positive day can become a positive habit. Once again my heartfelt blessings to each of you.



Over The River and Through The Woods!!

On a beautiful Sunday morning 10 SSS members gathered at 8:30 AM to board the Best Oregon Tours tour bus to be transported to Lebanon, OR for a train ride and brunch!!

In Albany, we headed east for the scenic route to Lebanon. Upon arriving, Clem, our driver and owner of Best Oregon Tours, gave us a tour of Lebanon. Did you know that there is a medical college in Lebanon? Lebanon is a growing community. Clem showed us beautiful parks, as well as other sights before stopping at the newly remodeled train depot.

We were warmly greeted by the train personnel, shown to our car and our table. The cars are very comfortable, with newly-washed windows(!), free coffee or tea while we waited for everyone to board. There is one car that has no covering. It has tables and benches bolted to the floor for those who like to be outside. (We all were glad that it didn't rain as predicted.). Shortly after the train started moving, we were told that we could go and pick up our brunch, which included eggs, hash browns, bacon, sausage, a burrito, and blueberry cobbler! What a feast! There is also a Bar Car for those desiring of other drinks.

The train trip was south of Lebanon, along portions of the Santiam River, through Sweet Home and beautiful Oregon countryside. Such an enjoyable trip! On the return bus trip, Clem took us to the newly restored train depot in Albany. He then took us to a lovely city park, past some of the original homes of Albany, past an extremely old church that is going to be moved about a block to house an Events Community Center and then home. Such an enjoyable day.

If you're interested in making trips such as this, keep checking the bulletin board at SSS.



MEDICARE MEETINGS SCHEDULE

UNITED HEALTHCARE

November 1, 2021 10 am-12 pm (2 hrs)

November 9, 2021 10 am-12 pm (2 hrs)

November 15, 2021 10 am-12 pm (2 hrs)

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

According to the History of Knitting in Wikipedia, "Knitting is the process of using two or more needles to loop yarn into a series of interconnected loops in order to create a finished garment or some other type of fabric. The word is derived from knot, thought to originate from the Dutch verb knutten, which is similar to the Old English cnyttan, 'to knot'".

It is assumed by many that knitting is a fairly modern skill, and that by modern, those folks mean circa 500 CE (Common Era also known as AD) and 1300 CE. Weaving is believed to go back to about 9000 BCE.(Before Common Era) It is hard to tell how old either process is, because fabric deteriorates over time.

Getting past the boring stuff though, this is the season those of us doing needlecraft, including knitting and crocheting, are preparing for the winter for those who have the need to keep warm. We are making lots of hats and scarves for children and adults, to be distributed by various charities. We also continue with our projects for hospice and various care groups. And one of our members, Meg, makes some very cute animals to be sold in our gift shop to help support our Senior Center. Depending

on the character they are either knit or crocheted.

Join us every non holiday Monday at noon. And if Monday is a holiday, we try to grab Wednesday that week at the same time.



Garden News !

This is the month to be THANKFUL; for all of our BLESSINGS....The SR CTR has re-opened, we've been able to see our friends at Garden Club, Bridge; able to participate in the RUMMAGE SALE, ooooooooooooooh, such fun. I'm seeing FUN HALLOWE~EN DÉCOR on porches, in windows, so many folks are feeling festive & ready to hand out GOODIES to those doorbell ringers. They are so cute in their costumes, brings back memories of my older brother taking me trick-or-treating, usually on a chilly, damp evening. I'm so blessed to still have him in my life.

Have you noticed the beautiful Trees in their AUTUMN GLORY....? SO many different colors of Maples, oaks, our young GINGKO tree is just going yellow.....once the leaves are off of it, it looks as tho' the sun is coming out of the ground around it. Such pretty little fan-shaped leaves. For our November meeting, please bring a recipe for your favorite Thanksgiving dish.....dessert, side dish, veg. tray. We'll make copies to share.

THANK YOU dedicated gardeners, for coming to our gatherings. We hope to have speakers in the new year. BLESS YOU ALL, FOR YOUR INTEREST.

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

Winter Craft Sale Event – scheduled Fri, 12/10 and Sat, 12/11; 10 am – 2 pm.

To get back to operation Santa Claus, SSS will be supporting a craft event and allow crafters to rent table space (6 foot tables) in our Dining room at \$20 for the two day event, limited to about 20 crafters. All attendees will be required to adhere to the current health and safety standards. Crafters may inquire to Laurene Brousseau during business hours 10 am -2 pm at 503-585-2650 to arrange for your table space and making payment to SSS for the table rental.

Check out the grounds, new trees planted!

On Monday Oct 18 our volunteers, Roger Brousseau, Dan Schie, and Dan Allen planted three new dogwood trees (Three different colors), to replace the damaged ones from last February's ice storm.

The trees are on Fairway Ave side.
Let's watch them grow!

Thank you to our volunteers!



Isolated? Try this new FREE Senior Website to Connect to Loved Ones

With seniors around the country facing isolation during COVID-19 lockdowns, the Birdsong Tablet, a senior focused tablet, is available in a **FREE WEB VERSION** accessible with only a web browser helping keep seniors connected to family and engaged during the pandemic.

Birdsong features include:

No-phone-needed video chat helping seniors connect with loved ones visually

Senior-friendly TV, movie and music ranging from Jack Benny, Milton Berle and Beverly Hillbilly episodes to songbooks to Frank Sinatra and Bing Crosby greatest hits

Word games such as Boggle, Hangman and crosswords as well as card games, number games, memory games, puzzles and trivia

Travelogues, virtual museum tours, TED Talks and other educational content

Spirituality resources for the major world religions

Both the tablet and web version are designed for those with limited technology experience and/or physical or cognitive limitations, including large picture-based icons and large font sizes.

<https://birdsongtablet.com/login>

PUMPKIN MUFFINS TWO**INGREDIENTS!****INGREDIENTS**

1 box spice cake mix

1 15 oz can pumpkin puree (not pie filling)

INSTRUCTIONS

Preheat to 325 degrees.

Mix spice cake mix together with pumpkin.
Scoop into lined or well sprayed muffin wells.

OPTIONAL - add chocolate chips

Bake 18-20 minutes (until toothpick comes out clean).

Stir together cake mix and a can of pumpkin.
Make sure you use the smaller can (15 or 16 oz). This makes 12 muffins which take about 18 minutes to bake. **DONE!**

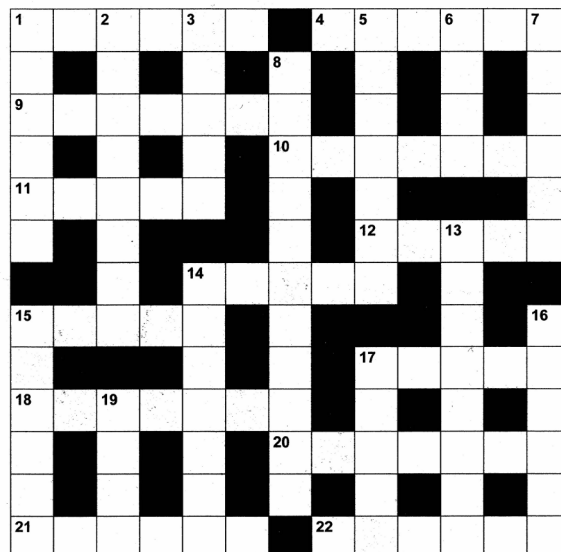


South Salem Senior Center
6450 Fairway Ave SE
Salem, OR 97306
503-588-0748

www: southsalemseiors.org
sssoffice@comcast.net

Officers:

Camille Lockling , 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 - Traveling on horseback (6)
- 4 - Semitic language (6)
- 9 - Spanish Mediterranean island (7)
- 10 - Vote in again (7)
- 11 - Money; revenues (5)
- 12 - South American animal (5)
- 14 - Dog like mammal (5)
- 15 - Container for storing items (5)
- 17 - Homo sapiens (5)
- 18 - Stipulation (7)
- 20 - Make an explosive sound (7)
- 21 - Chain mail (6)
- 22 - Soul (6)

Down

- 1 - Reverberate (6)
- 2 - Low-spirited (8)
- 3 - Norwegian (5)
- 5 - German measles (7)
- 6 - Restrain; moderate (4)
- 7 - Against (6)
- 8 - Most distant (11)
- 13 - Having a strong smell (8)
- 14 - Sanitariness (7)
- 15 - Managing (6)
- 16 - False (6)
- 17 - Periods of 60 minutes (5)
- 19 - Resistance units (4)

We appreciate your Donations

Leland Franklin

Finance Meeting 11/10/21 1:00 Pm
Board Meeting 11/15/21 1:00 PM

Board of Directors

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

Community Connections

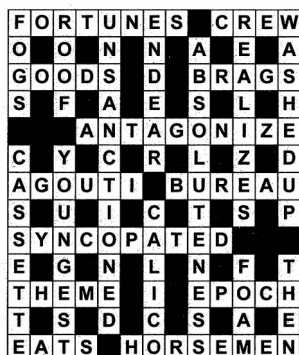
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Solutions for October issue



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503-364-2257
www.vtgolden.com

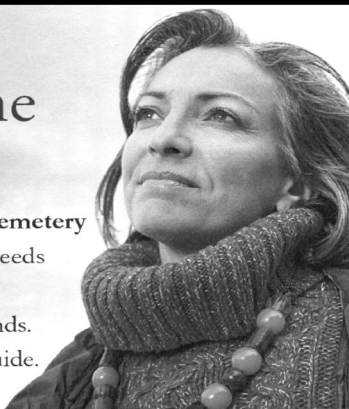
*Your answer in time of need
for a life remembered,
celebrated and cherished.*



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

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to turn to*

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503-365-0373

Wills & Trusts/Probates
Estate Planning/Elder Financial Abuse
Conservatorships/Guardianships

***Senior Center members will receive a
25% Discount on all estate planning***



If you are reading YOUR newsletter online,
underlined text will be a LINK to webpages!
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.

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Happy Thanksgiving!



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USA

FORTUNE
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2020

					7	5		
7			1				4	
5						2		
		1	3	9				8
3			7	8	6			4
8				4	1	7		
		8						9
	5				3			1
		4	6					

BE A SOUPER HERO!

THANKFUL FOOD DRIVE

HOLIDAY RETIREMENT
Hidden Lakes
Independent Retirement Living

Call me at 971.283.5345 for the time and to reserve your spot!

We're collecting: canned foods (soups, meats, veggies, fruit), pastas, cereals, nut butters, baby and personal care products, paper goods & cleaning products.

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.

Advertisements in the SSSC Newsletter do not necessarily carry the endorsement or guarantee of this organization.

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6450 Fairway Av. SE
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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