



South Salem Seniors Center Newsletter

From my Casa to yours I hope your holidays will be better than last years. We have our doors at the Center open, and it is wonderful to hear the sounds of conversations and laughter throughout the building. Soon there will be a Winter Craft Sale on Dec 10th and 11th. It feels like eons since we last had one. I suppose that is normal when one has hibernated for over a year. I know that I should make this letter all about the Center and be uplifting. I am sorry to say that I do not have it in me. I am taking a hiatus from the Center for awhile. It is time to share my shame. “Hello my name is Camille and I am an asthmatic . “ Phew I bet you thought I was going to say something really bad. I have had a nasty bug in my lungs. I am finding stress helps none of us. Stress is my enemy and I struggle to ‘ because of it. You who know me also know I have taken care of my brothers needs for 4 years. He is being put on Hospice very soon. I believe he has been courageous and a precious man through his struggles. I know he loves me and appreciates me. It has been difficult but also a blessing to be his sister through this. I have done the best that I could for the Center for almost three years. I will admit it has been a boost to my ego when people have told me I am tough and responsible. But in reality, I have not allowed myself to grieve when I lost my baby sister during Covid. I have not shed many tears after losing my 3 dogs during Covid. I have had people

tell me I was going to hit a wall. Well I have hit it and it does not move. If there is any bit of advice I can give anyone is to stop and feel what you feel. Do not wait to come up close and personal with your wall. I am now backing away and feeling.

I do not know that this is an appropriate newsletter, but it is the best I can do. There are some remarkable people volunteering at the Center. They all have their own burdens to bear. Because of all of them and all of you who are members the Center is thriving. As always, I send my blessings to you.
Merry Christmas!



Camille Lockling



Happy Holidays
and
Happy New Year!

Winter Craft Fair: Fri 12/10 and Sat 12/11/2021
10 AM to 4 PM, both days in the Foyer and Dining/Bingo Rooms

So far we have over twenty very talented crafters bringing in some beautiful and lovingly made articles for personal use or holiday gifting. We will have selections of knitted and crochet handwork from hats, coasters, blankets, afghans, holiday decor, ornaments; greeting cards, leather wallets and quilted bags; handmade anti-pill fleece blankets; quilts; potholders and dish cloths. We will also have carved walking sticks, yarn wreaths, fence gates, table decorations, place mats, table runners, stained glass art work, lanterns, baby blankets, bed frame seat benches and much more. We are working with Todd Wieweck of Soup 'R Meals to cater lunch.

Laurene Brousseau

Winter Craft Fair 2019 Photos!



**GET YOUR ARTISTIC
MUSE ON**

Join Us for ART
Acrylics, colored pencil,
watercolor and drawing
are all welcome.

Our group meets every
Tuesday and Friday
morning from
10 at the Center.

(No oil painting please)

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

We in the Needlecraft group frequently get thank you notes from organizations that have received some of our projects. We do not do this work for the thanks we might get, however the occasional note does sometimes inspire us to get busy and make more hats, shawls, lap robes, scarves AND one of our team even makes animals and another makes small fidget quilts.

If you know some organization with folks who would take comfort in a knit or crocheted item please let us know. We will give it a try.



Garden News !

December garden meeting is on the last Tuesday of the month at noon. Bring your own lunch or get a lunch from in front of the senior center. Check a menu at the desk or in the newsletter.

Bring a dessert to share. Wear festive clothes.

Which plants do you have still in bloom? Pictures? Questions? Call Barbara at 503 375-7723.

Write-Your-Life-Story Writing Group

You meet the most interesting people in our writing group. Veterans Day makes me think about the stories we heard from former class members, Al and Howard, who fought in World War II. We also listened to stories from Renate who was a teen-ager in Hanover, Germany and Crystal who was a preschooler who roamed the streets of Berlin looking for food during that war. Rheba wrote about being a navy wife in the 1940's. She was also the mother of a Viet Nam veteran from West Point. One of our members read a story about her father, a paratrooper, who was accidentally dropped into the English Channel on a foggy D-Day.

Reading what senior citizens write about their lives remind listeners of similar events in their own pasts. As you can see, you meet the most interesting people in our writing group.

Ellen Brittingham

SENIORS FACE DIFFICULT FINANCIAL DECISIONS IN 2022

Every year, Wall Street's top banks publish lengthy reports laying out what the next year could hold for investors, making predictions for economic growth and the trajectories of stocks and bonds. Some years, the prognostication is more successful than others. The pandemic has made the exercise particularly difficult. Early estimates for 2020 had to be quickly tossed out as countries around the world entered lockdowns and shuttered their economies. Forecasts for 2021 largely missed the sharp rise in inflation that now dominates discussions. So what's on tap for 2022? Wall Street admits that on many fronts, it's not quite sure. In research published Sunday, Morgan Stanley said it thinks US inflation will move "decisively lower" next year while remaining above the Federal Reserve's 2% target. The bank's team of strategists predicts as its central scenario that the Fed will still hold off on hiking interest rates until 2023. But they can't be sure. "The supply constraints that have held back growth and pushed up inflation this year could easily persist or worsen," its strategists wrote. "In such a scenario, we would have notably weaker growth but higher inflation, and judging from central bank communications, more aggressive policy tightening. Indeed, in that scenario, we see the Fed raising interest rates in the middle of next year."

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Louise Kuebker, Librarian



Current Center Activities

Mondays: Craft arts (Knitting, Crochet etc)

Tuesdays : Bridge, China Painting

Wednesdays: Writers Group Write-Your-Life-Story

Fridays: Double Pinochle

Pool Table Monday thru Friday

New sign-up sheets for games and activities will be available for members to fill out.

Sausage Stuffed Mushrooms**Ingredients**

- 18 mushrooms stems removed
- 3 tablespoons butter divided use
- 1/2 cup onion finely diced
- 1 teaspoon garlic minced
- 8 ounces mild Italian sausage casings removed
- 4 ounces cream cheese softened
- 1/4 cup parmesan cheese grated
- 1/2 cup Monterey Jack cheese shredded
- 1/4 cup chopped parsley divided use
- 1/3 cup panko breadcrumbs
- cooking spray

Instructions

1. Preheat the oven to 375 degrees F. Coat a sheet pan with cooking spray and arrange the mushrooms on the pan.
2. Melt 1 tablespoon of butter in a pan over medium heat. Add the onion and garlic and cook for 3-4 minutes or until softened. Remove the onion mixture from the pan.
3. Add the sausage to the pan and cook for 5-6 minutes, using a spatula to break up the meat into smaller pieces.
- 4 Place the sausage, onion mixture, cream cheese, parmesan cheese, Monterey Jack cheese and 3 tablespoons of parsley in a bowl. Stir to combine.
- 5 Spoon the sausage mixture evenly into the mushroom caps.
- 6 Melt the remaining 2 tablespoons of butter in the microwave and stir in the panko breadcrumbs to coat.
7. Sprinkle the panko over the mushrooms.
8. Bake for 20 minutes or until tops are browned and mushrooms are cooked through. Sprinkle with parsley and serve.

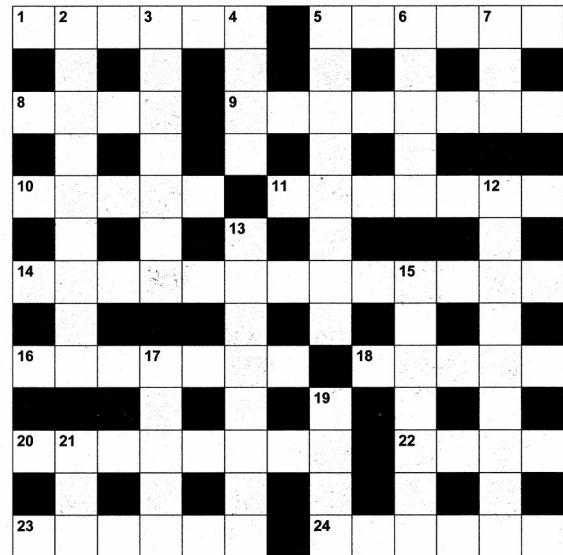
Prep Time 20 minutes
Cook Time 25 minutes
Total Time 45 minutes

South Salem Senior Center
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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 - Suspends; prevents (6)
5 - Law enforcers (6)
8 - Throb (4)
9 - Silly mistakes (8)
10 - Mattress used on frame (5)
11 - Foretell (7)
14 - Executive officer (4,9)
16 - Scent; smell (7)
18 - Songbird (5)
20 - Food of the gods (8)
22 - Entice (4)
23 - Ancient or well established (3-3)
24 - Observing (6)

Down

- 2 - Incompatible (9)
3 - Solvent; adhesive (7)
4 - Slender (4)
5 - Garden flower (8)
6 - Weaved (5)
7 - Stimulus (3)
12 - Modifying circumstance (9)
13 - Declared (8)
15 - Trickle (7)
17 - Do away with (5)
19 - Water storages (4)
21 - Periodic publication (abbrev) (3)

We appreciate your Donations

Finance Meeting 12/8/21 1:00 Pm
Board Meeting 12/13/21 1:00 PM

Board of Directors

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

Community Connections

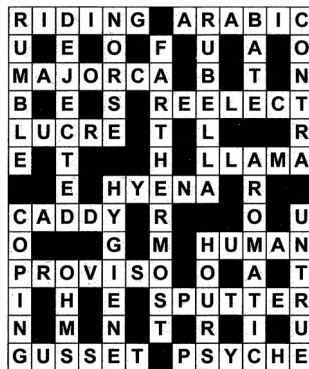
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Solutions for November issue



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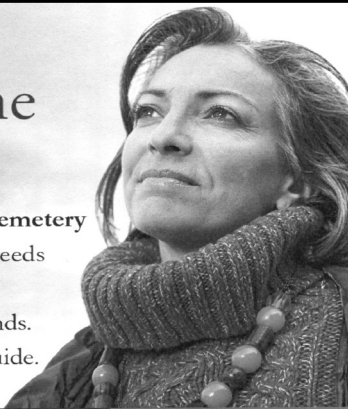
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David L. Carlson, Lawyer
503-365-0373

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

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



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

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happenings in and around the South Salem
Senior Center on our Facebook Page.

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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
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