



**South Salem  
Seniors Inc.**



Dear Members,

Our Nomination Committee, headed by Alta Gardner and Mary Adams have brought forth the following members to appear on the election ballot. Ballots will be direct mailed about July 10 to members in good standing - your membership must be current as of June 30, 2023 to participate in the election. Ballots may be returned mailed or delivered to the Business Office between July 15 and August 14 for counting on the morning of August 15, 2023. The new Officers and Directors will be announced and installed at the BOD/Membership meeting on August 15, 2023 at 1:00 PM. Refreshments will be served. Please attend this annual event to honor your new Officers and Board Directors and thank the outgoing members. I would like to thank our nomination committee for the bringing the nominees for your perusal and vote of support.

**Nominee Officers:**

**President Renata Pilotto** I have held membership since 2018 and have enjoyed managing the Gift Shop, Rentals and Business Office operations. Recently I have served as Vice President and I want to continue helping SSS grow.

**Vice President Paula Hindman** I have been a member since 2016 and served previously as Vice President and I have enjoyed managing Nifty Thrifty.

**Treasurer Karen Sloan** I am honored to accept nomination. I have been a member since 2017. I have volunteered for many organizations including Food Bank and United Way. I look forward to serving and supporting SSS.

**Office Manager Irene Johnson** I have been a member since 2020 and served previously as Office Manager. It has been a wonderful experience.

**Secretary Kate Bayne** I have been since 2017 and served recently as Secretary and outreach for our breakfast sponsors.

**Nominee Board Directors:**

Members will vote for 2 of the following 5 nominees, the two highest vote counts will install Directors 3 and 4, serving a two-year term ending August 31, 2025. Director 1, Alta Gardner and Director 2, Rick Saul will continue serving until their terms end August 31, 2024 and do not need to appear on the ballot.

**Mary Adams** - a member since 2013. SSS is a wonderful place to come to. I would like to be a positive support for the future of the Center.

**Dolly Allen** – a member since 2022. I enjoy working with people here and want to see the Center grow and continue to thrive supporting seniors in our community.

**Julie Amen** – a member since 2020. I have enjoyed the teamwork in Nifty Thrifty and helping out with Breakfast.

**Yvonne Corzilius** – a member since 2016, volunteering at large for SSS.

**Linda Jones** – a member since 2019 and previously appointed as Director in 2020. I have supported the Center in the Business Office and recently in Nifty Thrifty.

Save the date, October 13 & 14, 2023 for the Fall Craft Sale. Kathy Schie has volunteered to manage this event. Further details available soon.

I would like to thank all for support and fill in over the past several months. Rog has appreciated all the kindness extended of and hopefully will be home soon. Sincerely, Laurene Brousseau President

## By Popular Demand Our “Jam” Is Adding a Second Day Each Month

According to session leader Mo Mould, “everyone had so much fun (at the last session) they now want to meet twice a month on the second and fourth Wednesdays from 11AM to noon. Next gatherings will be on July 12th and July 26<sup>th</sup>”. She reports that they are working to compile a song book “with all the words because everyone wants to sing along.” She suggests we rename this activity the



**Jam and Sing Fest!**

## Mahjong Group Continues To Grow

This recently established group attracted more interest than initially expected and is now setting up two tables “and more might be expected” according to organizer Sherry Cornet. For additional information contact her at 503-587-8715.



## Want to Play (Or Learn to Play) Cribbage?

Several members are coming to the Center to play cribbage and there has been some interest in starting a group. Member, Sharon Latshaw has volunteered to teach cribbage and Sherrie Cornet has generously agreed to be the contact person. You may reach her at 503-587-8715 for additional information.



**Current Weekly Activities**

Mon	Needle Crafts	12:00 pm - 2:00 pm
"	Tai Chi/Yoga	10:00 am - 11:00 am
"	Mahjong	1:00 pm - 3:30 pm
Tue	Bridge	11:00 am - 3:00 pm
"	China Painting/Arts	10:00 am - 2:00 pm
"	Garden Club Meets 3rd Tuesday	1:00 pm - 3:00 pm
Wed	Life Story/Writers' Group	10:00 am - 12:00 pm
	Rummikub	12:30 pm - 2:30 pm
Thu	Hand & Foot Card Game	10:00 am - 3:00 pm
"	Scrabble	11:00 am - 3:00 pm
"	Jazzercise	10:00 am - 11:00 am
	Painting class	1:00 pm - 2:30 pm
Fri	Mexican Train	10:00 am - 3:00 pm
"	Double Deck Pinochle	12:00 pm - 3:30 pm
"	Quilting Group	11:00 pm - 1:00 pm
Mon-Fri	Pool playing	10:00 am - 2:00 pm

Hello from the Gift Shop and Happy 4<sup>th</sup> of July!

We have lots of "new to you" collectables and vintage stuff on display.

Vegas style craps table top in excellent condition

2 Fishing Rods with Reels:

Rod: Quantum Tour Edition/USA

Reel: Daiwa Sealine SG27LC Direct Drive Line Counter

Rod: Lew's USA Speed Stick

Reel: Daiwa Sealine SG27LC Direct Drive Line Counter

As always love to see you at the Gift Shop!

Renata

**Knitting Group**

I started knitting many years ago when my children were old enough to not bother my "stuff"—needles, yarn, measuring tape, markers, etc. I could leave my project by my chair, go do other things, come back and return to where I had left off. When I became an "empty nester" I did some very complicated patterns. One was a sweater for my daughter-in-law that consisted of different colored squares that had different colored objects inside each one. I placed all of the various colors of yarn on the floor in front of my chair. When I needed to do something besides knit, I'd place the needles and yarn on the floor in front of me, step out of my "nest" (as my husband called it) and proceed with my other activities. It was easy to come back to. I'd just step into my nest, pick up my yarn, read my pattern that was on an end table beside me and proceed.

When we moved to Salem a few years ago, I decided to join the Senior Center. I'd put all of my supplies in a bag and pull out what I needed. However, it was difficult to find the needed supplies at the bottom of the bag. It didn't take long to notice that the rest of the group wasn't searching for what they needed. They had cute little bags that held their supplies. At first I'd just ask if anyone had a scissors, marker, measuring tape, etc. I finally purchased a bag of my own.

The accompanying photo is of our craft bags. Most of us carry a crochet hook(s), measuring tape, yarn needle, markers, stoppers, counter, various sized needles, little scissors, etc. As in every group, there is one who is a bit different. She has the cute little blue bag (in the photo) and she carries that in her purse, not her craft bag. She has a small finger nail file and clippers, tums, lactose pills, cough drops, cetaphil, lip gloss, hand lotion, lip protector and (most importantly), a cut-down lens case to hold Beano!

If you'd like to join this diverse group of knitters and crocheters, come on Mondays from noon to 2:00. If Monday is a holiday, come on Wednesdays. We have a wonderful time along with donating all of our creations to various organizations. Coordinator, Arlene Williams



**July garden lines**

More roller coaster weather since we last met. Those 90 degree days are hard on our new plantings; we must be vigilant to keep them and ourselves hydrated to look our best.

Our next meeting, July 18, may have a guest speaker. I have messages out with our master gardener people; requesting speakers who may be able to come, chat with us, answer our most pressing garden queries. They must be very busy, catching up since COVID had us all quarantining; sheltering in the safety of our homes. But, I am ever hopeful that we'll be surprised by a knowledgeable garden speaker, one of these Tuesdays. Please let me know if you hear of someone who may fit the bill, and be willing to come and share their expertise with our friendly group.

I look forward to seeing our garden club folks on the third Tuesdays of the month, unless other arrangements arise. We'll meet between 12:30 & 1 pm, thus allowing a little extra time for folks to grab a lunch at the food wagon, bring it in to warm up in our microwave.

Our June 20th meeting, comes on the eve of the beginning of summer; which seems so odd as our weather has been very confusing. Winter was here for too long; keeping us inside, out of the chill and rain. But, enough of this talk, we are lucky to not be having hurricanes, flooding in our wonderful part of the world.

Question, please contact me at 503-983-6767. Chairwoman, Barbara Castle

<p style="text-align: center;"><b>New Members May 23 to Jun 21, 2023:</b></p> <table border="0"> <tr> <td>Helga Abel</td> <td>Nancy Wollslair</td> </tr> <tr> <td>Kenneth Coleman</td> <td>Joseph Johnston</td> </tr> <tr> <td>Hiroko Newman</td> <td>Jacquelyn Nunez</td> </tr> <tr> <td>Mary Jo Mitchell</td> <td>Judy Ferguson</td> </tr> <tr> <td>Arlene Barber</td> <td>Joan Zelmer</td> </tr> <tr> <td>Su Fennern</td> <td></td> </tr> </table> <p style="text-align: center;"><b>Thank you for supporting South Salem Seniors!</b></p>	Helga Abel	Nancy Wollslair	Kenneth Coleman	Joseph Johnston	Hiroko Newman	Jacquelyn Nunez	Mary Jo Mitchell	Judy Ferguson	Arlene Barber	Joan Zelmer	Su Fennern		<p style="text-align: center;"><b>AARP Drivers Education for 2023:</b></p> <p>Class sessions on Tuesdays &amp; Wednesdays:</p> <table border="0"> <tr> <td>Jul</td> <td>11 &amp; 12</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Aug</td> <td>8 &amp; 9</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Sep</td> <td>12 &amp; 13</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Oct</td> <td>10 &amp; 11</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Nov</td> <td>14 &amp; 15</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Dec</td> <td>12 &amp; 13</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> </table> <p>Please call the Business Office 503-588-0748 to schedule your class time and additional information.</p>	Jul	11 & 12	Meeting Room	8:45—12:15	Aug	8 & 9	Meeting Room	8:45—12:15	Sep	12 & 13	Meeting Room	8:45—12:15	Oct	10 & 11	Meeting Room	8:45—12:15	Nov	14 & 15	Meeting Room	8:45—12:15	Dec	12 & 13	Meeting Room	8:45—12:15
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<p style="text-align: center;"><b>Donation Acknowledgements, Thank You!</b></p> <p>Jacqueline Hilfiker Betty Lacey</p>	<p style="text-align: center;"><b>Medicare Walk-In</b></p> <p style="text-align: center;"><b>Informational &amp; Enrollment Opportunity</b> (Meeting Room)</p> <p style="text-align: center;"><b>To be announced next issue</b></p>																																				
<p style="text-align: center;"><b>Greetings from Nifty Thrifty</b></p> <p>Many thanks to all for the donations we have been receiving.</p> <p>Also many thanks to our new volunteers that are doing a terrific job. Dolly Allen &amp; Linda Jones from the Front Desk and also Linda Wollam &amp; Betty August on Tuesdays, Wednesdays and Fridays.</p> <p>Jeri, Julie and Billie have been with us for years</p>	<p style="text-align: center;"><b>Marion Polk Food Share Lunch</b> <b>Pick Up 12:00 to 12:30 pm</b></p> <p style="text-align: center;"><b>Friday's pick up inside center</b></p> <p>Marion-Polk Food Share provides lunch service Monday through Friday from 12:00 – 12:30 PM daily. Lunches will be <b>“Handed Out”</b> in the parking lot Monday through Thursday. <b>“Drivers are asked to remain in their cars”</b>. Stacy will greet you and take your orders. For the present no donations or fees apply.</p> <p>SSS is not a Meals on Wheels distribution center.</p> <p>Call 503-364-2856 for home delivery</p>																																				
<p style="text-align: center;"><b>Hello from Fridays Quilters!</b></p> <p>Here are some comments from our quilters:  <b>Belva:</b> “The group is a magical place to come to. I love how we are growing together.”  <b>Jane:</b> “Gosh! We share by making quilted items for others.”  <b>Irene:</b> “I love the camaraderie.”  <b>Marcy:</b> “I feel very welcomed by the group. I look forward to the laughter and conversation.”  <b>Mary:</b> “Yes! I enjoy and look forward to seeing each other each Friday.          At the present time we are making Red, White and Blue Lap Robes for Veterans. This is a very good thing, as Martha Stewart would say.”          Several of the ladies are working on their own projects. We will enjoy seeing their finished works.</p> <p>We would love to see new faces at our gatherings on Fridays at 11 am -1 pm.</p> <p>Coordinator, Mary Adams</p>																																					

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 **July 13** for the **August** newsletter.

### Jewelry Class To Close Over Summer Months

Instructor Lorna Matte’s Jewelry class will go on hiatus for the summer, returning to the Center in September. The Activity sign-up list for interested participants will remain on the Activity List Board in the Center Hallway.

### Aging Smart

Monday’s tai chi/yoga session has begun to show a pattern. While we are all moving to improve balance and prevent unexpected injury by strengthening some muscles we haven’t used in awhile, we also have created a fellowship of people determined to proceed in life intelligently – adapting to the things we can and cannot manage any longer – otherwise known as “Senior Power.”

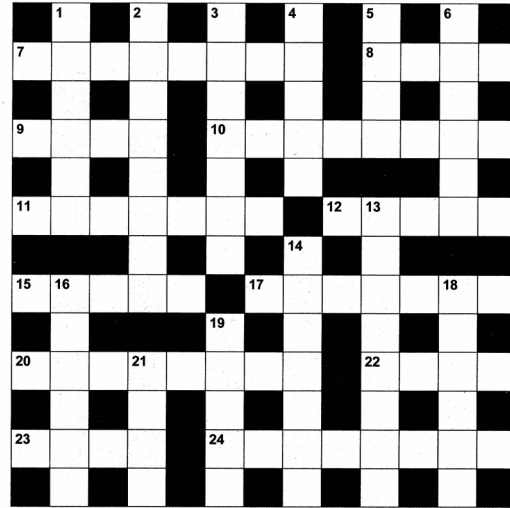
As we follow along with the slow movements of tai chi and yoga, there are no judgments. We are a dedicated practice group only; the forms we review are simple, but the power comes when we link them together in a group exercise.

The same is true of our Jazzercise unit. Linnea has altered the high energy moves of traditional Jazzercise to fit our senior needs, and the stretches and strength-building skills gained are both physical and mental! (e.g., “I can’t believe I just did that!”)(heard recently, laughing)

Our message - please join us, we’re a small, friendly and happy group! There is no set progression to our sessions, something different each time, so join when you can or give us some feedback so we can better schedule to include you.

Soon the weather will be either too hot, too rainy or too cold, so please keep us in mind - Monday @ 10am for Tai Chi/Yoga, Thursday @ 10 for Jazzercise with Linnea.

And above all else - keep moving! Hope to see you soon! Instructor, Linnea



**Across**

- 7 - Immediately after this (8)
- 8 - Device for securing (4)
- 9 - Sure (anag) (4)
- 10 - Capability (8)
- 11 - Mischief (7)
- 12 - Opposite of lows (5)
- 15 - Push (5)
- 17 - Area of ground (7)
- 20 - Fervid (5-3)
- 22 - Depart from (4)
- 23 - System (4)
- 24 - Defector (8)

**Down**

- 1 - Tenant (6)
- 2 - Discovering (8)
- 3 - Connoisseur (7)
- 4 - Awkward (5)
- 5 - Coalition (4)
- 6 - Put an end to (6)
- 13 - Large bodies of frozen water (8)
- 14 - Solvent; adhesive (7)
- 16 - Maintain (6)
- 18 - Wears down (6)
- 19 - Carnivorous fish (5)
- 21 - Makes brown (4)

### Board Meeting July 18, 2023 1:00 PM

**Annual Election, BOD & Member Meeting  
For Installation New Officers & Board Members  
August 15, 2023 1:00 PM  
Members may attend any BOD Meeting**

**South Salem Seniors, Inc.  
6450 Fairway Avenue SE  
Salem, OR 97306  
503-588-0748**

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

President’s Email: [sssoffice@comcast.net](mailto:sssoffice@comcast.net)

Treasurer’s Email: [sssoffice@comcast.net](mailto:sssoffice@comcast.net)

**Editor** Arturo Guillen  
**Advertising** Renata Pilotto  
**Staff Assist.** Kate Bayne

President:  
Vice President:  
Treasurer:  
Secretary:  
Office Manager

Laurene Brousseau  
Renata Pilotto  
To be appointed  
Kate Bayne  
Irene Johnson

Director 2 YR  
Director 2 YR  
  
Director 1 YR  
Director 1 YR

Alta Gardner  
Rick Saul  
  
Roger Corrado  
Dick McCullen

# Community Connections

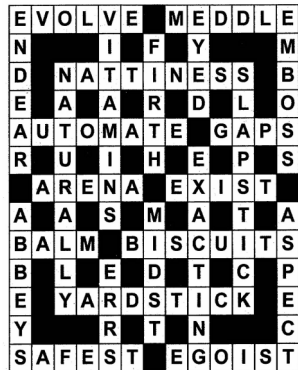
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Solution for June 2023

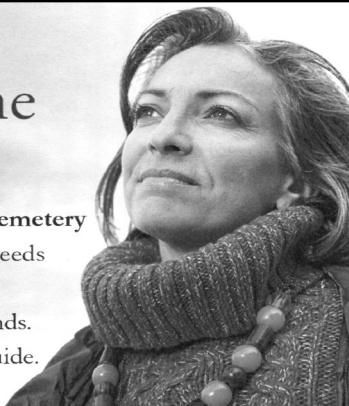



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Webpage

<https://www.southsalemseniors.org/>

**David L. Carlson, Lawyer**  
**503-365-0373**

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CALL (971) 283-5345 to reserve a time.

**South Salem Seniors Newsletter  
Monthly Publication**

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

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

**South Salem Seniors, Inc.**  
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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 in yellow, please renew to support SSS Center.  
Members become inactive after a lapse of 60 days, Please keep you membership up to date.  
Members Renewal membership \$20.00 a year. Life time membership is available.  
Please advise the Business Office for any changes in address or status. Thank You.



## HELP NEEDED !

We have an incredible list of volunteers waiting to help restart the pancake breakfast.

All we need are one or two good people to coordinate and manage the program.