



**South Salem  
Seniors Inc.**



Dear Members,

As my tenure as your President comes to a close for 2022 – 2023 fiscal year, I would like to express my gratitude in managing affairs of South Salem Seniors. The all-volunteer service work accomplished by your current officers, directors, and managers is one of the most integrated team efforts of very valued and dedicated staffing that I have had the pleasure of being associated with. It's what makes our community so very special. Unselfish giving of personal talents is one of the greatest gifts that all of these people have. So extending thanks to your current roster of Officers: Renata Pilotto, Vice President; Kate Bayne, Secretary; Treasurer Margie Talley -for the limited time she had available; Irene Johnson, Office Manager; outgoing Directors: Dick McCullen and Roger Corrado, carry over Directors: Alta Gardner and Rick Saul. Volunteer staffing of the Business Office Reception, Library Manager, -Louise Kuebker: Garden Club: Barbara Castle & Rose Lowery, Gift Shop and Nifty Thrifty Staffing, Newsletter Editor-Arturo Guillen and volunteers who help label & fold; tending the Grounds for maintenance-John Holderman; Maintenance, Recycling and Pickup Crew: Charlie Musgrave, Dan Schie, Mered Frankel, Bob Mason & Roger Brousseau; Computer Lab-Karen Sloan, Web Master-Rick Saul, Kitting Group-Arlene Williams; Quilting Group-Mary Adams, and Bottle Return-Roland Held. Many of you 'double dip' and carry out supporting chores whenever there is a need to get something done, like cleaning the kitchen, taking out the trash, sweeping a floor, setting up tables for an event, or helping at functions such as the meetings, exercise classes, and many other program activities that happen through the year (for individuals not mentioned –thanks for chipping in). We were fortunate to have Chef Todd available to prepare our Volunteer Appreciation Dinner last November, but sadly he closed down his business. It is with regret that we haven't been able to resume our monthly breakfast or weekly bingo activities. We have volunteers willing to support and participate, but lack volunteers to manage them. We held public service sessions for AARP Tax Season and AARP Drivers Education classes that many members and others participated in. I would like also to thank all of the new members and members making financial contributions to South Salem Seniors during this past year. All these things and more would not have been accomplished without the volunteers giving their time and talents to direct and support them. Please thank them whenever you get an opportunity.

We have had some discussion of setting up a Volunteer Appreciation event for later in the fall. Please let staff know if there is interest in an evening or Saturday for Pizza & Salad or a Potluck that we can easily manage. Dates and time to be arranged.

While there are many things that have been accomplished, there are always more projects that need attention and new challenges ahead. Our current election will bring in new Officers and Directors, please continue to give them your support and express to them desired activities. If you have special talents to manage an activity, please volunteer and offer your services.

**Mark your calendar for the upcoming events – see inside the newsletter for more details:**

**Annual Election** Results at the August 15, 2023 Membership & BOD meeting from 1 pm to 3 pm.

Refreshments following close of meeting. Kate Bayne.

**Fall Rummage Sale** dates: October 6 & 7, 2023 running 9 am to 4 pm. Alta Gardner.

**Craft Fair** dates, October 13 & 14, 2023 running 10 am to 4 pm. Kathi Schie.

Cordially, Laurene Brousseau, outgoing President

## Everyone's Invited!!

Members, please join us at the next Member meeting on Tuesday, August 15<sup>th</sup> at 1 PM when the slate of Officers and Directors for the new fiscal year will be announced and then formally installed by member Dan Schie. The transition to the new Board is effective September 1, 2023, the first day of the Center's fiscal year. We hope you'll take the opportunity to congratulate the newly elected Board, say a summertime "hello" to fellow members and enjoy dessert and Office Manager Irene Johnson's famous ice cream punch.

At the door you will receive a free raffle ticket which, if your name is drawn, will give you the opportunity to choose from a variety of door prizes including a choice of gift baskets where you might discover wine, chocolate liquor candy (who knows what the possibilities will be), a \$50 gift certificate to La Margarita restaurant, a basket donated by the Center Quilting group, a basket from the Center Gift Shop and a very handsome, approximately two foot tall terrier currently dubbed "Archie". He will be a totally low maintenance companion as he is a beautifully hand-crafted canine. Of note, he has recently been thoroughly bathed and brushed to perfection.



Secretary Kate Bayne

## Knitting Group !!

### RED, WHITE, AND BLUE

Early in June, one of the hospice centers that we donate to, called and asked our Crafters Group to make items in red, white and blue for their patients who are veterans. We immediately started on the project. Some members already had their own patriotic stash, others came to SSS to find the right colors, and others went and purchased some. When all was said and done, 60 items were donated to 2 hospice organizations and nursing centers. There were hats, scarves, lap robes, shawls, afghans and slippers. What a collection and all were created in 3 weeks time!

As we think about the upcoming holidays and seasons, the colors that we might use are red, white, silver, and gold for the holiday season and colors for the fall season. If anyone has those colors in your stash and would like to

donate, just bring them to the office and those ladies will make sure that they come to us. Your donations are highly appreciated. Thanks in advance.

We have a wonderful group of crafters, who meet on Mondays from noon to 2:00. Our group is constantly gaining new members. If you want to learn to knit or crochet, there are teachers. We also have needles, hooks, yarn, books, whatever you need.



Arlene Williams

### 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	1:00 pm - 3:00 pm	3rd Tuesday
Wed	Life Story/Writers' Group	10:00 am - 12:00 pm	
"	Jam & Sing Fest	11:00 am - 12:00 pm	2nd and 4th Wednesday
"	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	
"	Energize with Linnea	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 am - 1:00 pm	
Mon-Fri	Pool playing	10:00 am - 2:00 pm	

#### Hello everyone from Fridays Quilters!

We have been busy making lap robes for Veterans and working on our own projects.

We are getting ready for the Fall Craft Sale on October 13 & 14. For one of these projects we are in need of **one-pint size jars with large mouth.**

If you can spare some we would greatly appreciate it. You can drop them off at the front desk and let the volunteers know that they are for the Fridays Quilters.

We have received a large donation of fabric and many other useful items.

Thank you for your donation and support!  
Our meetings are on Fridays at 11 am -1 pm. See you there!

Mary Adams

#### Nifty Thrifty says "Welcome Summer!"

Last month I mentioned "new faces" and must apologize for missing Maria Avalos, who works very hard at everything we do.

Because of our many new donations we have a fine selection of new clothing, small appliances, men and ladies shoes, linen of all kinds and lots of glassware, dishes, pots and pans. Come see us and our many treasures!

Something new: Nifty Thrifty will be open the **1<sup>st</sup> Saturday** of every month beginning August 5<sup>th</sup>, from 10:00 am to 2:00 pm.

Coming in October:

Don't forget our annual Rummage Sale October 6 – 7

Alta Gardner and Staff

#### SSS Garden News !!

Some master gardeners have been coming forth, asking to speak to our group. To which I say YES; we'd love to have you. We're having one in July, hoping someone comes for August, as yet, it is unknown. But, we'll gladly accept speakers who wish to present. The Senior Center recently received a nice donation of garden books, & cookbooks too. We always look forward to our garden gatherings, if no one shows up, it is a major disappointment; last month, our group was only 5 folks. Is it because there were no reminding calls?? We've got to put the date on our calendars. The Garden Club is important; we need your presence; questions, and comments.

You all are needed and important to keep us going and growing.

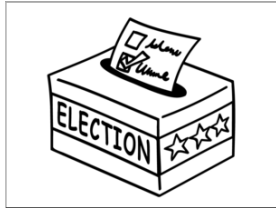
We are scheduled to meet the third Tuesday of each month. This means that for August we will meet on the 15<sup>th</sup>, beginning at 1pm for a brief meeting, then the questions and answers can begin. We may be able to answer some queries with the new garden books that have been donated.

You may reach **Barb Castle** at 503 375-7723 if you have questions about the scheduling dates.

<p>New Members June 22 to July 21, 2023:</p> <table border="0"> <tr> <td>Judi Campbell</td> <td>Donna Kirk</td> </tr> <tr> <td>Monique Richards</td> <td>Randall Thomas</td> </tr> <tr> <td>Michael Fraker</td> <td>Angela Haas</td> </tr> <tr> <td>Ellen Swartwout</td> <td></td> </tr> <tr> <td>Katherine Lange</td> <td></td> </tr> <tr> <td>Donna Tucker</td> <td></td> </tr> <tr> <td>Janet Spinosa</td> <td></td> </tr> <tr> <td>Debbie Rogers</td> <td></td> </tr> </table> <p style="text-align: center;"><b>Thank you for supporting South Salem Seniors!</b></p>	Judi Campbell	Donna Kirk	Monique Richards	Randall Thomas	Michael Fraker	Angela Haas	Ellen Swartwout		Katherine Lange		Donna Tucker		Janet Spinosa		Debbie Rogers		<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>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>	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>Audrey Sherman</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>Regence BCBS of Oregon</b></p> <p style="text-align: center;"><b>August 22, 2023</b> <b>10:00 am - 11:00 am</b></p>																																				
<p style="text-align: center;"><b>Update on the Fall Jewelry Class</b></p> <p>Center member and jewelry making instructor Lorna Matte announces a change in the Fall schedule. Her next class will begin in October. She recently received a last minute opportunity to join a longtime friend in touring Ireland in September. Who could pass that up? Have fun Lorna!</p> <p>Look for a signup sheet in the Lobby in September.</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>“NEW <u>Inside Delivery</u>”</b></p> <p>Marion-Polk Food Share provides lunch service Monday through Friday from 12:00 – 12:30 PM</p> <p>Lunches are “<b>Handed Out</b>” <u>inside our Kitchen</u> accessible thru the Dining Room Monday through Friday. For the present no donations or fees apply.</p> <p>SSS is not a Meals on Wheels distribution center.</p> <p style="text-align: center;">Call 503-364-2856 for home delivery</p>																																				
<p style="text-align: center;"><b>Aging Smart</b></p> <p>We’re renaming our Thursday sessions from “Jazzercise with Linnea” to “<b>Energize with Linnea.</b>”</p> <p>Linnea has been kind enough to craft a new personalized routine for seniors, with both seated and standing options. Her extensive background in dance and music make her sessions so much fun with stretching and light cardio her basic goal.</p> <p>A seasoned instructor, she teaches with clarity and empathy. No need to worry about it being too difficult - if it doesn’t work for you, just adapt or stop.</p> <p>We continue to practice Yoga and Tai Chi on Monday following a general schedule of seated or standing Yoga at 10 am for the first half hour, followed by the second half hour of Yang 24 Tai Chi and the 8 Brocades Qigong.</p> <p>All these mind body practices help build balance and movement confidence. Join us, we’re small, but determined!</p> <p>Join us at 10:00 on Thursdays - guaranteed you will have fun while taking care of yourself!</p> <p>Michi</p>																																					

### Have You Voted Yet?

The ballot box for the upcoming Board election is located just inside the main doors to the right of the member sign in book. So please don't forget to drop your ballot off at the Center or to mail it in. While you will recognize the familiar names of folks willing to sign on for another term, there are also be new people Board running for office who will appreciate your taking time to vote. We thank them for their willingness to step up to this important responsibility. And a special thanks goes to Alta Gardner who headed up the Search Committee that made this all possible. Happy New Year!

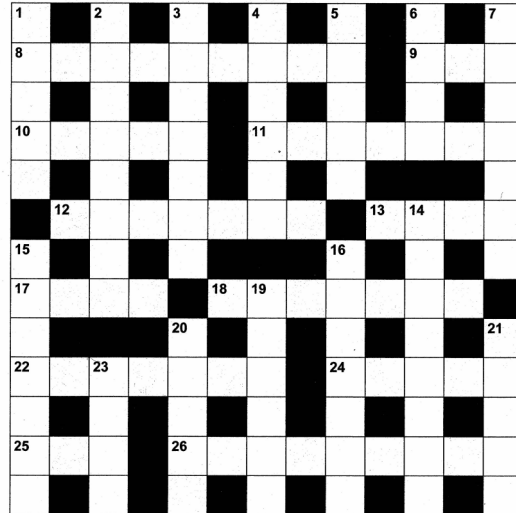


### Rummage Sales Signage – Volunteers needed

We make a lot of money on our two Annual Rummage Sales to support the Center. Signage placement helps us advertise these sales in the South Salem area. So, we need a crew of 2 to 6 folks to put out the signs just twice a year for these two events.

Signs are placed on the Sunday before the sale and picked up the Sunday after the sale. You can sign up on the board in the lobby or call the Center at **503-588-0748** to have them place your name on the list.

Some people do something and some do nothing. Which are you?



**Across**

- 8 - Place side by side (9)
- 9 - Residue of a fire (3)
- 10 - Body of water (5)
- 11 - Vagrant (7)
- 12 - Keepsake; reminder (7)
- 13 - Freshwater game fish (4)
- 17 - Solely (4)
- 18 - Dispute (7)
- 22 - Shoulder bone (7)
- 24 - Thrash (5)
- 25 - Seed (3)
- 26 - Removing particles (9)

**Down**

- 1 - Go swiftly (5)
- 2 - Wild flower (8)
- 3 - Speak in response (7)
- 4 - Outlaw (6)
- 5 - Strange and mysterious (5)
- 6 - Ultimate (4)
- 7 - Thus (7)
- 14 - Pertaining to Spain (8)
- 15 - Chats about someone else (7)
- 16 - Manned (7)
- 19 - Diviner (6)
- 20 - Forelock of hair (5)
- 21 - Bring into a line (5)
- 23 - Swiss mountains (4)

## Annual Election, Board & Member Meeting For Installation New Officers & Board Members

**August 15, 2023 1:00 PM**

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

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

<b>Editor</b>	Arturo Guillen
<b>Advertising</b>	Renata Pilotto
<b>Staff Assist.</b>	Kate Bayne

President's Email: [ssscoffice@comcast.net](mailto:ssscoffice@comcast.net)

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

President:	Laurene Brousseau	Director 2 YR	Alta Gardner
Vice President:	Renata Pilotto	Director 2 YR	Rick Saul
Treasurer:	To be appointed		
Secretary:	Kate Bayne	Director 1 YR	Roger Corrado
Office Manager	Irene Johnson	Director 1 YR	Dick McCullen

# Community Connections

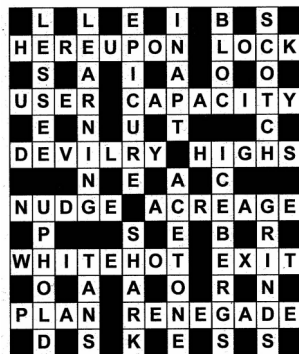
## Mike Giertych

Pressure washing: Decks,  
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**mikegiertych@aol.com**

Solution for July 2023

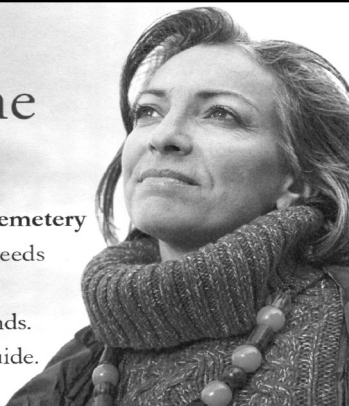



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**South Salem Seniors Newsletter  
Monthly Publication**

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

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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 your 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.

**ITEMS FOR SALE!**

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