



**South Salem
Seniors Inc.**



Semi-Annual Rummage Sale October 6 & 7 9 am - 4 pm

Hello Dear Members and Friends,

For those who don't know me personally I have been managing the Gift Shop among other "duties". I was born in the country of La Dolce Vita, vino, pizza, and tiramisu' to mention a few, and yes, I still have an accent, I couldn't lose it even if I tried. Since all my family resides in Italia I'm very fluent in Veneto (vuh·neh·tow) my first language and of course Italian.

I would like to Thank You Members for your support and friendship. It's always good to see your smiling faces and chat with you.

A Big Thank You to our Volunteers! Without you we would not be able to keep the door open and maintain the current level of activities.

On August 15 we held the membership meeting and the results of the election ballots were announced. Thank you to all the members who attended.

Here are the results of the new Officers and Board of Directors for Fiscal Year 2023-2024:

President - Renata Pilotto ; Vice President - Paula Hindman;

Office Manager - Irene Johnson; Treasurer - Karen Sloan; Secretary - Kate Bayne.

New Directors - Dolly Allen & Julie Amen;

2nd Yr Directors - Alta Gardner & Rick Saul.

A Big Thank You to Dan Schie for Officiating the Oath of Office; Louise Kuebker, Roger Corrado and Laurene Brousseau for participating in the Ballot Counting Committee.

A Big Thank You for all you have done for the South Salem Seniors to exiting President Laurene Brousseau, Directors Roger Corrado and Dick McCullen.

Mark your Calendar and Share:

We will be close Saturday September 2 for Labor Day Weekend but the Nifty Thrifty and Gift Shop will be open September 9 from 10 am to 2 pm.

Board Meeting September 12, 10:30 am

Semi-annual Rummage Sale - October 6 & 7, 9 am - 4 pm

(Volunteers will be needed – sign up in the lobby).

Fall Craft Sale - October 13 & 14, 10 am - 4 pm

(For additional information see separate article from Kathi Schie).

Until next time, take care. Ciao!

Renata Pilotto



Living Well with Chronic Conditions

A 6-week workshop to help participants successfully manage chronic conditions. Caregivers are also invited to participate! Cost is free.

Living Well with Diabetes

A 6-week workshop to help manage diabetes or care for someone who has diabetes. Classes will all be held on Zoom. All these classes are free to the participant.

We must have a doctor referral!

Information session: Thursday, September 14th at 4:30-5:30pm via Zoom

When: Thursday, September 21st from 4:30-7pm via Zoom

Manejo

A 6-week workshop to help manage diabetes or care for someone who has diabetes. These classes are held in Spanish. All these classes are free to the participant.

Information Session: Saturday, September 23rd from 1-11am via Zoom

When: Saturdays, September 30th from 10am-12:30pm

Registration & Details: Yemaly 503-260-8718

National Diabetes Prevention Program

This 12-month program helps adults at risk for type 2 diabetes improve their overall health and well-being. There are 16 weekly sessions, followed by session every 2 weeks for the remaining 8 months.

Information session: Tuesday, August 29th at 12-1pm via Zoom

When: Tuesday, September 5th at 12-1pm via Zoom

Karen Smith MPH, CHES, ACE-PT
Regional Health Promotion and Care Transition Coordinator
NWSDS & Oregon Wellness Network
3410 Cherry Ave, NE, PO Box 12189, Salem 97309
Ofc: 503-304-3436
Cell: 971-304-5869

Knitting Group !!

Christmas is rapidly approaching! We probably haven't done much more than just think about gifts. Nothing is more appreciated than handmade items. The Crafter's Group and the Gift Shop are getting all set. There are many talented crafters in our group and they have decided to give their items to the gift shop. The sales will benefit the Senior Center.

Just look at the pictures !

John, our only male member, is a crocheter and he's donating his quilts, afghans, and lap robes to the Gift Shop. Along with those are purses of all sizes, little animals, baby items, etc. made by Maria. Of course, there are lots of handmade animals created by Meg and Deb. What child wouldn't love to have one of those creations! Virginia is another of our newer members and she creates flat Scrubbies. They are marvelous! It is a staple in my sink. I already know that every girl in my family will be gifted one of them. They are the perfect practical gift.

Don't wait too long to do your shopping!

Our crafters donate most of their items to Hospices, Care Centers, Liberty House, Homeless organizations, a birthing center, children's organizations, etc. 77 items made in July were donated at the first meeting in August.

Anyone interested in joining our group, we meet on Mondays from noon to 2:00.

If Monday is a holiday, we meet on Wednesday. That will happen on Labor Day, September 4th, so we will meet on Wednesday, the 6th.

We have lots of yarn, needles, books, instructors, or whatever you need.

Come and join us!

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!

It's September already, summer is flying buy. Time for canning the end of summer harvest.

We still are in need of small mouth pint jars. Do you have left over?
The Fridays Quilters would like to have them.

We are having so much fun quilting and visiting. Our projects are coming along quite well.

Hoping everything is well with our South Salem Seniors members.
Come visit us to see if we are a good fit for you.
Our meetings are on Fridays at 11 am -1 pm.

Mary Adams

Hello from Nifty Thrifty!

Many Thanks for your continued donations.

We have a large selection of women's summer blouses and men's shirts. Lots of clean dishes, a microwave oven and all kinds of coffee makers! Come in and look over our variety.

*****We will be closed the first Saturday in September due to Labor Day Weekend but we will be open on September 9 10 am – 2 pm**

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

Garden Group

Going on a field trip would be very nice, but, even better when our temperatures go down a few degrees. I'm hoping in September there will be a change; even a little rain would be lovely. I have gotten some ideas for places to visit; please keep us in mind if there are ideas you hear of for our group. How far are you willing to drive, or carpool if something is not in our local area.....?

Remember, we meet on the third Tuesday of each month at 1:00 pm. BRING YOUR LUNCH OR PICK UP A FREE ONE IN OUR KITCHEN. Please come to help us make the garden club worthwhile. Without you, we lack your ideas and input. YOU ARE VERY MUCH NEEDED FOR OUR CLUB TO CONTINUE.

QUESTIONS? Call Barbara Castle...503.375.7723

<p>New Members July 22 to August 21, 2023:</p> <table border="0"> <tr> <td>Loretta Montgomery</td> <td>Camille Wallin</td> </tr> <tr> <td>Lynn Mellon</td> <td>Susan Bailey</td> </tr> <tr> <td>Adele Kohun</td> <td>Mitch Kuroda</td> </tr> <tr> <td>Leslie Maskill</td> <td>Dan Ruskuff</td> </tr> <tr> <td>Gini McNew</td> <td>John Peckman</td> </tr> <tr> <td>Ann Clemens</td> <td></td> </tr> <tr> <td>Doreen Guthner</td> <td></td> </tr> <tr> <td>William (Bill) Lazer</td> <td></td> </tr> </table> <p style="text-align: center;">Thank you for supporting South Salem Seniors!</p>	Loretta Montgomery	Camille Wallin	Lynn Mellon	Susan Bailey	Adele Kohun	Mitch Kuroda	Leslie Maskill	Dan Ruskuff	Gini McNew	John Peckman	Ann Clemens		Doreen Guthner		William (Bill) Lazer		<p style="text-align: center;">AARP Drivers Education for 2023:</p> <p>Class sessions on Tuesdays & Wednesdays:</p> <table border="0"> <tr> <td>Sep</td> <td>12 & 13</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Oct</td> <td>10 & 11</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Nov</td> <td>14 & 15</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Dec</td> <td>12 & 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>	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;">Update on the Fall Jewelry Class</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;">Marion Polk Food Share Lunch Pick Up 12:00 to 12:30 pm</p> <p style="text-align: center;">“NEW <u>Inside Delivery</u>”</p> <p>Marion-Polk Food Share provides lunch service Monday through Friday from 12:00 – 12:30 PM</p> <p>Lunches are “Handed Out” <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;">Aging Smart</p> <p>We’re proud to announce that in both Tai Chi/Yoga and Energize with Linnea - we are getting stronger!</p> <p>Many in our small group are now confident enough to follow Linnea’s Thursday Energize class without the aid of a chair, and we continue our mind/body connection in our Tai Chi/ Yoga Monday sessions with the slow, calm but powerful balance exercises - meditation in motion! Chair is always optional, and water breaks are always included.</p> <p>Of note: Linnea has added a trivia question (with prize) to her sessions to keep everyone on their toes. Music and laughter make her sessions so full of fun! We are also learning a word in each session in Spanish, thanks to our new in-house expert, Norma.</p> <p>Please join us! Monday @ 10 for Tai Chi/Yoga Thursday @10 for Energize with Linnea</p>																																	

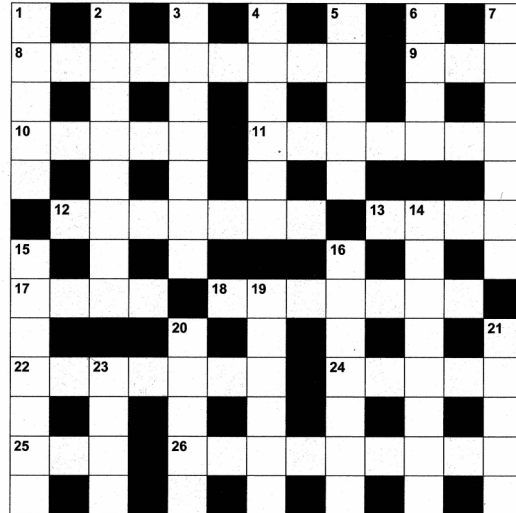
ATTENTION CRAFTERS

Did you know that our Senior Center hosts a large craft fair every fall??

This year's event is being held on Friday, October 13th and Saturday, October 14th from 10am to 4 pm each day. We still have a few tables available to rent for the member price of \$20 per table per day. {Non-members are also welcome to sell their goodies for \$30/table/day}. This means that for just \$40 you can have a place to sell your hand-crafted treasures! What a deal!!

We will not charge admission for people to attend, parking will be free and we will be advertising online and in this newsletter. There will also be an ad on the electronic signboard at the intersection of Kuebler and Commercial, and hopefully there will be signs up in our neighborhood {if we can find volunteers to do this little task!}.

Kathi Schie, Craft Fair coordinator



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)

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?

IN MEMORY - WE WILL GREATLY MISSED THEM!

Marjorie Campbell, 8-12-2023 - 99 years young, she would have been 100 in October. Loved to play bridge!

Jim Boyland, 8-21-2023 Loved to play bridge!

Michael Quint, 8-21-2023
Him and his wife Isabel were married 66 years.
He loved to play bridge!

Board Meeting

September 12, 2023 10:30 am

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

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

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Community Connections

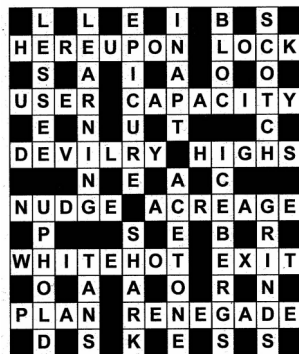
Mike Giertych

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mikegiertych@aol.com

Solution for July 2023

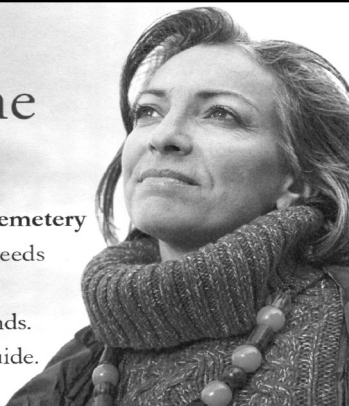



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25% Discount on all estate planning**



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underlined text will be a LINK to webpages!

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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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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.

Fall Rummage & Book Sale

October 6 & 7, 2023
9 a.m. to 4 p.m.

Household Goods Tools
Appliances electronics
Sporting Goods
Clothing for Men/Women and
Children
Books Puzzles CDs DVDs VHS

