



South Salem Seniors Inc.
Newsletter



Hello Dear Members and Friends,

Buon Anno in Salute e Serenita'!
Happy and Healthy New Year!

I cannot believe it is 2024! It seems like 2023 went way too fast, like a fast moving train that leaves you standing at the station platform. How did that happen?

I would like to recognize Rick Saul who sings with the Salem Community Chorus for making arrangements to come and sing on December 9. Thank you Rick! We enjoy the singing very much!

Thank you to all the members who came to enjoy the music, the refreshments, the trivia and ultimately the white elephant gift exchange. I personally had great fun.

Last but not least, our member volunteers who helped set up tables, decorate, prepare the refreshments and helped with the clean-up. Among them a special mention to my go-to helpers: Jessie Martin, Maria Avalos and Pam Panther. Thank you all!

Lately, we haven't had many building issues as we did in October and November just one roof leak and the repair of our roots lifted sidewalk on Fairway Ave for \$3200.

Did you know? Not only is staying active and involved in activities good for physical health, but it's good for mental health as well. Social interactions, laughter and conversations can boost mental health for seniors for a longer, happier life. Check out our schedule of activities, learn a new game, participate in physical activity or volunteer.

On January 8, 2024 we will start taking appointments for the AARP Tax Preparation. Please stop at the center to make an appointment or call 503-588-0748 during business hours: **9 am to 3 pm**.

Do not leave a message for appointments, please call back during business hours.

Due to unforeseen circumstances the Nifty Thrifty and the Gift Shop will not be open the 1st Saturday of the month until further notice. We will not be open on January 6.

Mark your Calendar:

January 10 – Board Meeting at 10:30 am.

January 17 – January Birthdays Celebration at 11:00 am.

We will be closed January 15 for MLK Holiday.

Until next time, take care. Ciao, Renata Pilotto

December 9 – Holiday Celebration with Salem Community Chorus



The Great Carpet Cleaning Caper Help Was On The Way

At 2 PM on a recent Friday afternoon, the two men, Michael Ferrazzano and Bob Mason, arrived at the Center to help clear out rooms scheduled for carpet cleaning later that evening. Stalwart Center members Jessie Martin, Julie Amen and Renata Pilotto had already schlepped numbers of chairs and smaller pieces of furniture to the Bingo and Dining rooms. Think here, wrestling with myriad annoying inanimate objects of varying weight and shapes which probably explained their appearance... as though they'd recently left the gym without bothering to change clothes! However, moving the heavy wooden tables from the Activity Room to the dining room would have been next to impossible without Mike's and Bob's logistical planning and muscle power, along with various other chores Renata found for them to do before releasing them from servitude. Interestingly enough, they both agreed to return the following Monday to help restore order. Many thanks to all, and if your name is not mentioned here, please know that your assistance was greatly appreciated.

The following Monday morning is the corps of men who helped to restore order to the shiny clean Center. Many thanks to one and all...and the carpet looks great!



Members – Recycling & Rewards

Members please keep SSS in mind when you are shopping or cleaning with the following:

Rewards Accounts: We have rewards accounts at both Office Depot and Fred Meyer (Kroger grocery). If you make purchases for personal use and want to give credit for the value of your purchase towards our rewards accounts you can do so by simply giving our business phone number: **503-588-0748** to link your transaction and give credit on the SSS rewards program. We receive 1% from the purchases to go towards rewards certificate. When we make purchases at Office Depot of over a \$10.00 value and also turn in 10 ink or laser cartridges (a limit of 10 cartridges per month or 120 cartridges a year – we receive \$2 reward credit for each cartridge for a total of \$240 value just on the cartridges) – so please consider donating the expired cartridges to our Business Office. The 'rewards' certificates are available in the succeeding month that we can use towards purchases of office supplies and get a discount. At Fred Meyer, give our business phone number when you make your purchase transaction and we can receive back 'rewards' in a check when the value accumulates past \$10.00. These may be small and simple efforts to donate to South Salem Seniors and accumulate over a higher volume of purchasing. Remember your purchases are for your personal use when you buy the goods, but you convey the 'reward value' as a contribution to SSS.

Bottle Returns: Please bring to SSS your empty and clean returnable bottles and cans. For members consuming beverages from containers with deposit at SSS, please put them in the deposit return containers at SSS. SSS member Roland Held volunteers to pick them up and takes them into the Bottle Return recycling and recovers the deposit value. Those \$0.10 per container can add up quickly, i.e. 1000 containers = \$100.00.

Metal Recycling: We also recycle metals from various articles donated to us that we do not resale. Think of old appliances, pots & pans, clean tin cans, old wiring, old tools, etc. Our volunteer maintenance crew (Charlie, Dan, Mered, Arturo and others participating) break down and sort out the various metals (steel, aluminum, brass, copper etc.) and take an accumulated van loaded to Cherry City Metals for recycling and turn into cash.

Thank you for thinking of helping in these small but important ways. Recycling is also good for the environment and gets these articles where they can be re-cycled versus accumulating in a land fill. If you have any questions or need a metal pick-up, contact any of the aforementioned volunteers or call the Business Office. Sincerely,

Laurene Brousseau

Current Weekly Activities

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

What a year it has been for the Needle Crafts' Group!

We meet every Monday from noon to 2:00 PM. We knit, crochet, embroider, and any other craft that people like to do. On the first Monday of the month, the items that we have created are gathered together and then distributed to the various agencies which can use them. They include 2 different hospices, nursing homes, Operation School Bell, Liberty House, homeless organizations, a birthing center, and churches that distribute hats to children. Most of the items made are from donated yarn.

This past year of 2023 we donated 1297 different items!!

- 109 animals
- 8 booties
- 86 baby items
- 33 baby blankets
- 64 baby hats
- 7 ear warmers
- 454 hats
- 134 scarves
- 9 pair mittens
- 229 lap quilts
- 53 fabrics lap quilts
- 22 shawls
- 30 scrubbies
- 11 pair slippers
- 8 pair socks
- 32 fidget quilts
- 3 sweaters
- 5 kid's fun bags

Incredible! The world is a better place because of this group!!!
Come and join us! Besides doing crafts, we have lots of fun!!

Arlene William

Jewelry Class

The Jewelry Class will be taking a break for the month of January.

We will resume meeting weekly on Monday, February 5th, 10:00 AM until Noon in the Craft Room.

Instructor, Lorna Motte will be available to help in creating items such as earrings, bracelets, and necklaces. Basic supplies and tools are provided at no cost. We have had requests to include other craft projects, so if you have a project to share, or want to create with friends, you are welcome to join us. We love sharing supplies and ideas.

For additional information please call or text Lorna at 503-881-3922.

Marion Polk Food Share Lunch

Marion-Polk Food Share provides lunch service **Monday thru Friday from 12:00 – 12:30 pm**

Lunches are available in our kitchen accessible thru the Dining Room.

For the present no donations or fees apply.

SSS is not a Meals on Wheels distribution center.

Call 503-364-2856 for home delivery

New Members November 21 to December 22, 2023:

**Thank you for supporting
South Salem Seniors!**

Chris Pascual
Annette Trucco
Linda Olson
Jennifer Levy-Peck
Ronald Nily
Gregory Zeller
Eileen Adicho
Tracy Cepda

Lourdes Senoran
Suzanne Legner
Fred Newman
Mike Hamilton
Sue Praegitzer
Paul Jones
Linda Miranda

**Thank you for supporting
South Salem Seniors**

Life Story/Writers' Group

Express yourself in writing, one page at a time! Maybe you want to record some special memories. Maybe you want to be creative. Maybe you just want to share something that's on your mind. The "Life Stories Writing Group" is here to encourage you. We meet in the game room on Wednesdays, 10AM to noon, to share our written work.

No long-term commitment; everyone is welcome.

Excerpt from "The Wonder of the Night Sky" by Amy Richarme: At a recent campout, I saw Saturn through a telescope, rings and all. It was amazing! Think about taking cookie dough and making a perfect ball. Take more dough to make a not-too-thin snake. Wrap this snake one time around the ball. Now dip this into some white chocolate to give it a pearly white coating. That's what I saw!

Article submitted by Amy Richarme, December 12, 2023, on

From Friday Quilters

Friday Quilters are busy as the elves, making tied lap blankets. We are planning on donating them to the hospice and nursing homes in the name of the South Salem Seniors. In our group we laugh a lot enjoying our time together. At this time we are missing Mary Silkei, she fell and broke her hip and we like to wish her a speedy recovery. She makes beautiful adult bibs.

The Pfaff computerized sewing machine donated by Betty August (Thank you Betty!) has been up and running with the help of Laurene Brousseau who also is planning on teaching others how to operate the machine.

The New Year is here and we are looking forward to a prosperous and peaceful year.

Mary Adams.

December Birthday Celebration Happy Birthday!



**Lois Ness
95 Years Young!**



Twila Shirley

Aging Smart

Happy 2024!

South Salem Seniors offers two movement classes each week to explore ways to strengthen muscles, improve balance, endurance, cognition and to have fun with friends - standing or seated.

Mondays 10 am-11am - Energize with Linnea.

Linnea gets us moving to great songs and has a fun trivia prize each week donated by her local business network. She has modified her Jazzercise training to fit our members, reminding us of the grace and joy of movement.

Thursdays 10 am- 11 am - Flow. Explore moving your body following the ancient practices of Tai Chi and Yoga. Develop new habits in 2024 by practicing these slow simple sequences both in class and at home.

And give Drumming a try - we make a lot of noise and challenge our brains to quickly follow rhythm patterns! Definitely a cardio workout!

Hey - guys! You are always invited! Be brave and accept the challenge! There is always room in the back row if you want to remain anonymous!

Garden Club

The weather folks are pushing for snow for Christmas but it's not looking promising. However, many of us are happy without it as it snarls our driving, keeping us home when we want to be at the senior center talking gardening, shopping for donated treasures & lunching with friends.

Thank you, one and all for the goodies you brought to our November meeting. It was a delicious spread, much appreciated as are you all. I'm hoping to have speakers in the new year. If anyone hears of an interesting subject please let me know so I can pursue new information for our group.

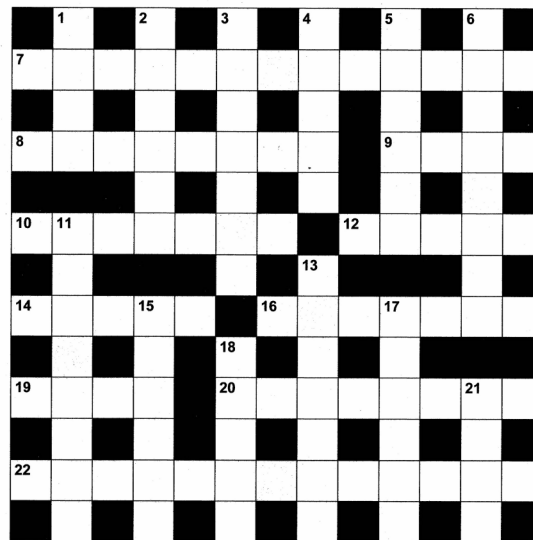
Our meetings will continue to be on the 3rd Tuesday of each month, beginning at 1:00pm. we are not supposed to eat in the big meeting room, due to food spillage; please try to clean up any liquid overflows. We should eat in the dining room. It just isn't the best for meeting as it's noisy, no carpet for deadening that.

Here's wishing you all a wonderful & safe holiday season. I'm looking forward to seeing your smiling faces, in January.

Has anyone found a cd, of the Queen's Garden in England in their stash of 'things' from the senior center? We were trying to watch it right before the fall rummage/plant sale. It was left in the main living room vcr. It may have been sold, much to my sadness.

I was remiss in not labeling it, or bringing it home. So, if found, please let me know.

sincerely,
Barbara Castle
503-375-7723



Across

- 7 - Flower (13)
- 8 - Divine manifestation (8)
- 9 - Halt (4)
- 10 - Tightly framed camera shot (5,2)
- 12 - ___ Ababa: Ethiopian capital (5)
- 14 - Shadow (5)
- 16 - Documents (7)
- 19 - Midge (4)
- 20 - Precipitation (8)
- 22 - Consideration for others (13)

Down

- 1 - Male (4)
- 2 - Larvae (8)
- 3 - Short-tailed monkey (7)
- 4 - Remains (5)
- 5 - Familiarized (6)
- 6 - Writer with an amusing style (8)
- 11 - Layered material (8)
- 13 - Ameliorate (7)
- 15 - Decayed (6)
- 17 - Near future (6)
- 18 - Soup; liquid meal (8)
- 21 - Final (4)



Board Meeting
January 10 10:30 am

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

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

Editor	Arturo Guillen
Advertising	Renata Pilotto
Staff Assist.	Kate Bayne

President's Email: sssoffice@comcast.net

Treasurer's Email: sssoffice@comcast.net

President:
Vice President:
Treasurer:
Secretary:
Office Manager

Renata Pilotto
Paula Hindman
Karen Sloan
Kate Bayne
Irene Johnson

Director 1 YR
Director 1 YR

Director 2 YR
Director 2 YR

Alta Gardner
Rick Saul

Dolly Allen
Julie Amen

Community Connections

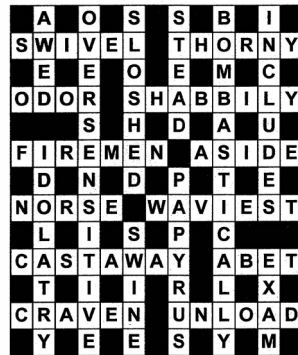
Mike Giertych

Pressure washing: Decks,
Driveways, Houses etc.

Gutter Cleaning.

(503) 315-8953
mikegiertych@aol.com

Solution for December 2023

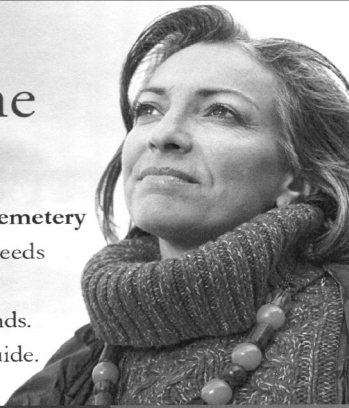



Virgil T. Golden Funeral Service
605 Commercial St. SE
Salem, Oregon 97301
503-364-2257
www.vtgolden.com

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

*When you
need someone
to turn to*

City View Funeral Home & Cemetery
is committed to fulfilling your needs
regardless of religious beliefs,
ethnicities or cultural backgrounds.
Call today for a free planning guide.



City View

Funeral Home & Cemetery
Mausoleum & Crematorium

390 Hoyt St. S. • Salem, OR 97302
cityviewfh.com • info@cityviewfh.com

*Family Owned
and Operated
Since 1893*

503-363-8652

*Overlooking
Historic Pioneer
Cemetery*

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

Click to visit the site.

Keep updated on the latest news by visiting our

Webpage

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

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**




Moser Roofing
Licensed Bonded Insured
CCB # 55274

Don Moser

503-378-1107 Office 503-378-0229 Fax
www.moserroof.com info@moserroof.com

Community Connections




Lawn And Yard Maintenance

LCB - 9119 Salem, Oregon
(503)930-9922
www.premiumNW.com

General Clean-up	Apartment Complex/Commercial Buidng
Debris Clean-up	Landscape Maintenance
Repair irrigation	Retaining Walls
Pressure Washing, Bark & Gravel Placements	
Monthly Maintenance	Fencing


Must present coupon at time of estimate.



Seniors Receive!

20% OFF

Call for details with this coupon.





Madrona Hills

Independent Retirement Living


All-Inclusive Studio Suites NOW AVAILABLE

3 Chef Prepared Meals • Housekeeping • Shuttle Service & More

CALL (503) 362-9141
 WALK-INS WELCOME 7 DAYS A WEEK




www.madronahills.com



BONDED • INSURED • LICENSED

MELISSA BEEKS

971-600-5949

WWW.AGOLDENHANDHOMECARE.COM

admin@agoldenhandhome.com

♥ Companion Care	♥ Alzheimer & Dementia support
♥ Personal Care	♥ Respite/Emergency Care
♥ Wellness Check Ins	♥ Hourly/24 Hours On-Call
♥ House Keeping & Daily Living Assist	♥ RN On-Call 24/7
♥ Transportation 	♥ Chronic End of Life Care
♥ Meal Preparation & Medication Management	



Hidden Lakes

Independent Retirement Living



2022

Hidden Lakes has received a "Best of Senior Living Award" for the 3rd year in a row.

Join us for lunch, a special event, or for a great cup of coffee.

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.
6450 Fairway Av. SE
Salem, OR 97306-1443

Non-Profit
U S Postage
PAID
Salem Oregon
Permit No 41



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.

2024 AARP Driver Safety Classes at South Salem Seniors, Inc.

Call **503-588-0748** between 9 am and 3:30 pm to make reservation.

Jan 9 & 10	Tuesday & Wednesday	Starts at 9:30 am - 1:00 pm
Feb 13 & 14	Tuesday & Wednesday	Starts at 9:30 am - 1:00 pm
Mar 12 & 13	Tuesday & Wednesday	Starts at 9:30 am - 1:00 pm
Apr 9 & 10	Tuesday & Wednesday	Starts at 9:30 am - 1:00 pm
May 7 & 8	Tuesday & Wednesday	Starts at 9:30 am - 1:00 pm
Jun 11 & 12	Tuesday & Wednesday	Starts at 9:30 am - 1:00 pm



South Salem Seniors Business Hours
Monday – Friday 9:00 am to 3:30 pm

Nifty Thrifty and Gift Shop Hours
Monday – Friday 10:00 am to 2:00 pm