



South Salem Seniors Inc.
Newsletter



Hello Dear Members and Friends,

Happy 4th of July to all of you!

As you may have noticed our lobby has a new look. 🍷

The colors of the sofas and loveseat are more cheerful and the cushions are firmer (now that's a plus!).

A BIG THANK YOU! to Holiday Madrona Hills Senior Living for giving us the furniture.

Building maintenance update:

*On May 28 all the heating and air conditioning ducts were professionally cleaned.

*On June 14, 15, 18, 19 the kitchen ceiling, and both the ceiling and the walls in the Bingo and Dining Room were professionally painted. I think they look marvelous!

*The acoustics panels have been ordered and will be installed in those two rooms soon.

*On June 17, insulating thermal film was professionally applied to the windows in the Meeting Room.

This film will decrease the heat loss in the winter while keeping the room cooler in the summer.

Board Election for FY 2024-2025:

In a few days be on a lookout for an envelope from South Salem Seniors containing the ballot and the list of candidates with their picture for the Board election. The ballot will be mailed to all members with an active paid-up status as of June 30. On the ballot there will also be a blank line for write-in candidates.

Please return the ballot by mail or come by and drop it off at the Center by August 15.

Here are names of the candidates:

President: Gary Metts; Vice President: Jessie Martin; Secretary: Kate Bayne;

Treasurer: Karen Sloan; Office Manager: Michelle McMichael;

Directors: Irene Johnson and Yvonne Corzilius.

Got questions about the Medicare program?

Please stop by Monday July 15 between 11:30 and 12:30 pm and ask Linnea from NW Medicare Advisors.

Mark your Calendar:

July 4 & 5 - The Center will be CLOSED.

July 9 & 10 - AARP Driver Safety Class (call us to register at 503-588-0748).

July 10 - Board Meeting 10:30 am.

July 17 - July Birthdays Celebration. Cake at 10:30 am.



July 10 is National Kitten Day!

Until next time, Get a Kitten & Be Happy! Ciao, Renata Pilotto

35th Anniversary Dresden Quilt Raffle

Members, do you know that SSS, Inc. was incorporated in August 1989 and it will soon be time to celebrate. In commemoration of celebrating our 35th anniversary – I have sewn a beautiful Dresden Plate quilt as a fundraiser raffle. The quilt will be available for viewing soon in the SSS lobby. Raffle tickets will be sold to members interested up until the August annual membership meeting – save the date: August 21, 2024, when I will select the winning raffle ticket and award the commemorative quilt to the winner. Raffle tickets will be sold at \$1 apiece or 6 tickets for \$5 – no limit on the amount of tickets that a member may purchase. Tickets may be purchased in person or by mail, send in funds with number of tickets requested. Winner must be present at the raffle drawing (or delegate your tickets to someone to represent you) and consent to having a picture taken for the newsletter. Proceeds of the raffle will help support our budding quilting activity, so we may continue to acquire needed quilt supplies or machine quilting services. Please support, so we can do more quilt raffles in the future.

This quilt project has been compiled from a large selection of small scraps of cotton fabrics, block fabrics and batting – all recently donated to SSS (thank you members!). The Dresden plate petals and its plate center are sewn on to a block of cotton muslin accentuated with borders of black cotton print. In my grand-mothers age, cotton muslin flour sacks were bleached and used in quilts. The backing is a black cotton screen print, Oriental Garden with added block borders of another complementing black cotton print. The quilt has a polyester filler batting and has the edges finished with black poly/cotton quilt binding. The Quilt is twin bed size at 60 x 75 inches, is machine sewn, seams top stitched and quilted and will have a matching zippered quilted pillow case. A terrific gift to the raffle winner for themselves or as a gift to a family member to enjoy for years to come. Two pictures are attached, one of the facing quilt blocks and one of the backing side. At the drawing, I will present the winner with a “Certificate of Ownership”. Although the quilt is mostly cotton and is stitched very well, I recommend dry cleaning or very gentle washing. Project designer, Laurene Brousseau (past president 2015-16 and 2022-23) and life time member.



RED, WHITE, AND BLUE

That was the word given to the crafters last February and March. “Remember that July is coming and we want to do Red, White, and Blue, especially for our veterans. The items will need to be turned in by the first Monday in June so that they can be distributed before July!”

Some members began immediately and others waited awhile, but when June 1st arrived, red, white, and blue items were ready. Shown on the table are 33 afghans in red, white, and blue! There were also hats, scarves and other items to be distributed, especially to our hospice facilities and nursing homes.

The Crafter's group is a very active group, in more ways than one. We have a wonderful time sharing our crafts with each other, getting acquainted with our new attendees, sharing books, and just having a great time.

Knitting and crocheting are the main crafts, but recently more of the attendees are doing different kinds of embroidery. If you would like to learn any of these things, join us on Mondays from noon to 3:00. If that Monday is a holiday, we meet on Wednesday of that week.

We have yarn, needles, hooks, books and instruction available. Come join us!!!



Current Weekly Activities

| | | | |
|---------|---------------------------|---------------------|--------------------|
| Mon | Needle Crafts | 1:00 pm - 3:00 pm | Card Rm |
| " | Energize with Linnea | 10:00 am - 11:00 am | Bingo Rm |
| " | Mahjong | 12:00 pm - 3:00 pm | Card Rm |
| Tue | Bridge | 11:00 am - 3:00 pm | Card Rm |
| " | Cribbage | 1:00 pm - 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 |
| " | Chess | 10:00 am - 12:00 pm | Dinning Rm |
| " | Chair Exercise | 1:00 pm - 2:00 pm | Bingo Rm |
| " | Quilting Group | 1:00 pm - 3:00 pm | Craft Rm |
| Thu | Hand & Foot Card Game | 10:00 am - 3:00 pm | Card Rm |
| " | Single Deck Pinochle | 10:30 am - 1:00 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 - 3:00 pm | Craft Rm |
| " | Mahjong | 12:30 pm - 3:00 pm | Card Rm |
| Mon-Fri | Pool playing | 10:00 am - 2:00 pm | Library |

Aging Smart

We are fortunate to have the South Salem Senior Center to meet with friends, make new ones and become part of a community that works hard to create activities for us to enjoy. My name is Gina Reinhardt aka Genie Yogini. I joined SSSC May 2023 and immediately joined into the movement classes. I may look vibrant however, I spent ten years healing from two hip replacements and stage 3 anal/rectal cancer. It has been my devotion to the notion that, 'Use it, move it, or lose it,' that helped me, 'Age Backwards.'

As seniors we have all experienced physical and emotional traumas. Our bodies develop habits around those injuries, and they show up in our health issues. At SSSC we have many options to help rewire old patterns which don't serve us.

Monday 10-11 am we Energize with Linnea. She helps us to re-pattern movements as we dance to fun music, challenge our brains to remember simple steps, and laughter joins us together as we inevitably move to the beat of our inner selves.

Wednesday 1-2 pm Seated Chair Yoga is not just for individuals who can't stand up. I often encourage seated yoga so focus can be on core muscles and alignment over hips. Legs remain actively grounded to the floor but since they aren't required to support the entire body we have less to think about as we work to build strength and endurance.

Thursdays 10-11 am Tai Chi/Yoga. Michi guides us through Tai Chi where simple, graceful movements help our balance, concentration and create unity as we all move as a group. I teach Energy Medicine Yoga which blends the ancient Chinese practices with traditional Yoga to create a way to move our stuck energies. EMYoga helped me heal from my afflictions, so I hope to inspire others to join in and learn techniques which work!

We welcome everyone. Laughter is the best medicine and hopefully you will gain the benefits of learning new ways to challenge yourself while making friends.

Gina Reinhardt

Hello from the Gift Shop!

Here are some items to check out:

2 Egyptians Masterpieces Hand Painted on Papyrus:

- ◇ Queen of the Nile
- ◇ Tutankhamun Papyrus

San Francisco Music Box Co /Wizard of Oz
Musical Snow Globe

Renata

MEDICARE INFORMATION & ENROLLMENT MEETING / WALK-IN

NW MEDICARE ADVISORS with Linnea

MONDAY July 15
11:30 AM – 12:30 PM

Marion-Polk Food Share Lunch
Pick-up time is
9:30 am - 10:15 am

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

SSS is not a Meals on Wheels distribution center.
Call 503-364-2856 for home delivery

New Members - April 23 to May 24, 2024

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

**Delsie Gilpin
Karol Sleep
Dottie Delk
Sandra Schuytema
James Branaman**

"Friday Quilters Going Strong"

Summer is just days away! Even though our members are now going on vacation a few of us are busy as beavers. Making quilted lap robes 40x48 or 40x60 for Veterans & Seniors. They need the warmth for their comfort. We want to thank the China Painters for their donation of a new Quilting Iron. We love it...thanks so much. Anyone interested in our group please drop by.



Mary Adams



Aging Smart

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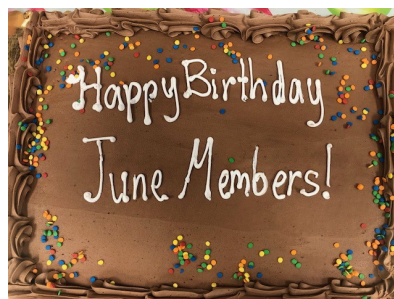
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June Birthdays Celebration



Rhonda Johnson

Happy Birthday!

Energy Medicine Yoga

Gina Reinhardt aka Genie Yogini will be starting Yoga Our Home classes Tuesday 10 am in July.

My eclectic style does not look like the magazine cover of popular Yoga Magazines. Classes are fun and designed for participants to take home practices, so they hopefully create their own Yoga Moments in the comfort of their own homes. A Sign-up sheet is available so please add this into your schedule!

Hello from Nifty Thrifty!

Belated Happy Dads, Grandads & Great Grandads Day!

Sorry we missed a month - I had a senior moment. We've been receiving so many nice things from so many nice people, wish we had the room to keep everything. We do share your treasures, so nothing goes to waste. We appreciate you thinking of "Nifty Thrifty" first.

Thanks from all of us.

Alta & Staff



Life Stories Group

My Children Asleep

My children asleep look so perfect and sweet
With their round lips full of color and rosy, red cheeks.

My children asleep have their little hands
Laid out on the bed all plump and suntanned.

My children asleep have hair as soft as
a silk blouse.
they bring laughter, joy, and contentment to our house.

My children asleep have funny dreams
They have exuberant adventuress, with animated themes.

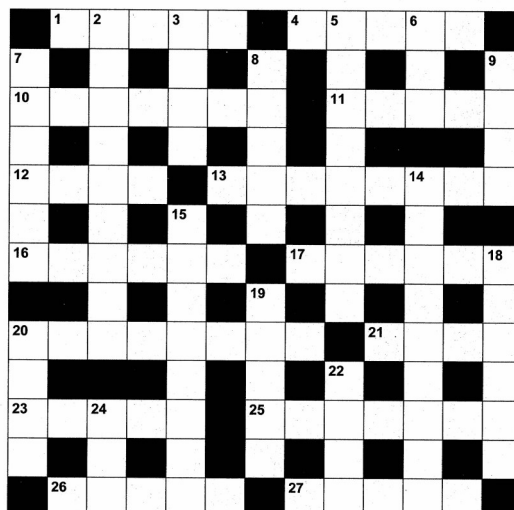
My children asleep grow fast though the years
They make me laugh as the teen years appear.

My children asleep give me pause.
To consider my part in their nurture
Acknowledging their destiny, remaining connected
When they launch their own future.

By Garnet Granger

1986

Come join our group at 10:00 AM on Wednesdays.
You can share your own stories or just listen.



Across

- 1 - Apart from (5)
- 4 - Own up to (5)
- 10 - Proclaim (7)
- 11 - Major African river (5)
- 12 - Smudge (4)
- 13 - Spacecraft (8)
- 16 - Chooses (6)
- 17 - Deliberately catch out (6)
- 20 - Associated with employment (2-3-3)
- 21 - Nothing (4)
- 23 - Ticked over (5)
- 25 - Circling around (7)
- 26 - Secret agents (5)
- 27 - Compositions in verse (5)

Down

- 2 - Juicy (9)
- 3 - Transaction (4)
- 5 - Particular policy taught (8)
- 6 - Hotel (3)
- 7 - Fit for consumption (6)
- 8 - Petulant (5)
- 9 - Poultry enclosure (4)
- 14 - Keyboard instrument (9)
- 15 - Participant in a meeting (8)
- 18 - Solemn promise (6)
- 19 - Loses heat (5)
- 20 - Roman poet (4)
- 22 - Training hall (4)
- 24 - Cut away (3)

Fun fact about July

The name July was named after Roman general Julius Caesar. July is in the Summer season in the northern hemisphere and one of the warmest months. July in the southern hemisphere is one of the coldest. Early July, historically is called the dog days of summer because it's the beginning of the hot summer days.



Board Meeting
July 10 @ 10:30 am

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503-588-0748

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Director 1 YR

Alta Gardner
Rick Saul

Director 2 YR
Director 2 YR

Dolly Allen
Julie Amen

Community Connections

Mike Giertych

Pressure washing: Decks,
Driveways, Houses etc.

Gutter Cleaning.

(503) 315-8953
mikegiertych@aol.com

Solution for June 2024



Virgil T. Golden Funeral Service

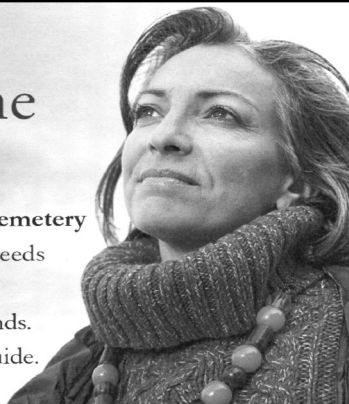
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**Wills & Trusts/Probates
Estate Planning/Elder Financial Abuse
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***Senior Center members will receive a
25% Discount on all estate planning***



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

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Keep updated on the latest news by visiting our

Webpage


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

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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.

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 Deadline for submissions is **July13** for the **August 2024** newsletter.

South Salem Seniors, Inc.
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Salem, OR 97306-1443

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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.
 Please advise the Business Office for any changes in address or status. Thank You.

Looking to downsize?

We're here for you every step of the way!



Jeff Harrison
971.277.0647

Jeff@HarrisonStoneRE.com
 License #201238952
 Broker Licensed in Oregon

We're a
 brother/sister
 real estate
 team who
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 clients like
 family!

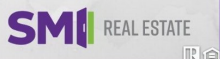
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 website
 below for a
 complimentary
 home
 valuation.



Melissa Stone
503.508.7278

Melissa@HarrisonStoneRE.com
 License #201238867
 Broker Licensed in Oregon

www.HarrisonStoneRE.com



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

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

| | | |
|-------------|---------------------|-----------------------------|
| Jul 9 & 10 | Tuesday & Wednesday | Starts at 9:15 am - 1:00 pm |
| Aug 13 & 14 | Tuesday & Wednesday | Starts at 9:15 am - 1:00 pm |
| Sep 10 & 11 | Tuesday & Wednesday | Starts at 9:15 am - 1:00 pm |
| Oct 8 & 9 | Tuesday & Wednesday | Starts at 9:15 am - 1:00 pm |
| Nov 12 & 13 | Tuesday & Wednesday | Starts at 9:15 am - 1:00 pm |
| Dec 10 & 11 | Tuesday & Wednesday | Starts at 9:15 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