



**South Salem Seniors Inc.
Newsletter**



IMPORTANT: Meals On Wheels will not distribute meals from August 18 thru August 29. Meals distribution will resume September 2. Our Center is closed on Sep 1 for Labor Day.

Hello Fellow Members

Here we are in August, typically the hottest month in Salem, but It's really cool here at the Senior Center thanks to the air conditioning and all of our cool members and activities.

August is the month when we get to select our officers and board members for the coming fiscal year that starts September 1st. By now you should have received your ballot. Approximately 670 ballots were mailed out the middle of July. If you haven't received one (for example, you may be a new member), please come by and pick one up.

Ballots are due back at the Center by the 15th. They'll be counted on Monday the 18th. And, in my last official act, the new Officers and Board members will be introduced and inducted into their positions at the August 20th Membership Meeting. If you are one of the awesome volunteers that "tossed your hat in the ring", win or lose, you are so important to the continuing work of the Center and greatly appreciated.

As you may remember or saw on your ballot, we had no one running for Office Manager. If you happened to write your name in that's awesome, but the Board didn't expect that to happen, so at our July meeting we took some steps to reorganize and redefine the duties of the Office Manager. Their primary responsibility is to schedule, staff and train the front desk volunteers, but it also includes record keeping duties like keeping track of volunteer hours. In lieu of having a single person do it all, the Board decided to distribute the duties among other Board members or volunteers. To reduce the difficulties in staffing the front desk, particularly in the afternoon, it was unanimously decided by the Board to change our closing time to 3 pm effective September 2nd (we're closed for Labor Day). Except for holidays, we will still be open 5 days a week.

Another important change coming in September is the approved increase in the membership to \$25 annually and the corresponding increases in our lifetime membership steps.

A recent review of the Center's website found a number of obsolete references, errors and inconsistencies. As a result there is a group working on upgrades and corrections. If you have any issues with the upgraded site, pass that information on to the President.

President Gary M

Dates to make note of:

August 13th – Board Meeting 10:30 am

August 12th & 13th – AARP Driver Safety Class (call us to register at 503-588-0748)

August 15th – Final Day to receive Ballots

August 18th – Tally Ballots

August 20th – Membership Meeting and induction of new Officers

Center Supports Marion Polk Food Share

As Marion Polk Food Share continues to utilize the Center kitchen for daily, Monday through Friday, distribution of their hearty take-out lunches, we are reminded of the importance of this program.

The Center also supports MPFS by hosting a food collection barrel located in the Lobby. While folks may become less aware of the need for food donations this time of year, deferring to the colder months of Fall and Winter, in these hot days of Summer bottled water, juice and food items (meats and meat dishes, beans, peanut butter, pastas meals, fruit) that can be consumed out of a can, plastic container or package are in great demand.

Happy “National Happiness Happens” Month from the Gift Shop!

Here are some treasures currently for sale:

*Limited Edition Framed Print, “Mabel the Stowaway” by Charles Wysocky.

Signed and Numbered with Certificate of Authenticity.

*Vintage 1920-1930’s Corona Liberty Typewriter with Case. Great Condition!

*Vintage 1930-1940’s Corona Liberty Typewriter, no Case.

*Antlers of North America – Cast in Bronze by Ralph Trethewey in a nice framed shadow box.

Check out our large selection of Jewelry, Crystal Glassware, Figurines and Much More.

Come see us, Ciao, Ciao! Renata

Needlework Group

The Needlework Group at the center is busy year around making items to donate to non-profits who appreciate the hats, scarves, mittens, lap robes, baby blankets, layettes, and even quilts that the members work on every Monday from Noon to 3 plus many donated hours of time at home. Recently a new member, Sharon, introduced us to a new craft, knitting comfort chickens! Just like children holding on to their favorite stuffie when times get tough, the knitted chicken is given to an adult who is grieving, dealing with difficult health concerns, or is sad or lonely. This craft originated in Southern California and is spreading fast across the country. If you knit, crochet, weave, embroider or want to learn how to do these crafts come join us on Mondays in the card room.



Claudia

Quilting and Sewing for Fun

We welcome any interested member to come participate with our Quilting and Sewing group. We meet Fridays 11- about 3:30 in the Craft Room. We work on a variety of articles and sew for ourselves or for charitable giving. If you have need of minor clothing alterations, replace buttons or zippers, feel free to contact me to see if we may help you for a small donation to SSS for the effort.

Thanks to those who have kindly made donations and contributions – they are very much appreciated. We will need to place a hold on sewing donations for the time being, until we can get materials on hand used in sewing projects. For future reference we only accept cotton fabrics suitable for quilting, batting, thread. Other fabric types can be donated to Nifty Thrifty for sale. If you have any questions please contact either Jayne or myself – Thanks.

Notice for Card Players: I have designed and developed a handy playing card holder made from donated fabrics, recycled CD/ DVD media, and buttons. Playing Card holders will be available in the Gift Shop for \$5.00 each as a fund raiser for the SSS Quilt Group.

Quilt Raffle: Also from our group, a quilt to Raffle made by Jayne. Quilt blocks are made from donated cottons and jean fabrics and has a brown print backing. The quilt measures 58” x 46”. Quilt will be displayed in the SSS Lobby with raffle tickets for sale at \$1 per ticket or 6 tickets for \$5.00. Raffle drawing to be done on the August Membership meeting. We still have other quilts for sale.

Questions call the SSS Business Office 503-588-0748, Come in and see what we are sew happy to share with you! Coordinators-Laurene Brousseau or Jayne Jergentz.

Laurene B

Current Weekly Activities

Mon	Needle Crafts	12:00 pm - 3:00 pm	Card Rm
"	Energize with Linnea	10:00 am - 11:00 am	Bingo Rm
"	Single Deck Pinochle	10:00 am - 2:00 pm	Meeting Rm
"	Jewelry Class	10:00 am - 12:00 pm	Card Rm
"	Mahjong	12:00 pm - 3:00 pm	Craft 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 - 1:00 pm	Craft Rm
"	Line Dancing	1:00 pm - 2:00 pm	Bingo 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
"	Chinese Dance	2:00 pm - 3:15 pm	Bingo Rm
"	Rummikub	12:30 pm - 2:30 pm	Card Rm
"	Chess	10:00 am - 12:00 pm	Dining Rm
"	Book Group	1:00 pm - 3:00 pm	3rd Wednesday Craft Rm
"	Chair Exercise	1:00 pm - 2:00 pm	Bingo Rm
"	Creative Card Making	1:00 pm - 3:00 pm	2nd Wednesday Craft 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
"	Osteo Dance	11:00 am - 12:00 pm	Bingo Rm
"	Drop in Studio	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 - 3:00 pm	Card Rm
"	Quilting Group	11:00 am - 3:00 pm	Craft Rm
"	Mahjong	12:30 pm - 3:00 pm	Card Rm
"	Life's Journey Woman's Group	1:00 pm - 2:30 pm	1st Friday of the month Mtg. Rm

Aging Smart

Linnea is back on Mondays! Having gone through PT and relearning to walk again after her ankle fracture, our Energize leader is back with helpful tips on the intense work of injury recovery. Consistency and positive thinking have definitely hastened her recovery - we love her fighting spirit!

Lynn Albright and her Osteo Dance program has given us a new insight into our shared issue of osteoporosis and osteopenia as we age. A combination of nutrition awareness and targeted exercise is our next focus in this bone-strengthening initiative. We are currently working on a bone awareness exercise class, and are also increasing our focus on bone health in both our seated exercise and tai chi classes. With the recent addition of mats and straps, we are hoping to craft more yoga-related strength training in the future.

Finally for August, our special congratulations to the Willow Chinese Dance team for a successful performance at the 2025 World Beat Festival! Thank you for continuing to offer your class to our members on Wednesdays, and best wishes for success in the coming year.

Michi

July 25 Birthdays



HAPPY BIRTHDAY !



From the Third Wednesday Readers Book Group

The selected read for August is **The Man Who Mistook His Wife For a Hat**, by the author Oliver Sacks. Sacks also wrote the book **Awakenings** which was made into the movie of the same title starring Robert DeNero and Robin Williams. While the Third Wednesday Readers Group is full at this time, folks interested starting a new group see the sign-up sheet in the Lobby. To explain group size limitation, we defer to advice from the Salem Library personnel who presented "Best Reads of 2024" at a Center Seminar earlier this year. It was strongly suggested that groups be limited to eight for optimal interaction...

New Members - June / July

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

Barbara Michels	Cindy McEwen
Marcia Timm	Jeremy Timm
Joseph Scheyer	Nick Hiebert
Sue Hiebert	Patty Tripp
Kathy Gilbert-Yu	Stephanie Schaeckermann
Terrice Ross	Peggy Ronayne
Nancy Martin	Linda Shaw
Barbara Barton	Kim DeHaven
Tony Tanzi	Bill Immel

**MEDICARE
INFORMATION & ENROLLMENT MEETING
August 2025**

**August 26 - NW Medicare Advisors
with Linnea
10:00 am – 11:00 am**

Gardening Group

Hi gardening friends! Summer seems to be here to stay now, though aside from a few extra toasty days, the forecast seems to be in the mostly average range. Members have reported a few “oddities” like extra tall rose stems topped by a cluster of blooms and early fruiting on some berries. Little brown birds have wiped out my blueberries so the larger birds that normally dine in late July and early August will be very disappointed! We had a guest at our July meeting, Mike Lowery, who told us about an opportunity to help plant flowers at The Liberty House in north Salem. They are a non-profit that helps abused children. Some of us plan to be there the evening of July 24 to lend a hand and advice.

You will hear how that went at this next meeting at 1:00 on Tuesday, August 19 in the meeting room!
Questions or suggestions, call us!
Sandy 503-851-8250
Rose 503-581-4632

THE MASKS WE WEAR

We wear the mask of blank despair,
Where apathy hangs in stale, still air.
Too numb to cry, too lost to care.
A soul adrift, no will to dare.
Behind the veil of weeping eyes,
Grief whispers soft in shadowed skies.
We clutch the past, we mourn the fall,
Yet love still flickers, faint and small.
Then Anger comes, a roaring flame,
To burn the ones we choose to blame.
But fury hides the deeper ache.
The need to heal, the heart at stake.
In Pain we walk with silent screams,
Each step dissolving hopeful dreams.
The wound unseen becomes our truth,
A haunted echo of our youth.
In Boredom's mask, the colors fade,
The world turns flat, the light delayed.
Yet in the hush of dulled dismay,
A question stirs: is there a way?
Then comes Enthusiasm's gleam.
A spark, a fire, a brand-new dream.
The mask now dropped, the heart laid bare.
A soul once lost begins to care.

Sylvia Machado

Come on Wednesdays, 10:00AM, to share your creative thoughts. The Life Story Writing Group encourages you to write down your life stories, one page at a time. We meet in the game room.

Marion-Polk Food Share Lunch

Due to the Annual Maintenance and Cleaning at the Center 50+ the meals will not be distributed from August 18 thru August 29. Distribution will resume September 2.

**Happy “National Happiness Happens” Month
from the Gift Shop!**

Here are some treasures currently for sale:

*Limited Edition Framed Print, “Mabel the Stowaway” by Charles Wysocky.
Signed and Numbered with Certificate of Authenticity.

*Vintage 1920-1930's Corona Liberty Typewriter with Case. Great Condition!

*Vintage 1930-1940's Corona Liberty Typewriter, no Case.

*Antlers of North America – Cast in Bronze by Ralph Trethewey in a nice framed shadow box.

Check out our large selection of Jewelry, Crystal Glassware, Figurines and Much More.

Come see us, Ciao, Ciao! Renata

First Aid/CPR/AED Training

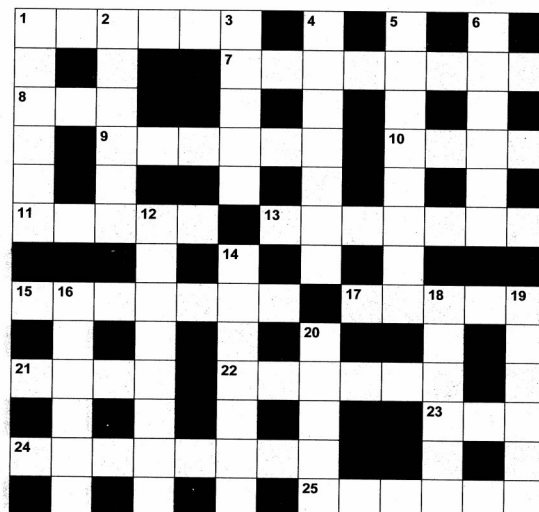
Member Amy Richarme will offer a full four-hour course in First Aid/CPR/AED on Friday, October 10, in the "Bingo" room at SSSC, 9:30AM to 1:30PM. The instruction includes practice on both adult and infant manikins. At the end of the course, an official certification of completion will be issued, valid for two years.

The cost is \$30 (thirty dollars) per person. Of this amount, \$22 goes to the American Heart Association for the certificate and \$8 covers the participant manual (which each person keeps) and all one-time use supplies, including gloves, practice breathing masks, and more. Amy provides her time and training and equipment at no charge. This is a retirement project for her, not an income producer!

Bring your own drinks and snacks and lunch as you wish to sustain you during the training. We will have a few short breaks, but no planned lunch time.

A sign-up sheet is on the table by the office.

Questions? Amy's phone is 817-637-3618.



Across

- 1 - Dwarfed tree (6)
- 7 - Delay (8)
- 8 - And not (3)
- 9 - Improvise (4,2)
- 10 - Support (4)
- 11 - Dole out (5)
- 13 - Loving (7)
- 15 - Mislead (7)
- 17 - Aromatic resin (5)
- 21 - Blemish (4)
- 22 - Rational thought (6)
- 23 - Sticky substance (3)
- 24 - An unscheduled contact (4,4)
- 25 - Violent weather phenomena (6)

Down

- 1 - Yellow fruit (6)
- 2 - Standard (6)
- 3 - Did nothing (5)
- 4 - Has financial means (7)
- 5 - Correctly (8)
- 6 - Strand (6)
- 12 - Countermand (8)
- 14 - Cover (7)
- 16 - Holding of funds (6)
- 18 - Person who tolls bell (6)
- 19 - Wading birds (6)
- 20 - Shopping areas (5)

NIFTY THRIFTY

Looking for Volunteers, Reliable and Flexible.

Please leave name and phone number at the front desk or call 503-588-0748.



Board Meeting
August 13 @ 10:30 am

August 20 @ 10:30 am
Membership Meeting
Meet the New Board & Birthdays Celebration

South Salem Seniors, Inc.
Mail : PO Box 3094 Salem OR 97302
6450 Fairway Avenue SE
Salem, OR 97306
503-588-0748
www.southsalemseniors.org

Editor
Advertising
Staff Assist.

Arturo Guillen
Karen Sloan
Kate Bayne

President's Email: ssscoffice@comcast.net
Treasurer's Email: sssoffice@comcast.net

President:
Vice President:
Treasurer:
Secretary:
Office Manager

Gary Metts
Jessie Martin
Karen Sloan
Kate Bayne
Pamela Panther

Director 1 YR
Director 1 YR

Dolly Allen
Julie Amen

Director 2 YR
Director 2 YR

Irene Johnson
Yvonne Corzilius

Community Connections

Mike Giertych

Pressure washing: Decks,
Driveways, Houses etc.

Gutter Cleaning.

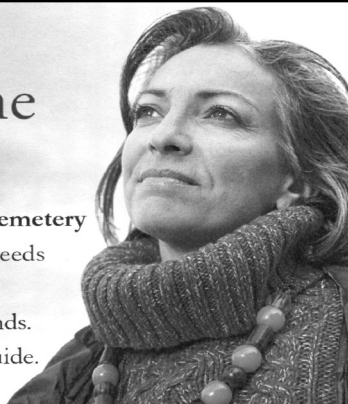
(503) 315-8953
mikegiertych@aol.com

Solution for July 2025



*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*

**5-Star Care &
Back to Home**

- 5-Star Quality Care
- Personalized Recovery Plans
- Rehabilitation Services
- A Team You Can Trust



Call (503) 877-8351
to start your recovery journey!



SALEM
TRANSITIONAL CARE

Tyler Bolin Administrator
TBolin@Avamere.com

Shannon Becerra DNS
SBecerra@Avamere.com

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.*

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
www.moserroof.com

503-378-0229 Fax
info@moserroof.com

Community Connections



PremiumNW
landscape

LCB - 9119

Lawn And Yard Maintenance


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

General Clean-up
Debris Clean-up
Repair irrigation
Pressure Washing, Bark & Gravel Placements
Monthly Maintenance

Apartment Complex/Commercial Building
Landscape Maintenance
Retaining Walls
Fencing

Must present coupon at time of estimate.

Seniors Receive!
20% OFF
Call for details with this coupon.



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



Join us for Lunch and a Tour!

503.362.9141 SolistabyCogir.com
707 Madrona Ave. SE Salem, OR. 97302






MELISSA BEEKS
971-600-5949
WWW.AGOLDENHANDHOMECARE.COM
admin@agoldenhandhome.com

BONDED • INSURED • LICENSED

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

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.
PO Box 3094
Salem OR 97302

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

Speaking of Books...and Puzzles, Games and DVD's Oh My!

The Center Book Shop (former "Library" but no longer *lending*) is a joy to behold. Books abound along with numerous shelves displaying large numbers of puzzles and games, DVD's, CD's, Tapes and recorded books. Our low prices bring in many shoppers. Stop by and say hello to store volunteers and their invincible leader "Louise the Librarian" who for many years has been the dedicated heart and soul of this wonderful spot. All items from the Store are purchased at the Front Desk where folks can often be found deep in conversation about favorite books, authors and next best reads

2025 AARP Driver Safety Classes

Call 503-588-0748 between 9:00 am - 3:30 pm
 To make reservation.

August 12 & 13
 September 9 & 10
 October 14 & 15
 November 11 & 12
 December 9 & 10



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