



**RAINIER SENIOR CENTER**  
*A Great Place...For Great People*  
**RIVERSIDE REVIEW**  
**Volume 2014**  
**Issue 12                      December 1, 2014**

**Rainier Senior Center**  
**48 W. 7<sup>th</sup> Street**  
**Rainier, OR 97048**  
**BOARD MEMBERS:**

*Phone: 503-556-3889*  
*Email: rainierseniorc@gmail.com*  
*Web: RainierSeniors.com*

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<b>Bill Dias- President</b>	<b>Randy Bailey, Vice President</b>
<b>Rachel Kelley, Secretary</b>	<b>Marily Tift, Treasurer</b>
<b>Clint Kelley</b>	<b>Jan Rich</b>
<b>Keith Ekstrom</b>	
<b>Newsletter Editor- Liz Sandahl</b>	

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**WE WILL BE CLOSED ON DECEMBER 25TH AND 26TH FOR CHRISTMAS!**

**The Membership Meeting** will be held on **December 24th at 1:00.** Come to the meeting to see what is planned for 2015.

**NOTE: Membership Dues** will be going up **January 1st to \$15.00 per year.** Due to food cost increases and limited funding, **the lunches will go up to a suggested donation of \$5.00 on January 1st.**

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**Exercise Equipment:** The equipment may be used **any day by anyone at no cost.**

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**NEW Web Page:** We now have a new Web Page and you can check it out at **www.RainierSeniors.Com.**

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**Sponsor Lunch:** The sponsor lunch will be held on Monday, December 1st. Our sponsor is Vicky Overbay from the Cornerstone Restaurant.

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**Deer Island Grange;** The Deer Island Grange donated \$100 to pay for our turkeys for our Thanksgiving Fundraiser Dinner. Thank you also to Allen Jones for his time in finding the best buy for our turkeys. They have supported our center in this way for the last several years, and we really appreciate it!

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**Christmas Bazaar:** Rachel Kelley says there are still a few tables available to rent for the Bazaar on **Saturday December 6th from 9-4 and Sunday December 7th from 11-4**. The tables are \$15.00. Call Rachel at 503-369-6382, or the center at 503-556-3889. There will be lots of gift ideas and items for sale. The kitchen will be selling food for lunch. Stop by and see what is for sale; buy a **raffle ticket** for a basket full of vendor and donated items; and have lunch! The raffle drawing will be on Sunday at 4:00 and the winner contacted on Monday. **Tickets are \$2.00 each, or six for \$5.00.**

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**Movie Night:** **There will be no movie in December.**

**Potluck:** **There will be no potluck in December.**

**Susannah's Supper:** **There will be no Susannah's Supper in December.**

**Five Area Luncheon:** **There is no Five Area Luncheon in December.**

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**Tax Donations:** If you are looking for a charitable contribution before the end of the year, the Rainier Senior Center is a non-profit charity where any donation would qualify as a tax write-off. Take this opportunity to help your Senior Center and yourself as well. Thank you for any donation no matter how big or small!

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**Volunteer of the Month:** The November Volunteer of the Month is **Marily Tift**. She is a volunteer/manager of our gift shop and serves on our Board as the Treasurer. It seems she is always willing to fill in where ever needed. Planning the big Bingo Fundraiser and recruiting more volunteers keep her busy at the center. Be sure to let her know you appreciate all of her efforts to make the Center a better place.

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***HAPPY BIRTHDAY TO OUR DECEMBER BIRTHDAY MEMBERS!***

**Birthday Flower: Holly Birthday Stone: Turquoise**

**If your birthday is not listed or wrong, please contact the reception desk.**

- 12/02 Sharon Harmon**
- 12/04 Phil Butcher**
- 12/05 Sharon Batty**
- 12/05 Everett Libby**
- 12/07 Lonnie Pellham**
- 12/09 Shirley Emerick**
- 12/10 Sam Patching**
- 12/10 Joan Hackathorn**
- 12/11 Cookie King**
- 12/14 Millie Sold**
- 12/15 Eunice Chase**
- 12/17 Rachel Kelley**
- 12/17 Don Thompson**
- 12/18 Michael Miller**
- 12/19 Bud Appleby**
- 12/19 Judy Brown**
- 12/27 Peggy Wallace**

**HOLIDAYS**

- 12/07 Pearl Harbor Day**
- 12/21 Winter Begins**
- 12/25 Christmas**
- 12/31 New Years Eve**

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**Beth Moffitt:** Beth Moffitt will be here on **Thursday, December 4th** from **9:30 until 1:00**. There are a lot of changes with Medicare. Be sure you talk to her about your health plans.

\* \* \* \* \*

**Veteran Service Officer:** Veterans Service Officer Russ Clark will be in our Rainier Senior Center on Tuesday, December 9th at 1:00. Russ will answer questions and supply information regarding educational benefits, housing assistance, health care, scholarships and other service benefits. You can also reach him at his office at the Community Action Team in St Helens by calling 503-366-6580.

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**BP Checks:** Lowell Norbom R.N will be here on Mondays at 11:00 to do **free** blood pressure and oxygen checks. Be sure to have yours checked!

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**Morning Bingo:** For those who enjoy BINGO, but do not want to come out at night, we are going to have a morning BINGO session **on Tuesdays, December 2nd, 16th and 30th at 10:30.** Cards are \$3.00. Come have fun and stay for lunch.

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**Medical Equipment:** Did you know that the center has a large supply of medical equipment available to our members, our community, and any with a need. These items are **free to use!** We have available wheel chairs, walkers, canes, crutches, shower seats, and many other items. If you need these or have family or friends that can use them after an injury or sickness, contact the center at 503-556-3889, or stop by to see what may be available to you.

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**Michelle Moore and Columbia City Benefits Group:**

There are many options available for our Medicare clients including Medicare Advantage plans, Medigap coverage and Medicare Part D. We want to make sure that we answer all of your questions and concerns to make sure that you are comfortable with the choices you make about your Medicare benefits.

Open enrollment for Medicare began on October 15th and we are here to help you with any changes and/or additions you want to make.

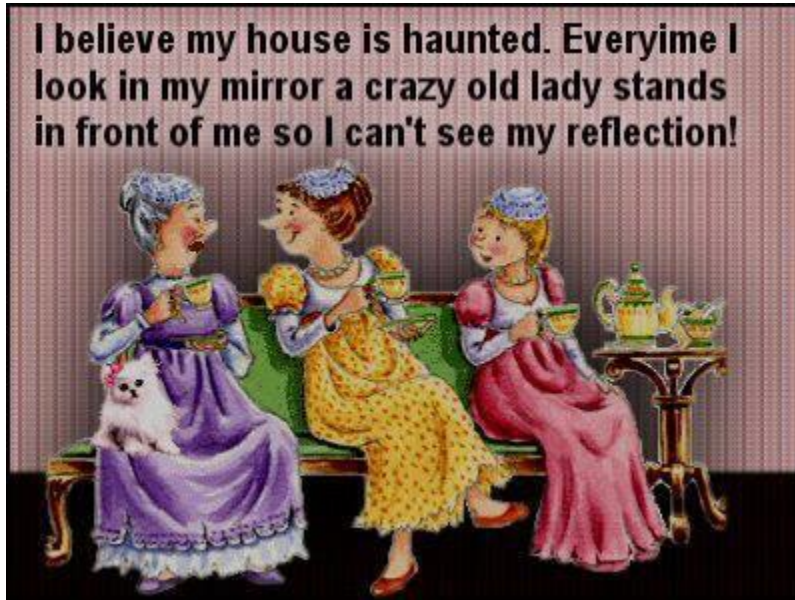
We will also be holding meetings at our office most Saturdays in November and December except Thanksgiving and Christmas weekends. We will meet at 9:00am each Saturday to talk specifically about Blue Cross Medicare plans and at 12 noon each Saturday to discuss all other Medicare plans at your request.

**Michelle will be at the Rainier Senior Center on Wednesday, December 3rd at 10:00am and on Thursday, December 11th at 10:00am for Blue Cross 10:00am.** If you are unable to attend these meetings at the Rainier Senior Center, I can be reached at:

**Columbia City Benefits Group LLC  
503-987-1809 Office  
michelle@columbiacitybenefitsgroup.com  
www.ColumbiaCityBenefitsGroup.com**

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## Health Cartoon:



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## Warmest October on Record Can't Keep Jack Frost Away

With an average temperature of 50 degrees, October 2014 was the warmest October since 1940. Unfortunately, Jack Frost is making his appearance. Here are a few tips from Columbia River PUD to keep you warm and your energy bills low:



- **Use space heaters wisely.** Use space heaters to keep the room you're in warm. Remember to close the doors to rooms you are not using.
- **Turn your thermostat down a few degrees** or more when you are away from home or before you go to bed. Each degree you lower your thermostat can save up to 2% on your energy bill.
- **Don't let the heat escape.** If you feel cold air coming in, warm air is escaping. Use caulk or weather-stripping to seal cracks around doors and windows and expanding foam for larger leaks around plumbing penetrations.
- **Change your furnace air filter.** It's important to keep your heating system in good condition so it doesn't waste energy.

Columbia River PUD is here to help. For tips on how to keep your energy bills low when the temperature drops, visit [www.crpud.net/coldweather](http://www.crpud.net/coldweather).

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## **CHRISTMAS FUNDRAISER DINNER**

**On  
Saturday, December 20th at 2:00.**

**On December 1st we will be selling tickets for our annual Prime Rib Dinner. The price of the tickets is \$15.00 each for a complete dinner.**

**The dinner will include Prime Rib, Baked Potatoes, Au Juice, Salad, a Vegetable, Rolls and Dessert.**

**The choir from the Rainier Junior/Senior High School will share their voices to sing for us on this special occasion.**

**We hope you will buy tickets and attend this wonderful dinner with your friends or family. A wonderful way to start the holiday season.**

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**Did You Know:** The Senior Nutrition program is a federally funded program. This funding is not intended to cover all of the costs of a meal, but to help the Senior Meal Programs supplement their income and provide nutritious meals.

**The Average cost to produce a meal is \$7.79**

**The federal funding reimbursement is \$1.62- We get only \$0.75!**

**The shortfall per meal is \$6.17- Our Shortfall is \$7.04!**

**The suggested donation for each meal is \$4.00 for people over 60.**

**Thank you to all of our Meals on Wheels Drivers, and our Senior Centers and other programs that feed our seniors. Money and food donations help make this possible.**

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1 BP Check 11:00 3 of Us Sponsor Lunch Bingo 6:00	2 Bingo 10:30	3 Michelle Moore 10:00  Ron Burton	4 Exercise 9:30 Beth Moffitt 9:30-1:00 Pinochle 1:00	5 Eric & Cheri on Banjo  Cake
8 3 of Us  BP Check-11:00  Bingo 6:00	9 Vet. Service Officer 1:00 Women's VFW 1:30 Men's VFW 6:30	10 WIC 9-11:00  Becky & Friends	11 Exercise 9:30 Michelle Moore 10:00  Potluck 5:00	12   Vern Kennedy
15 3 of Us Beth Moffitt 9-1:00 BP Check-11:00 Bingo 6:00	16 Bingo 10:30	17 Board Meeting 1:00	18 Exercise 9:30 Pinochle 1:00 Movie 5:00	19
22 3 of Us BP Check-11:00  Bingo 6:00	23	24 Member Meeting 1:00	25 CLOSED 	26 CLOSED
29 3 of Us BP Check-11:00 No 5 area lunch  Bingo 6:00	30 Bingo 10:30	31   Ron Burton  Happy New Year!		

**DECEMBER 2014 Rainier Senior Center Activities [www.RainierSeniors.com](http://www.RainierSeniors.com)**

Music Begins at 11:00am at the center.

Events are subject to change without notice.

**Sponsor Lunch:** A sponsor will introduce themselves on **Monday, Dec. 1st** during lunch.

**Michelle Moore:** Michelle will be here on **Wednesday, Dec. 3rd** and **Thursday, Dec. 11th** at 10:00.

**Morning Bingo:** Bingo on **Tuesday Dec. 2nd, 16th & 30th** at 10:30. \$3.00 per card.

**Beth Moffitt:** **Thursday, Dec. 4th** from 9:30-1.

**Bazaar:** the Bazaar will be on **Saturday Dec. 6th** from 9-4 and **Sunday, Dec. 7th** from 11 to 4:00.

**Christmas Dinner:** The Dinner will be held on **Saturday, Dec. 20th** at 2:00. Tickets are \$15.00

**Susannah's Supper:** There will be no dinner in December.

**LUNCH MENU FOR DECEMBER 2014**  
**LUNCH IS SERVED AT**  
**AT NOON AT THE CENTER!!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 *Music</b> Ham Broccoli Salad Potatoes Au Gratin Baked Apples Rolls	<b>2</b> BLT Vegetable Soup Chips Cole Slaw w/Carrots Peaches	<b>3 *Music</b> Baked Chicken Potato Salad Mixed Green Salad Green Beans	<b>4</b> Swedish Meatballs Pasta Winter Squash Garden Salad Whole Grain Rolls	<b>5*Music/Cake</b>  Meatloaf Potatoes & Gravy Romaine Salad Peas & Carrots Rolls
<b>8 *Music</b> BBQ Chicken Macaroni Salad Baked Apples Green Salad w/Spinach	<b>9</b> Egg & Sausage Frittata Peaches Raw Veggies Plate Orange Slices	<b>10 *Music</b> Lasagna Mixed Green Salad Calif. Mixed Vegetables Garlic Bread	<b>11</b> Swiss Steak Rice Mixed Green Salad Beets Mandarin Oranges	<b>12 *Music</b> Pork Roast Stuffing Yams Green Beans Homemade Applesauce
<b>15 *Music</b> Salmon Patty Seasoned Potatoes Green Beans Pineapple Garlic Bread	<b>16</b> Split Pea Soup Club Sandwich on Sub Bun Carrot/Raisin Salad Jell-O w/Fruit	<b>17</b> Salad Buffet Veg. Beef Soup Cottage Cheese Garlic Bread	<b>18</b> Spaghetti w/Meat Sauce Romaine Salad Peaches Garlic Bread	<b>19</b> BBQ Beef Sandwich Potato Salad Capri Vegetables Wheat Bread
<b>22 *Music</b> Spaghetti w/ Meat Sauce Spaghetti Pasta Green Salad Kiwi or Oranges Garlic Bread	<b>23</b> Crispy Chicken Salad Romaine Lettuce Veg. Soup Cheese Biscuits	<b>24</b> Hot Turkey Sandwich Mashed Potatoes w/Gravy Carrots Brussels Sprouts Cranberry	 <b>25</b> CLOSED	<b>26</b> CLOSED
<b>29 *Music</b> Pork Chops Stuffing Red Potatoes 3 Bean Salad Mixed Veggie w/Carrots	<b>30</b> Cream of Broccoli Soup Pea Salad Tuna Sandwich Whole Grain Bread	 <b>31 *Music</b> Roast Beef Potatoes & Gravy Carrots Green Salad Rolls		

**RAINIER SENIOR CENTER LUNCH MENU 503-556-3889 [www.RainierSeniors.com](http://www.RainierSeniors.com)**  
**Call in and carry out orders need to be in no later than 10:30am. Menu is subject to change without notice. Suggested donation \$4 for over 60 and \$5 for under 60.**

**WE DID 888 MEALS IN THE MONTH OF OCTOBER!!**



**Just Asking:**

1. If 4 out of 5 people SUFFER from diarrhea, does that mean that 1 out of 5 ENJOY it?
2. If it's true that we are here to help others, then what exactly are the others here for?
3. If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?
4. Do Lipton Tea employees take 'Coffee Breaks'?
5. What hair color do they put on the driver's licenses of bald men?
6. Why do they put pictures of criminals up in the Post Office. Why don't they just put their pictures on the postage stamps so the mailmen can look for them while they deliver the mail?
7. Is it true that you never really learn to swear until you learn to drive?
8. Why, why, why do we press harder on the remote control when we know the batteries are getting weak?
9. why do banks charge a fee due to insufficient funds when they already know you are broke?
10. Why is it that, no matter what color bubble bath you use, the bubbles are always white?
11. Why does Superman stop bullets with his chest, but dicks when you throw a revolver at him?
12. If people evolved from apes, why are there still apes?
13. If a cow laughed, would milk come out of her nose?
14. Why doesn't Tarzan have any whiskers?
15. Is there ever a day that mattresses are not on sale?
16. Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?
17. How do those dead bugs get into the enclosed light fixtures?
18. Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?
19. why, in winter, do we try to keep the house as warm as it was in summer when we complained about the heat?
20. Why do people run over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, and then put it down to give the vacuum one more chance?
21. Whatever happened to Preparations A through G?
22. Why did Kamikaze pilots wear helmets?

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***SPONSORS THAT SUPPOR OUR CENTER***

**Birdbaths  
Columbia River Carpet One  
Deli Store  
Evergreen Pub & Café  
J&R Sales  
Lower Columbia Insurance  
Nys Tree Farm  
Olivia Brothers Rentals  
Rainier Chevron Food Mart  
Rainier Exhaust & Tire  
Rainier Sign Company  
Rainier Eagles  
The Cornerstone Cafe  
United Methodist Church**

**City of Rainier  
Country Financial  
El Tapatio  
Columbia River PUD  
Knot Just a Bear  
Means Nursery  
Oregon Grape Stitch  
Rainier Appliance  
Rainier Church of God  
Rainier Liquor Store  
Rainier True Value  
St Helens Credit Union  
Teevin Brothers  
United Way**



***“A Great Place...For Great People!”***

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