



RAINIER SENIOR CENTER

A Great Place...For Great People

RIVERSIDE REVIEW

Volume 2015

Issue 6

June 1, 2015

**Rainier Senior Center
48 W. 7th Street
Rainier, OR 97048**

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

BOARD MEMBERS:

**Randy Bailey President
Rachel Kelley, Secretary
Clint Kelley**

**Jan Rich, Vice President
Marilyn Tift, Treasurer
Keith Ekstrom**

Newsletter Editor- Liz Sandahl

**The Membership Meeting will be held Wednesday, June 24th at 1:00.
VOTE FOR BOARD MEMBERSON JUNE 15TH AND 19TH.**

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Easy Exercise Class with Rachel: Rachel is holding an exercise class on
Thursdays at 9:30. She will make it fun for all! Light exercises.

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Movie Night: We will be showing movie on **Wednesday, June 10th at 5:00.**
The movie is *Otis & Milo*. Free Popcorn.

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Potluck: There will be a potluck dinner at **5:00 on Thursday, June 25th.** Bring a
"share" food and come visit with members and others. Bring your own plate and
table service.

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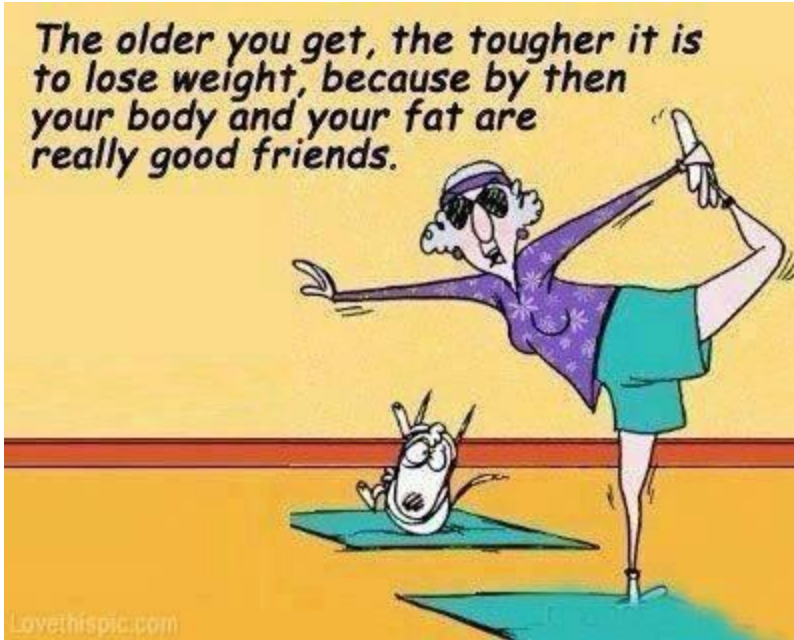
Susannah's Supper: Susannah's Suppers will be on **Friday, June 26th at 6:00.**
This is a free meal to the public, not just seniors. Donations are very much
appreciated.

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Five Area Luncheon: The 5 Area Luncheon will be at **the Scappoose Senior
Center** this month on June 29th. A signup sheet is at the front desk if you want to
attend.

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Health Cartoon:



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Veteran Service Officer: Veterans Service Officer Russ Clark will be in our Rainier Senior Center on **Thursday, June 11th 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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Days in the Park-Drill Team: The center is looking for scooters to join the Center's "Never Too Old Senior Scooter Drill Team" in the parade on Saturday. Contact Clint or Rachel Kelley if you are ready to roll at 503-369-6382. This could be a fun thing to do during our Days in the Park weekend.

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Dementia Presentation: Nikki Harvey will be putting on a presentation about the Alzheimer Association regarding detecting early signs of dementia, managing behaviors and things of that nature on Tuesday, June 23rd at 1:00.



HAPPY BIRTHDAY TO OUR JUNE BIRTHDAY MEMBERS!

Birthday Flower: Water Lily Birthday Stone: Pearl

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

- 06/01 Del Larson**
- 06/03 June Burnham**
- 06/06 Betty Harrington**
- 06/06 Kenneth Rea**
- 06/08 Claudia Libby**
- 06/08 Paul Nys**
- 06/14 John Curtis**
- 06/17 Alice Redding**
- 06/25 Hugh Breen**
- 06/26 Henry Heimuller**
- 06/27 June Dodson**
- 06/28 Richard Gilman**
- 06/29 Ron Emerick**
- 06/30 Sandie Scholten**

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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 morning BINGO sessions **on EVERY Tuesday, at 10:30**. Cards are \$3.00. Come have fun and stay for lunch.

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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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Breakfast is Being Served: OPEN TO THE PUBLIC: Come to the center for breakfast from **9:00 to 10:30** weekdays. The menu is: 2 Pancakes with 2 eggs and bacon for a suggested donation of \$4.00,(or @2.50 for smaller orders); Hash

browns with 2 eggs and bacon for \$4.00; Biscuits and Gravy \$4.00; oatmeal is \$1.75; side order of bacon (4) is \$2.50; and 2 eggs is \$1.75. A really good deal!

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Fred Meyer Community Rewards: The Rainier Senior Center can earn donations from Fred Meyer by members that shop at Fred Meyers, and by signing up for the Community Rewards program by linking their card by calling **1-800-576-4377** and select **option 3**. You can search for us by name-**Rainier Senior Citizens**- or use our non- profit number of **94223**. You will still get your reward points, fuel point, and rebates just the same. **This will help our Senior Center earn money!**

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Special Event Lunch: The center is now offering a ***Special Luncheon for 2*** with anyone that would like to celebrate an anniversary, birthday, or for any other special occasion for **\$20.00 for two**. Amenities will include a special table with tablecloths & decorations, glassware, flutes with a bottle of sparkling cider, and a personal waiter to serve your lunch. If you have questions, or want to make reservations, contact the front desk.

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Foot Care: On **Fridays** from **10:00-1:00**, the Center will be offering foot care. Lowell Norbaum, retired RN, will require 45 minutes for an initial appointment. He will trim toenails, and relieve corns and calluses. The cost will be **\$15** which will go to the Center. **Call the center for an appointment at 503-556-3889.**

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Ahh, Just right!

COMFORT! Upgrade to a ductless heat pump and enjoy year-round comfort. A ductless system will ensure your home remains the perfect temperature in every season. Since these systems come standard with air conditioning, you can remain cool and comfortable all summer long.

SAVINGS! Columbia River PUD currently offers a \$1,000 rebate on qualified ductless heat pumps; making your upgrade more affordable than ever. To find out if a ductless heat pump is right for you, or for a list of local contractors, call the Energy Experts at (503) 366-5470.



Presentation: Stephanie with Priority Footwear will be at the center on **Tuesday, June 16th at 1:00** to discuss foot health and ailments, as well as a diabetic shoe program paid for by insurance programs or Medicare. Come and learn how to qualify for this **free** program.

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Hearing Aids Cleaning: Larry Erickson, Board Certified hearing instrument specialist, will be at the Center on **Thursday, June 11th from 10:00-2:00** to clean hearing aids. No appointment necessary, but please check in at the front desk.

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Free Tickets for Veterans: The *Veteran's Tickets Foundation* is nationally recognized as a 501c Veterans Support Organization whose mission is to "give something to those who gave". **Vet Tix** teams up with major sports teams, leagues, promoters, organizations, companies, venues, and everyday event ticket holders to provide free (and discounted) tickets to the more than 26 million active military, veterans and their families.

Membership is free. Use this link to sign up <http://www.vettis.org/ref/167415>
Or contact: Ronald H. Morgan, President; Oregon State Council, Phone 503-877-8411 for information.

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Father's Day: Fathers will be honored at lunch on **Friday, June 19th** There will be a surprise for every father that comes to lunch. Be sure to bring fathers for this event.

Volunteer of the Month: The June Volunteer of the Month is Randy Bailey. Randy has played many roles for our center the past year. He was elected Vice President in June and became the technical support person ensuring that the computers and sound/video equipment functioned. When it became necessary for him to step into the President's role, Randy did so without hesitation. He quickly learned the ins and outs of the day to day running of the Center. Thank you, Randy, for going above and beyond. Randy also was instrumental in shopping for new computers, and finding the best and least expensive for the center. As a member of the By-Laws committee, he was instrumental in getting them updated, keeping the committee on track, and seeing that they were filed in a timely fashion. He put out a lot of effort in making sure that the center was in compliance for our regulations and rules for funding of the Meals on Wheels program. When attending meetings, he makes sure that the center gets all the information in order to keep up to date, and informed of changes. He has done a fine job here at the center.

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MY FAIR LADY TEA PARTY

OUR PRINCESS FOR 2015 IS AMY EVERMAN!







THE SENIOR CENTER IS HONORING HER WITH A TEA PARTY ON **FRIDAY, JUNE 5TH AT 1:00.**

MEMBERS ARE WELCOME TO ATTEND THE PARTY AND HAVE TEA, COFFEE, PUNCH, AND COOKIES.

Amy has been a volunteer at the center for many years. She does a great job of serving at lunch, plus she has trained many new people in the job of serving the lunches. Whenever we have had special events, you can always count on her to provide help when needed. She is always ready with a smile and a laugh to cheer everyone up, and make them feel welcome.

BE SURE TO CONGRATULATE AMY FOR BEING OUR PRINCESS AND REPRESENTING US TO COLUMBIA COUNTY!

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1 3 of Us BP Check- 11:00 Bingo 6:00	2 Morning Bingo 10:30	3	4 Exercise with Rachel 9:30 Pinochle 1:00	5 Eric & Cheri on Banjo Foot Care  Tea Party 1:00
8 3 of Us BP Check- 11:00 Bingo 6:00	9 Bingo 10:30 Women's VFW 1:30 Men's VFW 6:30	10 WIC 9-11:00 Movie 5:00	11 Exercise with Rachel 9:30  Hearing aids Cleaned 10-2:00 Vet. Service Officer 1:00	12  Foot Care
15 3 of Us BP Check- 11:00 Bingo 6:00	16 Bingo 10:30  Presentation 1:00	17 Board Meeting 1:00	18 Exercise with Rachel 9:30 Vern Kennedy Pinochle 1:00	19  Foot Care Father's Day Event
22 3 of Us BP Check 11:00 Bingo 6:00	23 Bingo 10:30 Dementia Presentation 1:00	24 VOTE - VOTE Member Meeting 1:00	25 Exercise 9:30 Pot Luck 5:00	26  Foot Care Susannah's Supper 6:00
29 3 of Us BP Check 11:00 5 Area Scappoose Bingo 6:00	30 Bingo 10:30			

JUNE 2015 Rainier Senior Center Activities www.RainierSeniors.com

Music Begins at 11:00am at the center. Events are subject to change without notice.

Morning Bingo: Bingo every Tuesday morning, at 10:30. \$3.00 per card.

Evening Bingo: Bingo is played in the evening every Monday at 6:00. \$5.00 per card.

Exercise class: Exercise with Rachel every Thursday at 9:30.

Movie: Free movie on Wednesday, June 10th at 5:00. Movie is Otis & Milo

Hearing Aids Cleaned: Hearing aids will be cleaned on Thursday, June 11th at 10-2:00.

Father's Day: All fathers will be surprised at lunch on Friday, June 19th at lunch.


Dementia Seminar: Nikki Harvey's program on Dementia Tuesday, June 23rd at 1:00.

Potluck: Potluck will be Thursday, June 25th at 5:00.

Susannah's Supper: Will be on Friday, June 26th 6:30.

5 Area Lunch : Will be on Monday, June 29th in Scappoose . Signup sheet at the desk.

LUNCH MENU FOR JUNE 2015
LUNCH IS SERVED AT AT NOON AT THE CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *Music Sirloin Tips w/ Mushroom Gravy Buttered Noodles Green Salad Fresh Melon	2 Grilled Tuna & Cheese Dinner Salad Carrots Fruit Cocktail Whole Grain Bread	3 Navy Bean Soup Broccoli Salad Apple/Orange Slices Corn Bread	4 Hamburger Gravy Toast Mixed Veggies Sliced Peaches	5*Music/Cake  CAKE Polish Sausage Mac & Cheese Beets Fruit Salad
8 *Music BBQ Drumsticks Macaroni Salad Broccoli Peaches W. Wheat Rolls	9 Country Chicken Roasted Spuds Green Salad Pineapple Bits W. Wheat Bread	10 Cream of Potato Soup Egg Salad Sandwich Melon Balls w/Cantaloupe Bread Pickle Slice	11 Roast Pork Stuffing Green Beans Mixed Fruit Dinner Rolls	12 Fish Sticks Baked French Fries Green Salad Sliced Carrots Pears Short Cake w/Berries
15 *Music Chicken Fried Steak Mashed Spuds w/Gravy Cauliflower w/Cheese Apple Slices W. Grain Bread	16 Beef Stew Potatoes/Carrots Green Beans Apricots Biscuits	17 Roast Turkey Mashed Spuds w/Gravy Green beans Mixed Fruit	18 *Music Stir Fry Pork Green Salad Cottage Cheese w/Fruit Cantaloupe	19 Spaghetti Meat Sauce Pasta Green Salad Apricots Garlic Bread
22*Music Taco Salad Burger/Cheese Greens/Salsa Corn Chips Man. Oranges	23 Salmon Patties Sliced Tomato Pineapple Chunks Cottage Cheese Bread	24 Tuna Noodle Casserole Green Beans Apricots Banana Cake Dinner Roll	25 Tater Tot Casserole Hamburger Green Beans Peaches W. Grain Roll	26 Salisbury Steak Mashed Spuds w/Gravy Romaine Salad Cauliflower Mixed Fruit
29 *Music Sweet & Sour Pork Stir Fry Veggies Mixed Fruit Rice	30 Hot Turkey Sandwich Mashed Spuds W/Gravy Brussels Sprouts Cranberry Sauce			

RAINIER SENIOR CENTER LUNCH MENU 503-556-3889 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 is \$5 for over age 60 and \$6 for under age 60 for lunch.

Breakfast is served weekday mornings from 8:30-10:30 for a suggested \$4.0

We served 786 meals in April and had 350.25 volunteer hours.

Vacation Customers Complaints: (By Thomas Cook Vacations)

1. We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish.
2. We booked an excursion to a water park but no one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price.
3. The beach was too sandy. We had to clean everything when we returned to our room.
4. No one told us there would be fish in the water. The children were scared.
5. Although the brochure said that there was a fully equipped kitchen, there was no egg slicer in the drawers.
6. I compared the size of our one bedroom suite to our friend's three bedroom and our was significantly smaller.
7. When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners.
8. We had to line up outside to catch the boat and there was no air conditioning.
9. It is your duty as a tour operator to advise us of noisy or unruly guests before we travel.
10. I was bitten by a mosquito. The brochure did not mention mosquitoes.
11. On holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I do not like spicy food.
12. They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax.
13. We found the sand was not like the sand in the brochure. Your brochure shows the sand as white but it was more yellow.
14. It's lazy of the local shopkeepers in Puerto Vallarta to close in the afternoons. I often needed to buy things during "siesta" time. This should be banned.
15. The roads were uneven and bumpy, so we could not read the local guide book during the bus ride to the resort. Because of this, we were unaware of many things that would have made our holiday more fun.
16. It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair.
17. I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams, or ginger nuts.
18. My fiancée and I requested twin-beds when we booked, but instead we were placed in a room with a king bed. We now hold you responsible and want to be reimbursed for the fact that I became pregnant. This would not have happened if you had put us the room that we booked.

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SPONSORS THAT SUPPOR OUR CENTER

Birdbaths	Burger King
City of Rainier	Columbia River PUD
Country Financial	Deer Island Grange
Deli Store	Eagles
El Tapatio	Evergreen Pub & Café
Fashion Chic'	Foster Farms
Fred Meyer	Horse Tail Flats B & B
Jack-in-the-Box	J&R Sales
Knot Just a Bear	Lower Columbia Insurance
Means Nursery	Nys Tree Farm
Olivia Brothers Rentals	Rainier Appliance
Rainier Chevron Food Mart	Rainier Church of God
Rainier Exhaust & Tire	Rainier Garden Club
Rainier Liquor Store	Rainier Sign Company
Rainier True Value	Rainier St Helens Credit Union
St Helens Ace Hardware	Safeway
Shari's Restaurant	Subway
The Cornerstone Cafe	Teevin Brothers
United Methodist Church	United Way



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