

## ***Sponsors That Support Our Center***

**Columbia River PUD  
Country Financial  
Deli Store  
Dog Zone  
El Tapatio  
Foster Farms  
Hometown Pizza  
J&R Sales  
Means Nursery  
Old Pastime Tavern  
Oliva Bros  
PGE  
Rainier Chevron Food Mart  
Rainier True Value  
St Helens Ace Hardware  
Shari's Restaurant  
The Cornerstone Cafe  
True Value Hardware  
United Way**

**City of Rainier  
Columbia Food Bank  
Deer Island Grange  
Eagles  
Fred Meyer  
Home Depot  
Lower Columbia Insurance  
MPC Digital Solutions  
Nys Tree Farm  
Rainier Appliance  
Rainier Garden Club  
Rainier Sign Company  
Rainier St Helens Credit Union  
Safeway  
Subway  
Teevin Bros  
Triangle Bowl  
Western World**



***"A Great Place...For Great People"***

***Rainier Senior Center  
48 West 7th Street  
Rainier, OR 97048***



## *Riverside Review*

*Volume 2017*

*Issue 1*

*January 2017*

**48 W 7th Street, Rainier, OR 97048**  
**E-mail: [rainierseniorc@gmail.com](mailto:rainierseniorc@gmail.com)**

**Phone: 503-556-3889**

**Web: [RainierSeniors.com](http://RainierSeniors.com)**

### **Message from the President:**

Thanks to all of the volunteers who gave their time to help make our Christmas dinner a success. Wendy and Sandie did a wonderful job preparing the meal, Amy, Sue and Kathy made sure everyone had their coffee, water and meals with that scrumptious dessert. As always, Marily and Clint ensured the dining room looked festive. A big shout out goes to Oliva Bros. for donating \$300 towards this dinner.

**Jan Rich**

**Need a Place To Celebrate  
a wedding, birthday,  
anniversary  
or reunion?**



**Rent the Senior Center**  
Contact Jan at the  
Center 503-556-3889

**Sweetheart  
Dinner  
February 4  
4pm**

**On Feb 4 at 4 p.m.**  
**We will be having our Sweetheart Dinner.**

This has been a GREAT success for the last 2 years so let's keep the tradition going. Tickets will be on sale in Jan.

More info will be in Feb. Newsletter or you can call the Center 503-556-3889 after January 9th for more info.

### *Board Members*

**Jan Rich, Pres. Keith Ekstrom, V Pres.**  
**Rachel Kelley, Sect. Marily Tift, Tres.**  
**At Large: Shirley Emerick, Clint Kelley,**  
**and Margie Clark**

Newsletter Editor: **Beth Bailey**

### **Volunteers Needed**

**The Center is needing**  
**Volunteers who like to Knit /Crochet**  
to make some Lap Blankets for our Meals On  
Wheels Clients.  
**PLEASE contact Marily at the Center in the Gift**  
**Shop 10 - 2 Mon. - Fri. or call 503-556-3889**

She can give you yarn and the measurements.  
Thank You for your help. IF you know someone who  
would like to help that would be great.

We are stilll needing  
**MEALS-ON-WHEELS Drivers.**  
It only takes one hour of your time to deliver meals  
one day a week. We need regular drivers as well as  
substitute drivers. You'll need to fill out an applica-  
tion and go through a paid background check.

**November Meals Served - 930**  
**Volunteer Hours - 360**

**Hours**  
**Rainier Senior Center Hours**  
**9:30 am to 2:30 pm**  
**Monday through Friday**

## Enroll in Our Auto Pay Program

Join our **Auto Pay program** and you will have one less thing on your mind every month.

Stephanie and Simon in Scappoose are enrolled in the program and they love its simplicity.

"We do it for two reasons. One, I don't have to think about it," said Simon. "Two, it's nice because I just don't have paper come to my house. The less trees we can cut down the better."

Auto Pay, you can make it work with your pay schedule. By setting your account up on Auto Pay, you'll no longer need to drop a check in the mail or call us to make a payment once a month.

To sign up for Auto Pay, visit [www.crpud.net/autopay](http://www.crpud.net/autopay) or call **Customer Accounts at (503) 397-0590**.

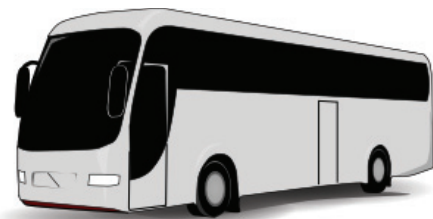


**COLUMBIA RIVER**  
**PUD**  
A COMMUNITY-OWNED UTILITY



**POTLUCK**  
**January 26**  
**5 PM**

**Special Casino Bus Trip to**  
**LUCKY EAGLE**  
**Last Wednesday of the Month**



**9am to 4pm**  
**Cost: \$15/Member**  
**See Marily to reserve your space**



**Rainier F.O.E. #4022**  
**109 West 'A' Street**  
**Rainier, OR 97048**  
**503-556-2035**

***Meals on Wheels***  
***Drivers Needed***  
***Come in and get information***  
***of how you can help***

# Senior Center Activities

## MONDAY



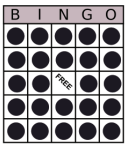
**Blood Pressure Check**  
11 am by Lowell Norbom

Checks both blood pressure and oxygen levels.  
Have yours checked!



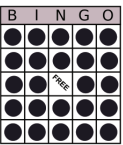
### Music by

**The Three of Us**  
Music begins at 11:00.  
Sing along or dance to the tunes.



**Evening Bingo**  
starts at 6:00pm  
\$5 per card  
Come have fun.

## TUESDAY



**Bingo**  
10:30 am



**Easy Exercise**  
with Rachel Kelley  
at 9:30 am Tuesday and Thursday

## WEDNESDAY

Work on a Puzzle, Pick out a Book or  
Work Out on the Exercise Equipment

## THURSDAY



**Easy Exercise with**  
**Rachel Kelley**  
9:30 am

## FRIDAY



**Music**  
1st and 3rd Friday

**Foot Care has been suspended**  
until further notice due to a change in regulations.  
Contact the center for more information.

**Big Thanks to Oliva Bros**  
for donating \$300 towards  
the Prime Rib Dinner

## FEBRUARY Special Event

### **SWEETHEART DINNER**

**February 4, 4 pm**

*Details in the*

*February Newsletter*

*Tickets on sale after January 9*





## Happy Birthday to our January Birthday Members

**Birthday Flower: Snowdrop    Birthstone: Garnet**

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

1/4 Claudette Salas  
1/4 Martha Cramer  
1/6 Mary Keith  
1/7 Carl Pellham  
1/8 Diana Vigoren  
1/10 Duane Bernard  
1/13 Barbara Huntington  
1/16 Irene Gibson  
1/19 Rhonda Bonner

1/20 Don Graham  
1/22 Bonnie Davis  
1/22 Judy Olson  
1/25 David Hoyle  
1/26 Ray Sterling  
1/29 Judy Johnson  
1/29 Audrey Stienmetz  
1/30 Tanya Fadden  
1/30 Jan Hook

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**Please re-register your rewards program to designate the  
Rainier Senior Center as the non-profit**



The Rainier Senior Center can earn money from Fred Meyer by anyone who shops there and signs up for the Community Rewards Program.

**Help Our Senior Center  
Earn Money!**  
**62 families who signed up  
helped the center receive  
\$136.67 (for 3rd Quarter)**

Link your card by calling **1-800-576-4377** and select **option 3**. Ask them to search for us by name **Rainier Senior Citizens**- or use our non-profit number **94223**.

**You still get your reward points, fuel points and rebates just the same!**

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## January Volunteer of the Month: Verna Gilbert

Rainier has chose Verna Gilbert for our volunteer of the month. She is our Thursday desk volunteer and is always there with a smile to greet our members. She fills in when needed for those that need a day off. Thank you Verna



## Christmas Dinner Celebration with Family and Friends



Our expert cooks, Sandie and Wendy, made the most delicious prime rib!



We are lucky to such loyal volunteer servers- Sue Beavers, Cathy Wood and Amy Everman. Thanks so much for being so efficient and jovial with all the people.

The center served 69 meals on Saturday, December 17. We owe a lot of gratitude to all our volunteers including those who decorated, set up tables, cleaned up and more.



Nancy Tolleshaug plays fun with Carl Pellham.



Olga Boyko dressed in festive attire.



Margie Clark, Betty Rupp and Judy Brown enjoyed the music, food, and mingling with friends.





On the left, Duane and Joanne Bernard enjoy a glass of sparkling cider to start off the event.

Below, Jesse and Charlotte Allen, are looking forward to the Prime Rib Dinner. Remember next year to purchase your tickets early.
























On the left, Shirley and Ron Emerick are such a lovely couple who continue to support the center by attending events like this and helping by volunteering their time for various activities.



Start the year off right by attending the Identity Theft Presentation by Jim Perkins January 17 at 1 pm



# JANUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>3 of Us</b> 11 am Blood Pressure Check 11 am Bingo- 6pm	<b>3</b>  10:30 am  Easy Exercise 9:30 am	<b>4</b>	<b>5</b>  Easy Exercise 9:30 am  Pinochle 1:00 pm	<b>6</b>   Music with Eric & Sherry
<b>9</b>  <b>3 of Us</b> 11 am Blood Pressure Check 11 am Bingo- 6pm	<b>10</b>  10:30 am  Easy Exercise 9:30 am  <b>Men's/Women's                      VFW - 1:00 pm</b>	<b>11</b>   <b>WIC</b> 9:30am-1pm	<b>12</b>  Easy Exercise 9:30 am  <b>Veterans Advisor</b> 1pm	<b>13</b>   Music by Al Barr
<b>16</b>  <b>3 of Us</b> 11 am Blood Pressure Check 11 am Bingo -6pm	<b>17</b>  10:30 am  Easy Exercise 9:30 am  <b>Identity Theft                      Presentation</b> 1:00 pm	<b>18</b>  <b>Board Meeting</b> 1pm	<b>19</b>  Easy Exercise 9:30 am  Pinochle 1:00 pm	<b>20</b>   Music with Vern Kennedy
<b>23</b>  <b>3 of Us</b> Blood Pressure Check  Bingo - 6pm	<b>24</b>  10:30 am  Easy Exercise 9:30 am	<b>25</b>  <b>Membership                      Meeting 1pm</b> <b>Casino Bus Trip</b> 9am-4pm \$15/member See Marily	<b>26</b>  Easy Exercise 9:30 am  <b>Potluck</b> 5:00 pm	<b>27</b>   Susanna's Supper-6pm Rainier Methodist Church
<b>30</b>  <b>3 of Us</b> Blood Pressure Check 11 am  Bingo - 6pm	<b>31</b>  10:30 am  Easy Exercise 9:30 am	<b>1</b>	<b>2</b>  Easy Exercise 9:30 am	<b>3</b>

January 2017 Rainier Senior Center Activities - [www.RainierSeniors.com](http://www.RainierSeniors.com)  
 Events are subject to change without notice.



# JANUARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork Chops Mashed Veggies Apple Sauce	3 Potato Soup Ham Sandwich	4 Meatloaf Baked Potato Apple/Craisin Salad	5 Crispy Chicken Salad Veggie Soup Cheese Biscuits	6 3 Cheese Pasta Bake Broccoli Salad
9 Malibu Chicken W/ Pineapple Pea Salad	10 Chili Cornbread Red Raspberry Jello Salad	11 Pot Roast Mashed Potatoes Carrots	12 Chicken Taco Salad Chips	13 Tater Tot Casserole Fruit Salad
16 Tilapia Green Salad Roasted Red Potatoes	17 Stuffed Peppers Salad	18 BBQ Chicken Wings Pasta Salad	19 Chicken Fried Steak Mashed Potatoes Veggies	20 Split Pea & Ham Soup ½ Turkey Sandwich
23 Chicken & Rice Casserole Fruit Salad	24 Lasagna Garlic Bread Salad	25 Beef Stew Biscuits	26 Chicken Enchiladas Chips Salsa Sour Cream	27 Clam Chowder Broccoli Salad
30 Baked Ham Sweet Potato Casserole Veggies	31 Ham & Beans Cornbread	1 Taco Soup Chips	2 Patty Melts JoJo's 3 Bean Salad	3 Fish 'N' Chips Cole Slaw

**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 is \$5 for over 60 and \$6 for under 60 for lunch; Breakfast, \$4.**

## Safeguard yourself – avoid identity theft and fraud!

In today's world, identity theft and fraud are all around us. Do you know how to recognize fraud? How can you make sure your identity and personal information is safe? Join Jim Perkins at the Rainier Senior Center for a discussion on how to spot fraud and identity theft.

Con artists steal billions from individuals every year. Learn how to protect yourself and your family and keep what you have worked so hard to build.

**January 17 at 1pm  
at the Center**



### **Membership Meeting** **Wednesday, January 25** **at 1pm**



### **Upcoming Event** **Sweetheart Dinner**

February 4  
4 pm  
Tickets available starting  
January 9

**Resolutions** are promises we usually make to ourselves. They are meant to help us refocus on what is important in life and make improvements for the coming year. As a senior, it is important to pay special attention to your health so as to keep illnesses at bay.

Here are 4 healthy New Year's resolutions that will help you feel young and vibrant.

#### **Be active**

This becomes a little more difficult as we age, but exercise is essential for a happier and healthier life. You don't need to engage in strenuous activities just to reap the benefits. You can walk around the block or do light gardening. Just 20 minutes of physical activity a day can help reduce the risk of heart disease, high blood pressure, diabetes and other diseases.

#### **Get checked out**

Just because you feel healthy, doesn't mean you shouldn't see your doctor. Seniors are at greater risk of illnesses and other complications. Getting regular check-ups can help in early detection and prevent the disease from becoming serious.

You should have a complete physical at least once a year. Also, don't forget to ask about screenings for osteoporosis, colon cancer, breast cancer, hearing, vision and immunizations. Be sure you take good care of yourself.

#### **Eat well**

While it's easier to reach for a box of mac and cheese instead of preparing a healthy meal, keep in mind that it isn't good for you. Processed foods contain preservatives and artificial flavoring. Eat more fruits, vegetables, fish and grains. If possible, try to eat at least 5 servings of fruits and vegetables a day.

#### **Have some fun**

You worry about the little things in life throughout adulthood. Now that your children have a family of their own and you no longer need to provide for your family, it's time to relax and enjoy life. Spend time with family, friends or even on your own. Do things you enjoy the most and take some time to pursue your own hobbies and interests. It's all about staying happy and living life to the fullest.