



## *Riverside Review*

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**48 W 7th Street, Rainier, OR 97048**

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**Phone: 503-556-3889**

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### **MESSAGE FROM YOUR BOARD**

We hope that everyone of you is staying safe and healthy. We would like to thank you for your patience and support during this unpredictable and unprecedented time.

**To our donors we would like to offer a HUGE thank you.** In addition to the center receiving much needed money (whether from individuals or organizations), we have been getting food, essentials and grants. All of this is being used to feed our neighbors and keep the doors open – even if it is just part way!

We went ahead with the St. Patrick's Day raffle but missed the fun and energy all of you bring to this fundraiser. We'd like to **congratulate Mario as the winner of the grand prize** of two nights stay at the Worldmark in Seaside. We're looking forward to being able to gather together for this event next year and, I'm sure, the leprechaun will make an appearance as well.

As always, included in this newsletter is a menu. We've had to make a few changes, however, since we are unable to provide a sit down lunch. Wendy's meals are available to take out. Please call the center at least the day before to **order lunch or no later than 9 am the day of.** This will ensure that there are enough meals for everyone. **Pick up is between 11:30 and 12:30** and will be brought to your car by our wonderful desk workers sans roller skates!

Many of you have inquired as to when Bingo will resume. As soon as we have been informed that it is safe to gather in an enclosed space as a community, handling of cards and money we will open. When we do open our doors, you will see some changes. Not big ones but changes just the same. They will be mostly based around the table setting and sitting and will be in place to protect your health. Much will depend on what we are told is allowable by Community Action Team.

We miss you all and look forward to the day when we can celebrate by throwing open the doors and welcoming you back to resume our meals, music and activities.

In the meantime, stay safe and we'll see you soon.

### **Board Members**

**Jan Rich.** Pres.

**Carla Bodenhamer,** V Pres.

**Keith Ekstrom,** Sec.

**Rachel Kelley,** Treasurer

At Large: **Clint Kelley, Barbara**

**Foster, and Sue Beavers**

Newsletter Editor: **Beth Bailey**

### **YARD SALE at the Senior Center July 18**

The center is planning a yard sale both in the building and outside for July 18th. **Cost of our tables are \$10 for inside** where it will be air conditioned or, for outside, you can **bring your own table but will be charged \$5 for space.**

**More specifics will be in the July newsletter**

**To reserve space call**

**Rachel at 503-369-6382**



**Support the  
Senior Center  
by donating time, money, or  
Returnable cans/bottles**  
*"Every little bit helps!"*

### **Hours**

**Rainier Senior Center Hours**

**9:30 am to 2:30 pm**

**Monday through Friday**

## Tips to Save Energy While Staying at Home

In the wake of COVID-19, many of us are spending more time at home than normal. This can lead to more electricity usage and higher power bills.

These tips can help you reduce energy use and costs while you stay home:

- Keep unused, non-essential electronics unplugged until you need to use them again. This can save up to \$200 each year on your electric bill.
- On sunny days, open your curtains to warm and brighten your home naturally. When the temperature becomes comfortable, close your curtains as desired to avoid overheating your home.
- Wash full loads of clothes and dishes. Washing multiple small loads uses more water and heats more water, which can increase your expenses. Wash your clothes with cold water to help lower costs even more.
- Turn off the faucet when you're washing dishes or brushing your teeth. Allowing the water to needlessly run down the drain can waste several gallons of water, raising your water heating and water-use costs.
- Replace or clean furnace filters to help your heating and cooling system run more efficiently.

As a best practice, check your filters regularly and clean or replace them when they're dirty or every couple of months.

Find more ways to reduce your electric usage  
at [www.crpud.net/tips](http://www.crpud.net/tips).



A COMMUNITY-OWNED UTILITY

### Michelle Moore with Columbia City Benefits Group (Medicare Agent) Has Retired

Michelle Moore recently retired and passed her business to **Schultz Financial Services** where her clients will now be taken care of by Michael Leipzig. Michael worked along side Michelle this past year learning the ins and outs of Medicare and he is excited to provide the same top-quality service as Michelle.

If you have any Medicare or retirement questions, contact **Schultz Financial Services** at: **503-543-3844** or visit their website: **[www.schultzfs.com](http://www.schultzfs.com)**



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MY MEDICARE**



**Beth Moffett**  
*Licensed Broker*

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...for quality, personalized financial guidance for individuals and businesses. Dan can do your basic tax management and accounting or help with more in-depth services such as audits, financial statements and financial planning.



**P O Box 216, Clatskanie, OR 97016**  
**503-728-2163**  
**Open Monday through Thursday**  
**7 am-5:30 pm**



## JUNE 2020



1 Oriental Chicken Salad Roll	2 Tater Tot Casserole Salad	3 Corned Beef Carrots, Potatoes, and Cabbage Bread	4 Swaii Scalloped Potatoes Mixed Vegetable	5 Meatloaf Mashed Potatoes Veggies and a Roll
8 Hmb. Gravy over mashed potaoes Green beans with bacon and onions	9 Reuben Chips Sauer Krout Salad	10 Chicken Strips & French fries Coleslaw	11 Roast Beef Potatoes & carrots Gravy Roll	12 Homemade Clam Chowder Sanwich Jello
15 ChickenFried Steak Mashed Potatoes Veggies	16 Beef Stew Biscuit Salad	17 Swedish Meatballs Noodles Roll Salad	18 BBQ Chicken Potato Salad Salad	19 Hamburger on a bun Mac Salad
22 Smothered Pork Chops With Mashed Potatoes Veggies	23 Homemade Tomato Soup EggSalad Sanwich	24 Turkey Dinner Mashed or yam Stuffing Veggies	25 Sloppy Joes Salad	26 Chicken Casserole Veggies Roll
29 Ham Dinner Side of Mac and Chese Bread	30 Homemade Corned Beef Soup bread Coleslaw	1 Tuna Casserole Green Beans Salad	2 Turkey Ala king Veggies Bread	3 Chicken Sheherds Pie Salad

**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 9:00 am.**

**Menu is subject to change without notice. \$5 for over 60 and \$7all TO GO ORDERS \$1 more.**

## **Rainier Senior Center Supporters**

**B Street Coffee**

**Canterbury Inn**

**Canterbury Gardens**

**Columbia River PUD**

**Columbia Carpet One**

**Costco**

**Country Financial**

**Dutch Bros**

**El Tapatio**

**Hometown Pizza**

**Kaiser Permanente**

**Kerby's Fish & Chips**

**Means Nursery**

**Ol' Pastime Tavern**

**Outpost 30**

**Rainier Chevron Food Mart**

**Rainier True Value**

**Red Lobster**

**Sound Authority**

**Teri's Restaurant**

**The Cornerstone Cafe**

**Triangle Bowl**

**Cap "N' Yoby**

**City of Rainier**

**Columbia Food Bank**

**Deer Island Grange**

**Delaware Plaza**

**Eagles**

**Foster Farms**

**Fred Meyer**

**Guadalajara**

**InRoads**

**Miracle Ear**

**Monarca mexican**

**Nys Tree Farm**

**Napa Auto**

**Rainier Hstorical Museum**

**Rainier Liquor Store**

**Rainier Subway**

**The Dog Zone**

**United Way**

**US Gypsum**

**Vernie's Pizza**



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

***Rainier Senior Center***

***48 West 7th Street***

***Rainier, OR 97048***