



Riverside Review
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Board Members

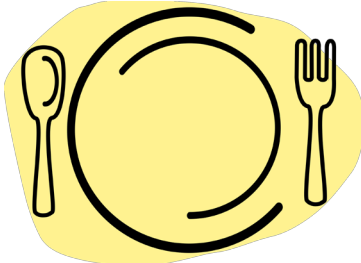
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and Joanne Bernard

Newsletter Editor: **Beth Bailey**

There will be a
MANDATORY meeting for desk workers
and servers on August 16th at 1:00

We must be able to adapt to the "new normal" if we want to open and remain open. This will include changes and stricter adherence to regulations set down by the Area Agency on Aging.

If you have questions, call Sue Beavers.



Home Delivery Drivers
NEEDED!
We are in great need for Home Delivery drivers. A background check needs to be completed which you can pick up at the center
Monday thru Friday.
Our Seniors Look Forward to Seeing Us Delivering Their Meals!
It means so much!

August 21st is
Senior Citizens Day



Meals Served for June: 965
Volunteer Hours: 462
Total meals served for fiscal year 2020-2021 13,553

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

Save on water heating costs with these easy tips

Heating the water in your home can account for up to 20% of your utility bill — often making it the second largest energy expense in your home. A few simple adjustments can help lower your monthly bill by cutting hot water use. Try these tips:

- Showers, not baths. Taking a bath uses 12-25 gallons of hot water. It takes less than 10 gallons for a five-minute shower.
- Cold water. Turn your washing machine's setting to "cold." Today's laundry detergents work well in cooler temperatures.
- Full loads. Only use your dishwasher when it's full. This will use less water than washing dishes by hand. Choose the shortest cycle needed to clean your dishes.
- Fix leaks. A seemingly minor leak of one drip per minute wastes 8.64 gallons of water per day.
- Turn your water heater down to 120 degrees F. For every 10-degree reduction in temperature, you can save 3-5% on your water heating costs.
- Install new showerheads. A low-flow showerhead can lower water heating costs by wasting less water.

For more energy-saving tips, visit www.crpud.net/tips or call our partners with

Efficiency Services Group at (888) 883-9879.



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Daniel Garrison, CPA,
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St Helens, OR 97051
Email: dan@drgtax.com
503-366-0994

...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.



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Licensed Broker

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beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com

August Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Ham Scalloped Potatoes Peas & Carrots Fresh Fruit, roll	3 Oven Fried Chicken Mashed Potatoes Peaches Spinach Whole Wheat Roll	4 Egg salad Sandwich Broccoli Salad w/ cucumber, tomato/ Cauliflower Apple Slices	5 Meatballs & Gravy Steamed rice Zucchini Apricots Rolls	6 Vegetarian Tortilla soup Coleslaw Pears Corn chips salsa/sour cream
9 Chicken Fried Steak Mashed Potatoes Country Gravy Peas Bananas Biscuit	10 French Dip Kaiser Roll Mixed Green Salad Tomatoes/carrots cauliflower	11 Tuna Casserole Egg noodles Broccoli Pears Wheat Bread	12 Beef Stew Potatoes/Carrots Mixed Vegetables Corn bread	13 Swiss Steak Rice Mixed Green salad Zucchini Mandarin Oranges Garlic Bread
16 Chicken & Rice Casserole Zucchini Fresh Fruit Roll	17 Grilled Ham & Cheese Whole Grain Bread Tomato Soup Sliced Oranges	18 Baked Turkey Stuffing/Gravy Cranberry Sauce Jello /mand. Oranges Whole Wheat Roll	19 Chicken & Dumplings Green Beans Fruit salad Roll	20 Tater Tot Casserole Coleslaw Carrots Banana
23 Hot Roast Beef Sand. Mashed Pot./ gravy Zucchini Tropical Fruit Cocktail	24 Goulash Green Beans w/bacon Cantaloupe Roll or Garlic Bread	25 Chef salad Ham/ Turkey/ Cheese/Egg Fresh Fruit Toast	26 Macaroni & Cheese Cooked Carrots Pears Biscuit	27 Sausage Hot dogs Bun Macaroni Salad Broccoli Salad Sliced Oranges & Apple
30 Porcupine Meatballs Corn Peaches Coleslaw	31 Corn Chowder Ham Sandwich Mixed Fruit	1 Lentil Soup ½ Egg salad sandwich Cantaloupe Cucumber/tomato Salad. Roll	2 Breaded Pollock AuGratin Potatoes Mixed Veg. Pineapple Slices Biscuit	3 Hamburger Patties Baked Beans Potato Salad Broccoli & Cauliflower` Fresh fruit Bread

Rainier Senior Center Lunch Menu 503-556-3889 www.RainierSeniors.com
All to go meal orders need to be in no later than 9:00 am.
Menu is subject to change without notice. \$5 for over 60 and \$7 for under 60.



**Happy Birthday to our
August Birthday Members**
Birthday Flower: Poppy Birthstone: Peridot
 If your birthday is not listed or wrong, please contact the reception desk

- | | |
|---|-----------------------|
| 8/2 Claudine Brown | 8/17 Jan Rich |
| 8/2 Dennis Higley | 8/18 Hank Anderson |
| 8/13 Donna Miller | 8/19 Dave Bernard |
| 8/15 Margene Hill | 8/25 Martha Morton |
| 8/17 Joyce Dolph | 8/29 Keith Ekstrom |
| Special apologies to: Jim Bardonski
whose 80th birthday was 7/15 | 8/31 Kathy Richardson |

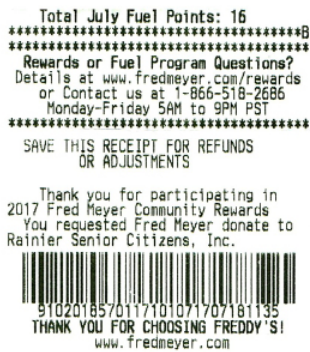
**Please Register your rewards program to designate the
Rainier Senior Center as the non-profit**



**Help Our
Senior Center
Earn Money!**

Register Today!
 We received \$59.80 for
 2nd Quarter from 42 families.
 Check to make sure your
 rewards card is connected
 to the center.

Look at example →



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

Link your card to:
Rainier Senior Citizens
 - or use our non-profit number **AH614******.

Go to fredmeyer.com/communityrewards
**You still get your reward points, fuel
 points and rebates just the same!**

Open Your Heart- Become a Volunteer!

As we re-open to our members, we need volunteers!
 It only takes an hour or so of your time to help at the desk, work in the gift shop, help deliver meals, or work in the garden.
 You can develop friendships and learn all the senior center offers.
It's a win-win situation.



AUGUST EVENTS

BINGO at 6 pm

Mondays

Bingo is open on Mondays but you must wear a mask unless vaccinated. **Start time is 6:00**
\$5 per card; .50 for black out game per card

Coming in September



ICE CREAM SOCIAL

**Ice Cream Social
on September 14th**

Canterbury will serve sundaes and Bo Obney will provide the music. We're looking forward to seeing you.

**Blood Drive at the center
on September 24th**

To sign up, or to ask questions, contact Judy Lepin at 503-556-3889. Eat your greens and be ready to donate.

The Importance of NAPIS Forms:

NAPIS (National Aging Program Information System) forms are used to collect data used by Oregon's Department of Human Services. This data determines the distribution of funds to our center. It is strongly urged that the form be completed front and back. Without the back being completed, DHS may decide that our center doesn't need the money. So, PLEASE, fill out a NAPIS and complete side one and two. Names are NOT used in the collection process.

If you have questions, talk with Carla.



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



**AARP Driver Safety
Classes September 1, 2021**

is the new schedule to begin introducing in-person. In the meantime, online classes are available with a 25% discount through August 31, 2021. the website is

www.aarpdriversafety.org

Promo code for discount is DRIVING-SKILLS



**Donate
Your Return Bottles
or Cans to
Rainier Senior Center
Your Donations
are Appreciated**

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8-1-07



Rainier Senior Center Supporters

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Rainier True Value
Red Lobster
Sound Authority
Teri's Restaurant
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Triangle Bowl

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Rainier Historical Museum
Rainier Liquor Store
Rainier Subway
The Dog Zone
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Vernie's Pizza



"A Great Place...For Great People"

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