



Riverside Review

Volume 2021

Issue 10

October 2021

48 W 7th Street, Rainier, OR 97048
E-mail: RainierSeniorC@gmail.com

Phone: 503-556-3889
Web: RainierSeniors.com

**The Gift Shop is open
Monday through Friday
10 am -2 pm**

There are some beautiful additions.
Come see the new creations from our
local talent. It's never too early to think
about the holidays!



**Holiday Bazaar
November 6th**

November brings Holiday Bazaars and
the center is having their bazaar on
November 6th from 9-3. Several friends
will have tables filled with unique items
for sale. The center will also have items
in addition to a variety of homemade
zucchini bread. Details are forthcoming
in the November newsletter.

Board Members

President: Jan Rich
Vice-President; Debra Elliott
Secretary: Darnell Willis
Treasurer: Rachel Kelley
At Large: Keith Ekstrom, Sue Beavers
and Joanne Bernard

Newsletter Editor: ***Beth Bailey***



October begins the sign up for Medicare. Here are
some dates where the center will be hosting
insurance representatives with
information for the 2022 Medicare coverage or
Prescription Drug plan.

October 19th 9-12, Debra Kranyak with
Kaiser Foundation

October 26th 10-12, Michael Leipzig,
Schultz Financial

October 29th 10-12, Jess Matza,
United Healthcare

Meals Served for August: 1059
Volunteer Hours: 447.35

Hours

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

Button Up for Winter with Help from Columbia River PUD

Fall is here. That means it's time to button up your home to make sure it's ready for the cold weather ahead.

Columbia River PUD can help. If you heat with electricity, ask the PUD's Energy Experts for a free home energy evaluation. They will provide tips on how you can cut your electric usage and lower your monthly bill.

The PUD partners with Efficiency Services Group to conduct these evaluations. During the pandemic, all evaluations are being conducted over the phone. They typically take no longer than 90 minutes.

To request your evaluation, please visit www.crpud.net/request or call Efficiency Services Group at (888) 883-9879.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY



- Retirement Income Planning
 - Wealth Management
 - Tax & Estate Planning
 - Medicare/Health Insurance
- Visit our website or call to schedule your complimentary consultation.

www.Schultzfs.com

503-543-3844

Daniel Garrison, CPA,
2114 Columbia Blvd,
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.



**UNDERSTANDING
MY MEDICARE**



Beth Moffett
Licensed Broker

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P.O. Box 859
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www.UnderstandingMyMedicare.com

October Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Burgers W/ all the fixins Fries Peaches
4 Patty Melt Rye Bread Spinach Salad Cottage Cheese & Pears	5 Scalloped Potatoes W/ Ham Carrot Salad Sliced Tomatoes Apple Sauce	6 Meat Loaf Potatoes Au Gratin Broccoli Tropical Fruit Roll	7 Beef Stew Potatoes ,Carrots, Peas Green Beans Jello W/fruit	8 Tuna Casserole Noodles Peas Pickled Beets Roll
11 Baked Chicken Breast Potatoes Au Gratin Cole Slaw Fruit cocktail Rolls	12 Chicken Fried Steak Mashed Potatoes Country Gravy Peas Fruit Biscuit	13 Roasted Pork Winter Veggies Mixed Green Salad Orange wedges Sliced Bread & Butter	14 Taco Salad Hamburger/ cheese Lettuce/Tomato Salsa Peaches Chips	15 Chicken Pot Pie Pie Crust Mixed Veggies Bananas
18 Beef Stroganoff Egg Noodles Steamed Cauliflower Pineapple Chunks	19 Turkey Noodle Soup Chicken Salad Sandwich Whole wheat Bread Carrot & Celery Sticks Orange Wedges	20 Spaghetti W/ meat sauce Mixed Green Salad Pears Garlic Bread	21 Chicken Casserole Steamed RiceGreen Peas Fruit Roll	22 Sausage Dogs Sauerkraut Cottage Cheese Tomatoes Mandarin Oranges
25 BBQ Chicken Wings Fettuccini Alfredo Corn Medley/Red Peppers Fruit	26 Fish & Chips Oven Fries Pea salad Apples & Grapes	27 Baked Ham Dinner Cooked Yams Mixed Green Salad Pineapple Roll	28 Chef Salad Turkey/Ham/Cheese Tomatoes Mandarin Oranges	29 Hot Turkey Sandwich Mashed Potatoes/Gravy Whole Grain Bread Carrots

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 October Birthday Members

Birthday Flower: Cosmos Birthstone: Opal

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

10/3 Laritta Edwards
10/6 Charlotte Houghtlen
10/9 Gail Bonser

10/19 Beverly Oetmann
10/20 Mary Scott
10/20 Jim Everman

10/10 Judy Colt
10/10 Shirley Young
10/12 Tunie Betschart

10/25 Raymond Petersen
10/26 Terry Tipton

10/15 Dwight Rich
10/15 Carla Smith-Castle
10/18 Liz Pollock

10/27 Alice Gault
10/28 LilliBell Welter

**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!**

October Volunteers of the month are Keith & Nadine Ekstrom

Keith has been a member and a volunteer since 2007. He also has been Vice president, Secretary, and At Large Member on the Senior Center Board.

He and Nadine are awesome at taking bottles and cans to recycle. Keith helps set up bazaars and movies.

Nadine enjoys scrapbooking and cooking.. They have traveled to many countries through a program called Space A. They also have show rabbits so it's fitting that the trailer they pull is called "Rabbit Taxi". Thanks, Keith and Nadine!



OCTOBER EVENTS

BINGO at 6 pm Mondays

Bingo is open on Mondays. You must wear a mask while in the building whether vaccinated or not.

Start time is 6:00

\$5 per card; .50 for black out game per card

The center will be hosting a

"Fun Fall Fest"

on Tuesday, October 19

There will be games and desserts. Come for the fun and visit with your friends.

See flyer for details

PLEASE HELP

**The center is in need of
15 additional lap blankets (robes)
to be given to our home meals
delivery clients**

during the holiday season.

**Please contact Cathy at the center,
503-556-3889, on Tuesday or Thursday
if you can help.**

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**



**AARPhas extended their
in-person classes
until 1/2022.**

Virtual classes are still available. Register on-line at: <http://aarp.cvent.com/DSVirtual> or call 1-888-773-7160

www.aarpdriversafety.org



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



A HUGE thank you goes out to all of the people who donated blood at the center on the 24th of September. I would also like to especially thank Judy Lepin for arranging the drive. 24 pints were given. The next Red Cross blood drive at the center will be on November 30th. Children aged 16 can donate with parental consent.

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
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