



Riverside Review

Volume 2021

Issue 9

September 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!



Speaking of the holidays,
the center is having a
Holiday Bazaar
November 6th

If you would like a table, please contact
the center and talk with Rachel.



Grandparents Day
September 12

Meals Served for July: 1075
Volunteer Hours: 484.25

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**

We Serve
Meals On Wheels
So no senior goes hungry.



In October, the center will start hosting
insurance representatives with
information for the 2022 Medicare coverage or
Prescription Drug plan.
Word has it that there will be changes.
Dates to be announced in the next newsletter.

Hours

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

CRPUD Rates Changing October 1

Columbia River PUD's rates are changing on October 1.

Beginning with bills rendered October 1, the PUD's residential customers will see their monthly base charge increase by \$3 per month from \$15 to \$18. Small general service customers will also increase by \$3 per month, from \$25 to \$28.

The PUD continues to offer an income-qualified discount for seniors. Customers in this program will see their base charge increase from \$3 per month to \$3.60 per month.

Customers will see no impact to their energy charge. Seniors enrolled in the income-qualified senior discount program will continue to receive a 10% discount on their energy charge.

"As much as we would like to not have any increase at all, the rate of inflation is forcing us to adjust it," said Board Member Garratt Tayler. "Unfortunately, we're paying more for certain materials since the pandemic hit and it's not likely to return to normal any time soon. With the increase, CRPUD residential rates are still about 20% lower than the statewide average and 33% lower than the national average. If you would like to see if you qualify for the PUD's senior discount, please call the PUD's Customer Accounts Department at (503) 397-0590. You can learn more about the rate change at www.crpud.net/2021rates.



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- Visit our website or call to schedule your complimentary consultation.

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503-543-3844

Daniel Garrison, CPA,
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St Helens, OR 97051
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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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September Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lentil Soup ½ egg salad San. Cantaloupe Cucumber /Tomato Salad Roll	2 Breaded Pollock Au gratin Potatoes Mixed Veg. Pineapple Slices Biscuit	3 Hamburger Patties Bake Beans Potato Salad Broccoli & Cauliflower Fresh Fruit Bread
6 CLOSED LaborDay	7 Clam Chowder Cheese Sandwich Peas & Carrots Blueberries & Yogurt	8 Chicken Fajitas (peppers,onions,salsa Flour Tortilla Spanish Rice Refried Beans	9 Everything Salad Veggie Beef Soup Garlic Bread Cottage Cheese Peach Crisp	10 Meatloaf Seasoned potatoes Mixed Green Salad Apricot Halves Yogurt
13 Stuffed Green Pepper Casserole Roasted Potatoes Mixed Green Salad Carrots Cheesy Bread	14 Taco Soup Tortilla Chips Cheese Fruit Salad	15 Roast Beef Mashed Pot / Gravy Green Beans Peach Slices Biscuit	16 Tuna Noodle Casserole peas Carrot / raisin Salad Tropical Mixed Fruit Roll	17 Baked Fish Scalloped Potatoes Romaine Salad Jello with fruit
20 Ham & Bean Soup Sweet Potato Chunks Green Salad Corn Bread Apple Cobbler	21 Chicken Fried Steak Mashed Country Gravy Beets Applesauce Roll	22 Beef Stroganoff Egg Noodles Mixed Veg w/ carrots 3 Bean Salad Pears & Cottage Ch.	23 White Chicken Chili Mixed Veggies Mandarin Oranges Corn Muffins	24 Tuna Patties Green Beans Carrot / Raisin Salad Peach Slices Garlic Bread Sticks
27 Cheese Tortilla Pizza Italian Veggies Cottage Cheese Pineapple	28 Chicken Stirfry Rice 3 Bean Salad Mixed Fruit	28 Lasagna Broccoli Salad Garlic Bread Fruit	29 Oven Fried Chicken Mashed Potatoes Gravy Corn Coleslaw Blueberry Crunch cake	30 Cheese Burgers With all the fixins Fries Peaches

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 September Birthday Members

Birthday Flower: Morning Glory Birthstone: Sapphire

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

9/1 Jan Bass	9/15 Mona Fiscus
9/3 Sherry Lang	9/17 Rochelle Pierce
9/6 Larry Glaze	9/20 Dan Beavers
9/6 Bobbie Larson	9/21 Robert Hoard
9/7 Henry Keith	9/21 Darnell Willis
9/8 Clint Kelley	9/22 Joanne Bernard
9/13 Marjorie Clark	9/24 Al Newby
	9/27 Sanford Burrill

**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!**

September Volunteer of the month is Theresa McClain

Theresa McClain is a fairly new volunteer delivering meals-on-wheels and working at the desk. She has a business making pet treats and beef jerky. She takes care of her dogs, goats and chickens. For hobbies, she enjoys crafting and painting.

Thank you, Theresa, for being a volunteer. Your time and efforts are really appreciated.



SEPTEMBER 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



ICE CREAM SOCIAL

Ice Cream Social

September 14th at 1 pm

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**

Crabby Road

10-25-08

I like to do my raking early in the day. Before my next door neighbor gets up and catches me in his yard.



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Rainier Subway
The Dog Zone
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Vernie's Pizza**



"A Great Place...For Great People"

***Rainier Senior Center
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