

Riverside Review

Volume 2021

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





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.

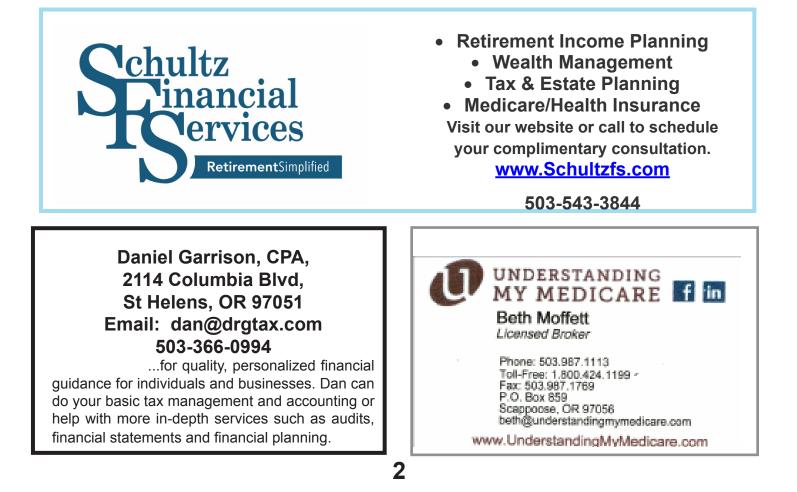
Customers will see no impact to their energy charge. Seniors enrolled in the incomequalified senior discount program will continue to receive a 10% discount on their energy charge.

"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.



A COMMUNITY-OWNED UTILITY



September Menu 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lentil Soup ½ egg salad San. Cantaloupe Cucumber /Tomato Salad Roll	2 Breaded Pollock Augratin 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 Beens 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 CornBread 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 3Bean Salad Mixed Fruit	28 Lasgana 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.				
3				



9/1

9/3

9/6

9/6

9/7

9/8

Jan Bass

Sherry Lang

Larry Glaze

Henry Keith

Clint Kelley

9/13 Marjorie Clark

Bobbie Larson

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

- 9/15 Mona Fiscus
- 9/17 Rochelle Pierce
- 9/20 Dan Beavers
- 9/21 Robert Hoard
- 9/21 Darnell Willis
- 9/22 Joanne Bernard
- 9/24 Al Newby
- 9/27 Sanford Burrill

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



Look at example \rightarrow

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

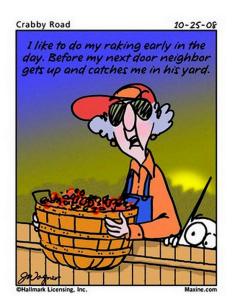
is the new schedule to begin introducing in-person. In the meantime, online classes are available with a 25% discount through August 31, 2021. the website is

www.aarpdriversafety.org

Promo code for discount is DRIVING-SKILLS



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



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 **Nvs 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