



## *Riverside Review*

*Volume 2022*

*Issue 1*

*January 2022*

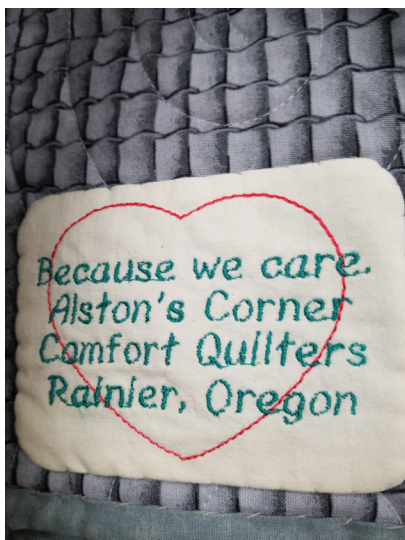
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**E-mail: [RainierSeniorC@gmail.com](mailto:RainierSeniorC@gmail.com)**

**Phone: 503-556-3889**  
**Web: [RainierSeniors.com](http://RainierSeniors.com)**



Thank you to everyone for the  
Donations of several quilts for our  
Home Delivered Meal clients.

**We handed out 34 this year.**



### *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**



### **Volunteers Needed**

**Save-the-Date**  
**January 17**  
**1-3 PM**

Monica from RSVP would like some volunteers to help make Valentine Cards to be given to our veterans.

You do not have to be creative. They will have all the supplies but if you would like to bring some of your items to jazz them up, it would be appreciated.

**Meals Served for November:**  
**1037**  
**Volunteer Hours: 499**

**Rainier Senior Center Hours**  
**9:30 am to 2:00 pm**  
**Monday through Friday**  
**Gift Shop 10:00 am-2:00 pm**

# Keep Your Heating Costs Down this Winter

If you heat your home with electricity, cold weather means higher bills. When it's colder outside, it takes more energy to heat your home – even if you don't adjust your thermostat.

These simple, low-cost tips from Columbia River PUD can help you save some money on your heating costs this winter:

**Lower the temperature on your thermostat** a couple of degrees when you are away or asleep.

**Keep windows and doors closed** to keep the heat from escaping. That includes doors to garages or unheated basements.

**Clean or replace your furnace filters** on a regular basis and service your heating system annually.

**If you have zonal heat**, only heat the rooms you use regularly.

**If you have central heating**, use a space heater in the room you occupy most and lower the temperature in the rest of your home by a few degrees.

Find more ways to save money on your winter bills at [www.crpud.net/heating](http://www.crpud.net/heating).



## COLUMBIA RIVER PUD

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503-543-3844

**Daniel Garrison, CPA,**  
**2114 Columbia Blvd,**  
**St Helens, OR 97051**  
**Email: [dan@drgtax.com](mailto:dan@drgtax.com)**  
**503-366-0994**

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# January Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Smothered porkchops Mushroom gravy Mashed Potatoes Green Salad Roll	4 Chef Salad with all the fixins Bread	5 Beef Tamale Pie Chips Salad	6 Shepard Pie Vegetable	7 Tuna Salad sandwich Tomato Soup Fruit
10 Taco Soup Chips Salad	11 Sloppy Joes Oven Fries Broccoli Salad	12 Ham in Scalloped Potatoes Pea salad Roll	13 Fried Chicken Potato Salad Fruit	14 Lasagna Salad Garlic Bread
17 Chicken Fried Steak Mashed Country Gravy Veggie Roll	18 Split Pea Soup w/Ham Jello Salad cheese Sandwich	19 Cabbage roll Casserole Baked Potato Veggie Fruit	20 Oven Baked Fish Augratin Potatoes Mixed Veggie Coleslaw	21 Pork Roast Potatoes/ Carrots Gravy Salad
24 Meat Loaf Mashed Potatoes Gravy Vegetable Roll	25 BBQ Pulled Pork Coleslaw Macaroni Salad	26 BLT Sandwich Chips Cottage Cheese with Fruit	27 Sweet & Sour Meatballs Rice Vegetables Mixed Fruit	28 Spaghetti w/meatsauce Garlic Bread Salad
31 Cheese Burgers Fries Vegetable	1 Taco Salad Chips Peaches	2 Tuna Loaf Green Beans Tartar Sauce Carrot Raisin Salad	3 Crispy Chicken salad Bread	4 Patty Melt Grilled onions on Rye Chips Apricots

**Rainier Senior Center Lunch Menu**

**503-556-3889**

**[www.RainierSeniors.com](http://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 January Birthday Members

**Birthday Flower: Snowdrop Birthstone: Garnet**

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

1/2 Martha Cramer  
1/4 Mary Keith  
1/8 Melva Reed  
1/10 Duane Bernard  
1/12 Barbara Huntington  
1/14 Elaine Lipton

1/16 Irene Gibson  
1/18 John Cannell  
1/18 Elaine Carey  
1/30 Jacque Adams  
1/30 Tanya Fadden  
1/30 Jan Hook

**Apologies to Sam Patching whose birthday was December 10.**  
Hope you had a great birthday!



## 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**

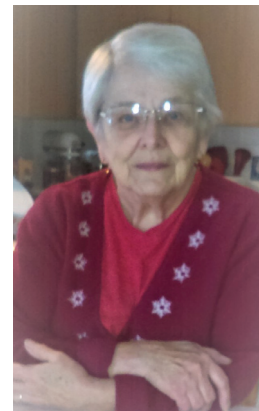
- or use our non-profit number **AH614\*\*\*\***.

Go to [fredmeyer.com/communityrewards](http://fredmeyer.com/communityrewards)

**You still get your reward points, fuel points and rebates just the same!**

## January Volunteer of the Month is Sue Beavers

Sue is a tireless volunteer! She covers the desk as well as helping to serve our holiday meals. Sue is a member of the Board and has always brought good suggestions to our meetings. She not only donates her time but also donates items for our bazaars. Thank you, Sue, for all you do to help keep this center running smoothly. You are a valued member of our team.





## Rainier Senior Center Activities

**BINGO** will be  
**Every Monday at 2:00 PM**

questions call 503 556 3889 before 12:30

**Thursday activity: CARDS**

Jan. 6 Hand & Foot

Jan. 13 Pinochle

Jan. 20 Hand & Foot

Jan. 27 Pinochle

Call Center for information

### Vaccinations and boosters

will be offered to  
adults and children over 5 at the  
Columbia County Fairgrounds on  
**January 6-16 from 10:30 to 5:30.**

If you need a ride, please call  
**504-397-7247.**

## Debra Kranyak with Kaiser

will be at the center on **1/12** from 10-12

### 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



### *Thank You for your generosity!*

*We would like to thank those that are  
bringing in returnable cans and bottles.*

*This year we were able to earn*

***\$14,000!***

*This far exceeded our expectations*



**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  
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***