



Riverside Review

Volume 2022

Issue 7

July 2022

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

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

American Red Cross will be sponsoring a *BLOOD DRIVE*

August 4

1:00 pm-6:00 pm

**Remember to eat your
oysters or spinach**

Two people were turned away
from the last blood drive for low iron
levels.



**Rainier Days in the Park
PARKING
available at the center
\$5 Donation
Opening at 4:00 pm**

Meals Served for May: 1160
Volunteer Hours: 515

Board Members

President: Jan Rich

Vice-President; Debra Elliott

Secretary: Darnell Willis

Treasurer: Rachel Kelley

***At Large: Joanne Bernard, Scott Cooper
and Clint Kelley***

Newsletter Editor: Beth Bailey



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

Protect Your Home from Wildfire

Wildfires in the Pacific Northwest have increased in frequency and severity the last few years. As the threat of wildfire continues to grow, Columbia River PUD continues implementing measures to help reduce the risk of fires starting and spreading in our area.

Determining ways to mitigate fire danger has become a growing priority for electric utilities like the PUD. There are also measures you can take to help protect your family and your home from wildfires:

- Create a 30-foot non-combustible buffer around your home.
- Stack firewood away from your home.
- Clean gutters before fire season and keep them free of debris.
- Dispose of yard debris safely. This may mean composting, recycling, or chipping instead of burning.
- Trim branches along your driveway and your home. Contact CRPUD at (503) 397-1844 to trim branches near power lines.

See additional suggestions at www.ready.gov/wildfires.



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

Phone: 503.987.1113
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P.O. Box 859
Scappoose, OR 97056
beth@understandingmymedicare.com

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JULY Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
27 Chicken Casserole Rice Fruit Bread	28 Roast Beef Potatoes & Carrots Broccoli Salad	29 Lasagna Garlic Bread Green Salad Cottage Cheese	30 Baked Chicken Mashed Potatoes Vegetables Jello Salad	1 Meatloaf Mashed Potatoes Vegetables Bread
4 CLOSED	5 Deli Style Ham & Cheese Sandwich Salad	6 Sweet & Sour Pork Stirfry Vegetables Mixed Fruit	7 Hot Meatloaf Sandwich Mashed Potatoes Vegetables	8 Tuna Melt Dinner Salad Fruit
11 Spaghetti w/ Meat Sauce Garlic Bread Salad	12 Baked Ham Mashed Potatoes Corn Roll	13 Tamale Pie chips Garden Salad	14 Cheese Ravioli w/Sauce Caesar Salad Rolls	15 Baked Fish Rice Pilaf Coleslaw
18 Chicken Fried Steak Mashed Potatoes Country Gravy Vegetables Fruit	19 Tater Tot Casserole Vegetables Fruit	20 Split Pea Soup Deli sandwich Coleslaw	21 Shepherd Pie Salad Baking Powder Bicuits	22 Swedish Meatballs Pasta Garden Salad Roll
25 Oven Fried Chicken Mashed Potatoes Gravy Corn On the cob	26 Chef Salad W/all the fixins Bread	27 Spanish Rice W/chicken Carrots Tossed Salad Corn Bread	28 Ham in Potatoes Au gratin Vegetables Salad	29 BBQ Chicken Wings Macaroni Salad Chips

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.

JULY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 CLOSED	5 Breakfast 9-10 am Exercise 9:30 am	6	7  Music by Bill Grabow Breakfast 9-10 am Exercise 9:30 am Hand and Foot Cards 1 pm	8
11  3 of Us 11 am  Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo -6pm	12 Breakfast 9-10 am Exercise 9:30 am	13 Debra Kranyak Kaiser 10 am -12 pm	14 Breakfast 9-10 am Exercise 9:30 am Pinochle 1:00 pm	15  Guy and Mary
18  3 of Us  Blood Pressure 11 AM Beth Moffett 10 am -12 pm Hooks & Needles 1pm-2:30 pm Bingo -6pm	19 Breakfast 9-10 am Exercise 9:30 am	20  Music by Bill Grabow	21 Breakfast 9-10 am Exercise 9:30 am Hand and Foot Cards 1 pm	22  Music by Judy Faulkner
25  3 of Us  Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo -6pm	26 Breakfast 9-10 am Exercise 9:30 am	27 <i>RSC Board Meeting 1 pm</i>	28  Music by Bill Grabow Breakfast 9-10 am Exercise 9:30 am	29  Guy and Mary



Happy Birthday to our July Birthday Members

Birthday Flower: Water Lily Birthstone: Ruby

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

7/1	Linda Larson	7/17	Sheridian Holland
7/1	Terri Sexton	7/17	Lowell Norbom
7/3	Vicki Linimon	7/17	Steve Sandahl
7/6	Robert Vanatta	7/18	Denise Watson
7/8	Sondi Holtzendorff	7/19	Welda Jones
7/8	Connie McGlone	7/20	Harold Morton
7/8	Sandra Mitchell	7/22	Leona Zimmer
7/13	Martha Vanatta	7/23	Randy Bailey
7/14	Judy Weisenfluh	7/26	Lowell Bentley
7/15	Jim Bardonski	7/27	Jack Hendrickson
7/15	Ronald Roche	7/27	Anna Jeffers

**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 \$67.00 for
4th 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!**

July Volunteer of the Month is Judy Brown

Volunteer of the month is Judy Brown. Judy is the "go to" gal. She works the front desk, is a past MOW driver, and always helps out at the center. When we have bazaars, she works the treasure table or sells raffle tickets. Judy is an invaluable asset to the center and is appreciated by all. Thank you, Judy, for all you do!



Painting with Hope

Many thanks to Hope Wirta for helping seniors find their creativity in painting a lighthouse. Everyone was amazed at their results.



Special Events

Days in the Park
Parking will be available
at the Rainier Senior Center
starting at 4:00 pm

\$5 Donation

Insurance
Debra Kranyak, Kaiser, 7-13
10 am -12:20 pm



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



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

Senior and Veterans Day for the Columbia County Fair

July 20th

CC Rider is
offering free transportation
to and from the fair.

Pick up from the center will be
between 9:30 and 10:30.

Become a Member of Rainier Senior Center



Want to get in on the fun? Want to meet other seniors? Join us for the events, activities, and just plain conversation.

ONLY \$15 per year

Sign up today and begin receiving our newsletter so you can plan to join us..

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DRIVERS NEEDED!

Check with the Desk for more details

We Serve
Meals On Wheels
So no senior goes hungry.



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***