



Riverside Review

Volume 2022 Issue 5 May 2022

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

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

GARAGE SALE

City-Wide Garage Sale
June 18

The center will be open and
renting tables for \$10.
The center will also be selling food.

Applications for the tables are available at the
center.

**If you have questions, call the center
at 503-556-3889 or
Rachel at 503-369-6382**

Center will be CLOSED May 30.

Mother's Day will be celebrated on Friday May 6th

The center will have a
special lunch and gift for
the Moms who come. Bring
someone special for lunch.



Meals Served for March: 1111
Volunteer Hours: 563

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**

June Annual Members' Meeting

June is our annual Members' meeting which
means it will be time to vote for Board members.
The following are the names of folks who have
submitted a Notification of Intent to be a Board
of Directors Member.

**The center will be accepting notifications
until 5/20** as you need to be a member in good
standing for 30 days. This also applies to
members who intend to vote.

Jan Rich, Debora Elliott, Rachel Kelley,
Darnell Willis, Sue Beavers, Clint Kelley
and Joanne Bernard.

If anyone is interested in helping to guide our
center for the next year, come by and pick up a
form. If you have questions, call 503-556-3889
and ask for Jan. Voting forms will be included
with your **June newsletter**.

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

Columbia River PUD Systematically Replacing Meters

As part of Columbia River PUD's continued effort to improve operational efficiency and to improve outage awareness and response, the PUD will be replacing your electric meter.

Over the next five years, the PUD will systematically replace all meters in its service territory. To do so, the PUD will need to briefly shut off your power in order to install your new meter. The new meters will look essentially the same as your current meter and will function in much the same way.

The PUD thanks you in advance for your patience as it continues to improve its service and reliability.

If you have any questions, please call the PUD's Engineering Department at (503) 397-0760.



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
Toll-Free: 1.800.424.1199
Fax: 503.987.1769
P.O. Box 859
Scappoose, OR 97056
beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com

May Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Fried Steak Mashed Potatoes Vegetables	3 Tater Tot Casserole Vegetables Fruit Roll	4 BBQ Chicken Potato Salad Chips Corn	5 Fish & Chips Coleslaw	6 Baked Ham Mashed Potatoes Vegetables Roll
9 Sheppards Pie Salad Fruit	10 Taco Salad Salsa/ Sour cream/Torilla Lettuce / cheese/ Hamburger	11 Tomato Soup Grilled Cheese Sandwich	12 Tuna Casserole Salad Roll	13 Swedish Meatballs Noodle
16 Meat Loaf Mashed Potatoes Vegetables Rolls	17 Polish Sausage Dogs Bun Macaroni salad Chips	18 Spaghetti & Meatballs Salad Garlic Bread	19 Ham & Bean Soup Green Salad Corn Bread	20 Pork roast Potatoes & Veggies Gravy Apple Sauce
23 Lasagna Green Salad Garlic Bread	24 Chef Salad With all the fixins Bread Stick	25 Cream of Broccoli Soup Sandwich Fruit	26 Swiss Steak Baked Potato Vegetables Roll	27 Salmon Loaf Rice Pilaf Vegetable Salad fruit
30 CLOSED	31 BBQ Meatballs Baked Beans Chips Pea Salad	1 Cabbage Casserole Vegetables Fruit Roll	2 Beef stew Biscuit Salad	3 Baked Chicken Mashed Potatoes Gravy Vegetables Salad

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.

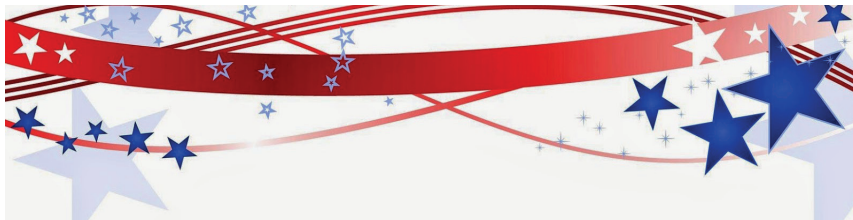


Happy Birthday to our May Birthday Members

Birthday Flower: Hawthorne Birthstone: Emerald
If your birthday is not listed or wrong, please contact the reception desk

5/4 Elaine Coffman
5/6 Donna Elbert
5/14 Henry Singleton
5/15 Cheryl Albertini
5/15 Connie Budge
5/16 Linda Gannon

5/17 Dolores West
5/18 Nancy Brown
5/18 Jennifer Diaz
5/20 Gloria Nelson
5/20 May Ritenour
5/22 William Diaz
5/30 Larry Wallace



**Special THANK YOU to
Betsy Johnson** for
donating money for audio/video
equipment.

**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

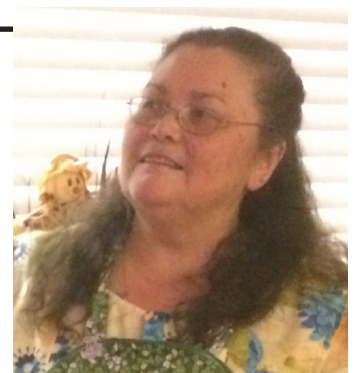
- or use our non-profit number **AH614******.

Go to fredmeyer.com/communityrewards

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

May Volunteer of the Month is Cathy Wood

Volunteer of the month is Cathy Wood. From seamstress to organizer to salesperson, Cathy works very hard at the Senior Center. She works behind the desk, serves in the dining room, works in the gift shop and so much more. We are fortunate to have her as a volunteer since 2014. Thank you, Cathy, for all you do.



Rainier Senior Center Activities

BINGO will be

Every Monday at **6:00 PM**

Hooks & Needles at 1:00 pm

Blood Pressure Check

with Lowell Norbaum

every Monday 11 am - 1:00 pm

No Appointment Needed

Inquire about Foot Care at the desk

Thursday Activity: CARDS

May 7 Pinochle

May 14 Hand & Foot

May 20 Board Meeting

May 21 Pinochle

May 28 Hand & Foot

Call Center for information

Debra Kranyak with Kaiser
will be at the center on **5/19/2022**

from 10 am -12:00 pm

Beth Moffett 5/16/2022

10:00 am - 12:00 pm

Music for May:

The Three of Us

5/2, 5/9, 5/16, 5/23

Bo 5/4, 5/11, 5/20, 5/25

Guy & Mary: 5/13, 5/27

**Coming in June: Painting class with
Hope Wirta and Exercise Class on
Tuesday and Thursday at 9:30 am
Blood Drive: June 7, 12:30-6 pm**



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

Confused about Medicare?

UnderstandingMyMedicare is a local independent agency that works jointly with most of the Medicare Advantage and Supplemental plans. They are a great resource to learn what your options are.

- Are you turning sixty-five soon?
- Will you be retiring? Still working after you turn 65?
- Is your employer plan costing too much?
- Do you have questions about your current Medicare Plan?
- Confused about your Medical bills?

Beth Moffett – can help you with these questions and so much more. She will be available the 3rd Monday of each month from 10am – Noon.

It is important to work with a local independent agency. Why an independent agency? They collaborate with multiple companies and can give you an unbiased overview as to what your options are. Why a local agency? Every county throughout the country has different plans available. Hospitals and doctors have different plans that they accept. You need to work with an agency that specializes in the county that you live in, and Understanding My Medicare is that agency with over 30 years of experience in helping people. They can help you navigate through the Medicare maze, making sure that you understand your options and that you are in the right plan.

Understanding My Medicare provides support throughout the year. They specialize in building long term relationships and are there for you year after year making sure that you are in the right plan.

You owe it to yourself to call Understanding My Medicare at **503-987-1113** or visit **www.UnderstandingMyMedicare.com**
Call for a free consultation at (503)987-1113.

Rainier Senior Center Supporters

**B Street Coffee
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Canterbury Gardens
Columbia River PUD
Columbia Carpet One
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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**

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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***